Alcohol and Drugs

**Al-Anon/Alateen**
888-425-2666
8 a.m. to 6 p.m. EST, Monday to Friday
<https://al-anon.org/newcomers/teen-corner-alateen/>

**Crisis Call Center**
800-273-8255 or text ANSWER to 839863
Twenty-four hours a day, seven days a week
<http://crisiscallcenter.org/substance-abuse/>

**Crisis Text Line (U.S. only)**
Text HELLO to 741741 or message us at facebook.com/CrisisTextLine to chat with a Crisis Counselor.
Twenty-four hours a day, seven days a week

**HopeLine**
Call or text 919-231-4525 or 1-877-235-4525
<https://www.hopeline-nc.org/>

**Kids Help Phone (Canada only)**
800-668-6868
Twenty-four hours a day, seven days a week
[http://www.kidshelpphone.ca](http://www.kidshelpphone.ca/)

**The National Alcohol and Substance Abuse Information Center**
800-784-6776
Twenty-four hours a day, seven days a week
[http://www.addictioncareoptions.com](http://www.addictioncareoptions.com/)

**National Institute on Alcohol Abuse & Alcoholism**
800-662-HELP (4357)
Twenty-four hours a day, seven days a week
[http://www.niaaa.nih.gov](http://www.niaaa.nih.gov/)

**Ontario Online and Text Crisis and Distress Service (ONTX)**
Text 741741 from 2 p.m. to 2 a.m. daily
Twenty-four hour distress and crisis lines: 416-408-HELP (4357)

**TeenLine**
(310) 855-HOPE (4673)
(800) TLC-TEEN (852-8336) (U.S. and Canada only)
Or text TEEN to 839863
6 p.m. to 10 p.m. Pacific Time, every night
[https://teenlineonline.org](https://teenlineonline.org/)

**Thursday’s Child National Youth Advocacy Hotline**
800-USA-KIDS (800-872-5437)
Twenty-four hours a day, seven days a week
[http://www.thursdayschild.org](http://www.thursdayschild.org/)

Bullying and Cyberbullying

**Bullying UK (UK only)**0808-800-2222
Twenty-four hours a day, seven days a week
[http://www.bullying.co.uk](http://www.bullying.co.uk/)

**Canadian Association for Suicide Prevention**
Find crisis centres in your area:
<https://suicideprevention.ca/need-help/>

**Crisis Call Center**800-273-8255 or text ANSWER to 839863
Twenty-four hours a day, seven days a week
<http://crisiscallcenter.org/crisisservices-html/>

**Crisis Text Line (U.S. only)**
Text HELLO to 741741 or message us at facebook.com/CrisisTextLine to chat with a Crisis Counselor.
Twenty-four hours a day, seven days a week

**CyberTipline**
800-843-5678
Twenty-four hours a day, seven days a week
[http://www.cybertipline.com](http://www.cybertipline.com/)

**HopeLine**
Call or text 919-231-4525 or 1-877-235-4525
<https://www.hopeline-nc.org/>

**Kids Helpline (Australia only)**
1-800-55-1800
Twenty-four hours a day, seven days a week
[http://www.kidshelp.com.au](http://www.kidshelp.com.au/)

**Kids Help Phone (Canada only)**800-668-6868
Twenty-four hours a day, seven days a week
[http://www.kidshelpphone.ca](http://www.kidshelpphone.ca/)

**Lesbian Gay Bi Trans Youth Line (Canada)**
1-800-268-9688 or text 647-694-4275
<http://www.youthline.ca/>

**Ontario Online and Text Crisis and Distress Service (ONTX)**
Text 741741 from 2 p.m. to 2 a.m. daily
Twenty-four hour distress and crisis lines: 416-408-HELP (4357)

**National Suicide Hotline**800-SUICIDE (784-2433)
800-442-HOPE (4673)
Twenty-four hours a day, seven days a week
[http://www.hopeline.com](http://www.hopeline.com/)

**National Suicide Prevention Lifeline**800-273-TALK (8255)
Twenty-four hours a day, seven days a week
[http://www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org/)

**Thursday’s Child National Youth Advocacy Hotline**800-USA-KIDS (800-872-5437)
Twenty-four hours a day, seven days a week
[http://www.thursdayschild.org](http://www.thursdayschild.org/)

