

CRISIS HOTLINES

NATIONAL SUICIDE PREVENTION: 1-800-273-8255

ALCOHOL AND DRUG ABUSE: 1-800-729-6686

CUTTING AND SELF ABUSE: 1-800-366-8288

EATING DISORDERS: 1-800-931-2237

PREGNANCY: 1-800-230-7526

RAPE, SEXUAL ABUSE AND INCEST: 1-800-656-4673

NATIONAL AIDS HOTLINE: 1-800-232-4636

TREVOR PROJECT LIFELINE: 1-866-488-7386

TRANS LIFELINE: 1-877-565-8860

CRISIS TEXT LINE: TEXT "START" TO 741-741