

COMMON HOTLINE PHONE NUMBERS

Whether you're in crisis or are just looking for help for a friend or family member, there are dozens of organizations available to help you deal with a variety of immediate concerns, from crisis situations and domestic violence, to rape and substance abuse. Most of these hotlines are available 24 hours a day, and can help you with whatever level of assistance you need – from general information about the topic, to helping you find an immediate intervention. The hotlines below are listed in alphabetical order according to topic.

Calling a hotline can be daunting, we know. But understand that every hotline is staffed by specially trained volunteers to help you through your situation. Taking that first step and picking up the phone can be one of the hardest things you'll ever have to do – but you can do it!

Know that hotlines are not the same as [psychotherapy](#). Hotlines are not staffed or set-up to talk to the same folks day after day about their concerns or needs. That doesn't mean you can only call a hotline once, just that you shouldn't be calling on a daily basis without seeking other forms of treatment or assistance. For mental health concerns, that means [finding a therapist](#) you can talk to or, in some cases, seeking out inpatient care. (Source: Psychcentral.com)

Immediate Online Assistance

Try one of these free crisis chat services:

[Crisis Chat](https://councilforhelplines.org/): <https://councilforhelplines.org/>

[Crisis Text Line](https://www.crisistextline.org/): <https://www.crisistextline.org/>(on your smartphone)

[National Suicide Prevention Lifeline](https://suicidepreventionlifeline.org/chat/): <https://suicidepreventionlifeline.org/chat/>

[IMAlive](https://www.imalive.org/): <https://www.imalive.org/>

AIDS

[CDC AIDS Information website](#)

AIDS Info: Treatment, Prevention and Research

(800) HIV-0440

ALCOHOL

Al-Anon for Families of Alcoholics

Automated meeting information

(800) 344-2666

Families Anonymous – 12-step program similar to Al-Anon, meeting information only

(800) 736-9805

SAMHSA National Helpline

800-662-HELP (4357)

CHILD ABUSE

[The Childhelp National Child Abuse Hotline](#)

(800) 422-4453

Covenant House – Help for runaways

(800) 999-9999

CRISIS & SUICIDE

Girls & Boys Town National Hotline

(800) 448-3000

[International Suicide Hotlines](#)

National Suicide Prevention Lifeline – For youth and adults

(800) 273-TALK (8255)

DOMESTIC VIOLENCE

[National Domestic Violence Hotline](#)

(800) 799-7233

[Rape, Sexual Assault, Abuse, and Incest National Network \(RAINN\)](#)

(800) 656-HOPE

MEDICAL

American Association of Poison Control Centers

(800) 222-1222

OTHER

Disaster Distress Hotline (SAMHSA)

(800) 985-5990

National [Eating Disorders](#) Center Helpline

(800) 931-2237

Open M-F, 9-9pm

[Shoplifters Anonymous](#)

(800) 848-9595

Open M-F, 9-5pm; otherwise use their website

[YouthLine](#)

(877) 968-8491

Text TEEN2TEEN to 839863

PREGNANCY

Planned Parenthood Hotline

(800) 230-PLAN (7526)

RAPE & SEXUAL ASSAULT

[Rape, Sexual Assault, Abuse, and Incest National Network \(RAINN\)](#)

(800) 656-HOPE

[National Domestic Violence Hotline / Child Abuse / Sexual Abuse](#)

(800) 799-7233

RUNNING AWAY

National Runaway Safeline

800-RUN-AWAY

National Center for Missing & Exploited Children

(800) 843-5678

Child Find of America Helpline

(800) 426-5678

SUBSTANCE ABUSE

SAMHSA's National Helpline

(800) 662-4357

Poison Control

(800) 222-1222

National Institute on Drug Abuse Hotline

(800) 662-4357

[Cocaine Anonymous](#)

(800) 347-8998

SUICIDAL

National Suicide Prevention Lifeline toll-free at 800-273-8255

Just Need Someone to Talk To & Not in Crisis?

[Check out Warmlines](#) instead.