**TeenLine**
(310) 855-HOPE (4673)
(800) TLC-TEEN (852-8336) (U.S. and Canada only)
Or text TEEN to 839863
6 p.m. to 10 p.m. Pacific Time, every night
[https://teenlineonline.org](https://teenlineonline.org/)

**The Trevor Lifeline (U.S. only)**866-4-U-TREVOR (488-7386)
Twenty-four hours a day, seven days a week
[http://www.thetrevorproject.org](http://www.thetrevorproject.org/)

**Your Life Iowa: Bullying Support and Suicide Prevention**(855) 581-8111 (24/7) or text TALK to 85511 (4–8 PM every day)
Chat is available Mondays–Thursdays from 7:30 PM–12:00 AM
[http://www.yourlifeiowa.org](http://www.yourlifeiowa.org/)

Depression

**Canadian Association for Suicide Prevention**
Find crisis centres in your area:
<https://suicideprevention.ca/need-help/>

**Crisis Call Center**800-273-8255 or text ANSWER to 839863
Twenty-four hours a day, seven days a week
<http://crisiscallcenter.org/crisisservices-html/>

**Crisis Center and Hotlines Locator by State**
[https://suicidepreventionlifeline.org](https://suicidepreventionlifeline.org/)

**Crisis Text Line (U.S. only)**
Text HELLO to 741741 or message us at facebook.com/CrisisTextLine to chat with a Crisis Counselor.
Twenty-four hours a day, seven days a week

**Depression and Bipolar Support**
800-273-TALK (8255)
Twenty-four hours a day, seven days a week
[http://www.dbsalliance.org](http://www.dbsalliance.org/)

**HopeLine**
Call or text 919-231-4525 or 1-877-235-4525
<https://www.hopeline-nc.org/>

**Kids Help Phone (Canada only)**
800-668-6868
Twenty-four hours a day, seven days a week
[http://www.kidshelpphone.ca](http://www.kidshelpphone.ca/)

**Lesbian Gay Bi Trans Youth Line (Canada)**
1-800-268-9688 or text 647-694-4275
<http://www.youthline.ca/>

**National Hopeline Network**
800-SUICIDE (784-2433)
800-442-HOPE (4673)
Twenty-four hours a day, seven days a week
[http://www.hopeline.com](http://www.hopeline.com/)

**Ontario Online and Text Crisis and Distress Service (ONTX)**
Text 741741 from 2 p.m. to 2 a.m. daily
Twenty-four hour distress and crisis lines: 416-408-HELP (4357)

**Suicide Prevention Services Depression Hotline**
630-482-9696
Twenty-four hours a day, seven days a week
[http://www.spsamerica.org](http://www.spsamerica.org/)

**TeenLine**
(310) 855-HOPE (4673)
(800) TLC-TEEN (852-8336) (U.S. and Canada only)
Or text TEEN to 839863
6 p.m. to 10 p.m. Pacific Time, every night
[https://teenlineonline.org](https://teenlineonline.org/)

**Thursday’s Child National Youth Advocacy Hotline**800-USA-KIDS (800-872-5437)
Twenty-four hours a day, seven days a week
[http://www.thursdayschild.org](http://www.thursdayschild.org/)

**Your Life Iowa: Bullying Support and Suicide Prevention**(855) 581-8111 (24/7) or text TALK to 85511 (4–8 PM every day)
Chat is available Mondays–Thursdays from 7:30 PM–12:00 AM
[http://www.yourlifeiowa.org](http://www.yourlifeiowa.org/)

Eating Disorders

**Crisis Call Center**800-273-8255 or text ANSWER to 839863
Twenty-four hours a day, seven days a week
<http://crisiscallcenter.org/crisisservices-html/>

**Crisis Text Line (U.S. only)**
Text HELLO to 741741 or message us at facebook.com/CrisisTextLine to chat with a Crisis Counselor.
Twenty-four hours a day, seven days a week

**HopeLine**
Call or text 919-231-4525 or 1-877-235-4525
<https://www.hopeline-nc.org/>

**Kids Help Phone (Canada only)**
800-668-6868
Twenty-four hours a day, seven days a week
[http://www.kidshelpphone.ca](http://www.kidshelpphone.ca/)

**National Association of Anorexia Nervosa and Eating Disorders**
630-577-1330
10 a.m. to 6 p.m. EST, Monday to Friday
[http://www.anad.org](http://www.anad.org/)

**National Eating Disorders Association**
800-931-2237
9 a.m. to 5 p.m. EST, Monday to Friday
[http://www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org/)

**Ontario Online and Text Crisis and Distress Service (ONTX)**
Text 741741 from 2 p.m. to 2 a.m. daily
Twenty-four hour distress and crisis lines: 416-408-HELP (4357)

**TeenLine**
(310) 855-HOPE (4673)
(800) TLC-TEEN (852-8336) (U.S. and Canada only)
Or text TEEN to 839863
6 p.m. to 10 p.m. Pacific Time, every night
[https://teenlineonline.org](https://teenlineonline.org/)

**Thursday’s Child National Youth Advocacy Hotline**800-USA-KIDS (800-872-5437)
Twenty-four hours a day, seven days a week
[http://www.thursdayschild.org](http://www.thursdayschild.org/)

Grief and Loss

**Crisis Call Center**800-273-8255 or text ANSWER to 839863
Twenty-four hours a day, seven days a week
<http://crisiscallcenter.org/crisisservices-html/>

**Crisis Text Line (U.S. only)**
Text HELLO to 741741 or message us at facebook.com/CrisisTextLine to chat with a Crisis Counselor.
Twenty-four hours a day, seven days a week

**HopeLine**
Call or text 919-231-4525 or 1-877-235-4525
<https://www.hopeline-nc.org/>

**Kids Help Phone (Canada only)**
800-668-6868
Twenty-four hours a day, seven days a week
[http://www.kidshelpphone.ca](http://www.kidshelpphone.ca/)

**National Hopeline Network**
800-SUICIDE (784-2433)
800-442-HOPE (4673)
Twenty-four hours a day, seven days a week
[http://www.hopeline.com](http://www.hopeline.com/)

**National Mental Health Association Hotline**
800-273-TALK (8255)
Twenty-four hours a day, seven days a week
[http://www.nmha.org](http://www.nmha.org/)

**Ontario Online and Text Crisis and Distress Service (ONTX)**
Text 741741 from 2 p.m. to 2 a.m. daily
Twenty-four hour distress and crisis lines: 416-408-HELP (4357)

**TeenLine**
(310) 855-HOPE (4673)
(800) TLC-TEEN (852-8336) (U.S. and Canada only)
Or text TEEN to 839863
6 p.m. to 10 p.m. Pacific Time, every night
[https://teenlineonline.org](https://teenlineonline.org/)

**Tragedy Assistance Program for Survivors (TAPS)**
800-959-TAPS (8277)
Twenty-four hours a day, seven days a week
[http://www.taps.org](http://www.taps.org/)

**Thursday’s Child National Youth Advocacy Hotline**800-USA-KIDS (800-872-5437)
Twenty-four hours a day, seven days a week
[http://www.thursdayschild.org](http://www.thursdayschild.org/)

**Your Life Iowa: Bullying Support and Suicide Prevention**(855) 581-8111 (24/7) or text TALK to 85511 (4–8 PM every day)
Chat is available Mondays–Thursdays from 7:30 PM–12:00 AM
[http://www.yourlifeiowa.org](http://www.yourlifeiowa.org/)

Homelessness and Runaways

**Boys Town National Hotline - serving all at-risk teens and children**
800-448-3000
Twenty-four hours a day, seven days a week
Text VOICE to 20121, every day, 2 p.m. to 1 a.m. CST
<http://www.boystown.org/hotline>

**Crisis Call Center**800-273-8255 or text ANSWER to 839863
Twenty-four hours a day, seven days a week
<http://crisiscallcenter.org/crisisservices-html/>

**Crisis Text Line (U.S. only)**
Text HELLO to 741741 or message us at facebook.com/CrisisTextLine to chat with a Crisis Counselor.
Twenty-four hours a day, seven days a week

**HopeLine**
Call or text 919-231-4525 or 1-877-235-4525
<https://www.hopeline-nc.org/>

**Kids Help Phone (Canada only)**
800-668-6868
Twenty-four hours a day, seven days a week
[http://www.kidshelpphone.ca](http://www.kidshelpphone.ca/)

**National Runaway Switchboard**
800-RUNAWAY (786-2929)
Twenty-four hours a day, seven days a week
[http://www.1800runaway.org](http://www.1800runaway.org/)

**Ontario Online and Text Crisis and Distress Service (ONTX)**
Text 741741 from 2 p.m. to 2 a.m. daily
Twenty-four hour distress and crisis lines: 416-408-HELP (4357)

**TeenLine**
(310) 855-HOPE (4673)
(800) TLC-TEEN (852-8336) (U.S. and Canada only)
Or text TEEN to 839863
6 p.m. to 10 p.m. Pacific Time, every night
[https://teenlineonline.org](https://teenlineonline.org/)

**Thursday’s Child National Youth Advocacy Hotline**800-USA-KIDS (800-872-5437)
Twenty-four hours a day, seven days a week
[http://www.thursdayschild.org](http://www.thursdayschild.org/)

Mental Health

**Crisis Call Center**800-273-8255 or text ANSWER to 839863
Twenty-four hours a day, seven days a week
<http://crisiscallcenter.org/crisisservices-html/>

**Crisis Text Line (U.S. only)**
Text HELLO to 741741 or message us at facebook.com/CrisisTextLine to chat with a Crisis Counselor.
Twenty-four hours a day, seven days a week

**HopeLine**
Call or text 919-231-4525 or 1-877-235-4525
<https://www.hopeline-nc.org/>

**Kids Help Phone (Canada only)**
800-668-6868
Twenty-four hours a day, seven days a week
[http://www.kidshelpphone.ca](http://www.kidshelpphone.ca/)

**National Hopeline Network**
800-SUICIDE (784-2433)
800-442-HOPE (4673)
Twenty-four hours a day, seven days a week
[http://www.hopeline.com](http://www.hopeline.com/)

**National Institute of Mental Health Information Center**
866-615-6464
8 a.m. to 8 p.m. EST, Monday to Friday
<http://www.nimh.nih.gov/site-info/contact-nimh.shtml>

**National Mental Health Association Hotline**
800-273-TALK (8255)
Twenty-four hours a day, seven days a week
[http://www.nmha.org](http://www.nmha.org/)

**Ontario Online and Text Crisis and Distress Service (ONTX)**
Text 741741 from 2 p.m. to 2 a.m. daily
Twenty-four hour distress and crisis lines: 416-408-HELP (4357)

**TeenLine**
(310) 855-HOPE (4673)
(800) TLC-TEEN (852-8336) (U.S. and Canada only)
Or text TEEN to 839863
6 p.m. to 10 p.m. Pacific Time, every night
[https://teenlineonline.org](https://teenlineonline.org/)

**Thursday’s Child National Youth Advocacy Hotline**800-USA-KIDS (800-872-5437)
Twenty-four hours a day, seven days a week
[http://www.thursdayschild.org](http://www.thursdayschild.org/)

**Your Life Iowa: Bullying Support and Suicide Prevention**(855) 581-8111 (24/7) or text TALK to 85511 (4–8 PM every day)
Chat is available Mondays–Thursdays from 7:30 PM–12:00 AM
[http://www.yourlifeiowa.org](http://www.yourlifeiowa.org/)

Rape, Sexual Violence, and Domestic Violence

**Childhelp USA National Child Abuse Hotline**
800-4-A-CHILD (422-4453)
Twenty-four hours a day, seven days a week
[https://www.childhelp.org](https://www.childhelp.org/)

**Crisis Call Center**800-273-8255 or text ANSWER to 839863
Twenty-four hours a day, seven days a week
<http://crisiscallcenter.org/child-abuse-reporting/>

**Crisis Text Line (U.S. only)**
Text HELLO to 741741 or message us at facebook.com/CrisisTextLine to chat with a Crisis Counselor.
Twenty-four hours a day, seven days a week

**HopeLine**
Call or text 919-231-4525 or 1-877-235-4525
<https://www.hopeline-nc.org/>

**Kids Help Phone (Canada only)**
800-668-6868
Twenty-four hours a day, seven days a week
[http://www.kidshelpphone.ca](http://www.kidshelpphone.ca/)

**loveisrespect, National Teen Dating Abuse Helpline**
(866) 331-9474
Twenty-four hours a day, seven days a week
[http://www.loveisrespect.org](http://www.loveisrespect.org/)

**National Domestic Violence Hotline**
800-799-SAFE (7233)
Twenty-four hours a day, seven days a week
[http://www.ndvh.org](http://www.ndvh.org/)

**Ontario Online and Text Crisis and Distress Service (ONTX)**
Text 741741 from 2 p.m. to 2 a.m. daily
Twenty-four hour distress and crisis lines: 416-408-HELP (4357)

**Rape, Abuse, and Incest National Network**
800-656-HOPE (4673)
Twenty-four hours a day, seven days a week
[http://www.rainn.org](http://www.rainn.org/)

**Safe Horizon’s Rape, Sexual Assault & Incest Hotline**
Domestic Violence Hotline: 800-621-HOPE (4673)
Crime Victims Hotline: 866-689-HELP (4357)
Rape, Sexual Assault & Incest Hotline: 212-227-3000
TDD phone number for all hotlines: 866-604-5350
Twenty-four hours a day, seven days a week
[http://www.safehorizon.org](http://www.safehorizon.org/)

**TeenLine**
(310) 855-HOPE (4673)
(800) TLC-TEEN (852-8336) (U.S. and Canada only)
Or text TEEN to 839863
6 p.m. to 10 p.m. Pacific Time, every night
[https://teenlineonline.org](https://teenlineonline.org/)

**Thursday’s Child National Youth Advocacy Hotline**800-USA-KIDS (800-872-5437)
Twenty-four hours a day, seven days a week
[http://www.thursdayschild.org](http://www.thursdayschild.org/)

**Your Life Iowa: Bullying Support and Suicide Prevention**(855) 581-8111 (24/7) or text TALK to 85511 (4–8 PM every day)
Chat is available Mondays–Thursdays from 7:30 PM–12:00 AM
[http://www.yourlifeiowa.org](http://www.yourlifeiowa.org/)

School Violence

**Crisis Call Center**800-273-8255 or text ANSWER to 839863
Twenty-four hours a day, seven days a week
<http://crisiscallcenter.org/crisisservices-html/>

**Crisis Text Line (U.S. only)**
Text HELLO to 741741 or message us at facebook.com/CrisisTextLine to chat with a Crisis Counselor.
Twenty-four hours a day, seven days a week

**HopeLine**
Call or text 919-231-4525 or 1-877-235-4525
<https://www.hopeline-nc.org/>

**Kids Help Phone (Canada only)**
800-668-6868
Twenty-four hours a day, seven days a week
[http://www.kidshelpphone.ca](http://www.kidshelpphone.ca/)

**National Center for Mental Health Promotion and Youth Violence Prevention**
9 a.m. to 5 p.m. EST, Monday to Friday
[http://www.promoteprevent.org](http://www.promoteprevent.org/)

**Ontario Online and Text Crisis and Distress Service (ONTX)**
Text 741741 from 2 p.m. to 2 a.m. daily
Twenty-four hour distress and crisis lines: 416-408-HELP (4357)

**SPEAK UP**
866-SPEAK-UP (773-2587)
Twenty-four hours a day, seven days a week
<http://www.bradycampaign.org/our-impact/campaigns/speak-up>

**TeenLine**
(310) 855-HOPE (4673)
(800) TLC-TEEN (852-8336) (U.S. and Canada only)
Or text TEEN to 839863
6 p.m. to 10 p.m. Pacific Time, every night
[https://teenlineonline.org](https://teenlineonline.org/)

**Thursday's Child National Youth Advocacy Hotline**
800-USA-KIDS (800-872-5437)
Twenty-four hours a day, seven days a week
<http://www.thursdayschild.org/>

Sexuality and Sexual Health

**American Sexual Health Association**
919-361-8488
8 a.m. to 8 p.m. EST, Monday to Friday
[http://www.ashastd.org](http://www.ashastd.org/)

**Canadian AIDS Society**
HIV Information Hotlines:
<http://www.cdnaids.ca/resources/hiv-information-hotlines/>

**Centers for Disease Control (CDC) INFO**
800-CDC-INFO (232-4636)
Twenty-four hours a day, seven days a week
[http://www.cdc.gov](http://www.cdc.gov/)

**Crisis Call Center**800-273-8255 or text ANSWER to 839863
Twenty-four hours a day, seven days a week
<http://crisiscallcenter.org/crisisservices-html/>

**Crisis Text Line (U.S. only)**
Text HELLO to 741741 or message us at facebook.com/CrisisTextLine to chat with a Crisis Counselor.
Twenty-four hours a day, seven days a week

**HopeLine**
Call or text 919-231-4525 or 1-877-235-4525
<https://www.hopeline-nc.org/>

**GLBT National Youth Talkline**
800-246-PRIDE (7743)
4 p.m. to 12 a.m. EST, Monday to Friday
12 p.m. to 5 p.m. EST, Saturday
<http://www.glnh.org/talkline>

**Kids Help Phone (Canada only)**
800-668-6868
Twenty-four hours a day, seven days a week
[http://www.kidshelpphone.ca](http://www.kidshelpphone.ca/)

**Lesbian Gay Bi Trans Youth Line (Canada)**
1-800-268-9688 or text 647-694-4275
<http://www.youthline.ca/>

**National AIDS Hotline**
800-CDC-INFO (232-4636)
Twenty-four hours a day, seven days a week
<https://www.cdc.gov/hiv/>

**Ontario Online and Text Crisis and Distress Service (ONTX)**
Text 741741 from 2 p.m. to 2 a.m. daily
Twenty-four hour distress and crisis lines: 416-408-HELP (4357)

**Planned Parenthood National Hotline**
800-230-PLAN (7526) - for routing to local resources
Twenty-four hours a day, seven days a week
[http://www.plannedparenthood.org](http://www.plannedparenthood.org/)

**TeenLine**
(310) 855-HOPE (4673)
(800) TLC-TEEN (852-8336) (U.S. and Canada only)
Or text TEEN to 839863
6 p.m. to 10 p.m. Pacific Time, every night
[https://teenlineonline.org](https://teenlineonline.org/)

**Thursday’s Child National Youth Advocacy Hotline**800-USA-KIDS (800-872-5437)
Twenty-four hours a day, seven days a week
[http://www.thursdayschild.org](http://www.thursdayschild.org/)

**Trans Lifeline**U.S.:(877) 565-8860
Canada: (877) 330-6366
This hotline is staffed by volunteers who are all trans identified and educated in the range of difficulties transgender people experience. Operators are generally available twenty-four hours a day, seven days a week.
[http://www.translifeline.org](http://www.translifeline.org/)

Stress and Anxiety

**Crisis Call Center**800-273-8255 or text ANSWER to 839863
Twenty-four hours a day, seven days a week
<http://crisiscallcenter.org/crisisservices-html/>

**Crisis Text Line (U.S. only)**
Text HELLO to 741741 or message us at facebook.com/CrisisTextLine to chat with a Crisis Counselor.
Twenty-four hours a day, seven days a week

**HopeLine**
Call or text 919-231-4525 or 1-877-235-4525
<https://www.hopeline-nc.org/>

**Kids Help Phone (Canada only)**
800-668-6868
Twenty-four hours a day, seven days a week
[http://www.kidshelpphone.ca](http://www.kidshelpphone.ca/)

**National Institute of Mental Health Information Center**
866-615-6464
8 a.m. to 8 p.m. EST, Monday to Friday
[http://www.nimh.nih.gov/index.shtml](http://www.nimh.nih.gov/site-info/contact-nimh.shtml)

**National Mental Health Association Hotline**
800-273-TALK (8255)
Twenty-four hours a day, seven days a week
[http://www.nmha.org](http://www.nmha.org/)

**Ontario Online and Text Crisis and Distress Service (ONTX)**
Text 741741 from 2 p.m. to 2 a.m. daily
Twenty-four hour distress and crisis lines: 416-408-HELP (4357)

**TeenLine**
(310) 855-HOPE (4673)
(800) TLC-TEEN (852-8336) (U.S. and Canada only)
Or text TEEN to 839863
6 p.m. to 10 p.m. Pacific Time, every night
[https://teenlineonline.org](https://teenlineonline.org/)

**Thursday’s Child National Youth Advocacy Hotline**800-USA-KIDS (800-872-5437)
Twenty-four hours a day, seven days a week
[http://www.thursdayschild.org](http://www.thursdayschild.org/)

**Your Life Iowa: Bullying Support and Suicide Prevention**(855) 581-8111 (24/7) or text TALK to 85511 (4–8 PM every day)
Chat is available Mondays–Thursdays from 7:30 PM–12:00 AM
[http://www.yourlifeiowa.org](http://www.yourlifeiowa.org/)

Suicide

**Canadian Association for Suicide Prevention**
Find crisis centres in your area.
<https://suicideprevention.ca/need-help/>

**Crisis Call Center**800-273-8255 or text ANSWER to 839863
Twenty-four hours a day, seven days a week
<http://crisiscallcenter.org/suicide-prevention/>

**Crisis Text Line (U.S. only)**
Text HELLO to 741741 or message us at facebook.com/CrisisTextLine to chat with a Crisis Counselor.
Twenty-four hours a day, seven days a week

**HopeLine**
Call or text 919-231-4525 or 1-877-235-4525
<https://www.hopeline-nc.org/>

**Kids Help Phone (Canada only)**
800-668-6868
Twenty-four hours a day, seven days a week
[http://www.kidshelpphone.ca](http://www.kidshelpphone.ca/)

**National Suicide Hotline**
800-SUICIDE (784-2433)
800-442-HOPE (4673)
Twenty-four hours a day, seven days a week
[http://www.hopeline.com](http://www.hopeline.com/)

**National Suicide Prevention Lifeline**
800-273-TALK (8255)
Twenty-four hours a day, seven days a week
[http://www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org/)

**Ontario Online and Text Crisis and Distress Service (ONTX)**
Text 741741 from 2 p.m. to 2 a.m. daily
Twenty-four hour distress and crisis lines: 416-408-HELP (4357)

**TeenLine**
(310) 855-HOPE (4673)
(800) TLC-TEEN (852-8336) (U.S. and Canada only)
Or text TEEN to 839863
6 p.m. to 10 p.m. Pacific Time, every night
[https://teenlineonline.org](https://teenlineonline.org/)

**Thursday’s Child National Youth Advocacy Hotline**800-USA-KIDS (800-872-5437)
Twenty-four hours a day, seven days a week
[http://www.thursdayschild.org](http://www.thursdayschild.org/)

**Your Life Iowa: Bullying Support and Suicide Prevention**(855) 581-8111 (24/7) or text TALK to 85511 (4–8 PM every day)
Chat is available Mondays–Thursdays from 7:30 PM–12:00 AM
[http://www.yourlifeiowa.org](http://www.yourlifeiowa.org/)

Teen Parenting

**Baby Safe Haven**
Confidential toll free hotline: 888-510-BABY (2229)
Safe Haven Infant Protection Laws enable a person to give up an unwanted infant anonymously. As long as the baby has not been abused, the person may do so without fear of arrest or prosecution.
State finder map: [http://safehaven.tv/states](http://www.safehaven.tv/states)

**Boys Town National Hotline - serving all at-risk teens and children**
800-448-3000
Twenty-four hours a day, seven days a week
Text VOICE to 20121, every day, 2 p.m. to 1 a.m. CST
<http://www.boystown.org/hotline>

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Twenty-four hours a day, seven days a week

**HopeLine**
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<https://www.hopeline-nc.org/>

**Kids Help Phone (Canada only)**
800-668-6868
Twenty-four hours a day, seven days a week
[http://www.kidshelpphone.ca](http://www.kidshelpphone.ca/)

**Ontario Online and Text Crisis and Distress Service (ONTX)**
Text 741741 from 2 p.m. to 2 a.m. daily
Twenty-four hour distress and crisis lines: 416-408-HELP (4357)

**Postpartum Support International**
800-944-4PPD (4773)
Calls returned within 24 hours
[http://postpartum.net](http://postpartum.net/)

**TeenLine**
(310) 855-HOPE (4673)
(800) TLC-TEEN (852-8336) (U.S. and Canada only)
Or text TEEN to 839863
6 p.m. to 10 p.m. Pacific Time, every night
[https://teenlineonline.org](https://teenlineonline.org/)

Teen Pregnancy

**American Pregnancy Helpline**
866-942-6466
Twenty-four hours a day, seven days a week
[http://www.thehelpline.org](http://www.thehelpline.org/)

**Baby Safe Haven**
Confidential toll free hotline: 888-510-BABY (2229)
Safe Haven Infant Protection Laws enable a person to give up an unwanted infant anonymously. As long as the baby has not been abused, the person may do so without fear of arrest or prosecution.
State finder map: [http://safehaven.tv/states](http://www.safehaven.tv/states)

**Birthright International**
800-550-4900
Twenty-four hours a day, seven days a week
[http://www.birthright.org](http://www.birthright.org/)

**Crisis Call Center**800-273-8255 or text ANSWER to 839863
Twenty-four hours a day, seven days a week
<http://crisiscallcenter.org/crisisservices-html/>

**Crisis Text Line (U.S. only)**
Text HELLO to 741741 or message us at facebook.com/CrisisTextLine to chat with a Crisis Counselor.
Twenty-four hours a day, seven days a week

**HopeLine**
Call or text 919-231-4525 or 1-877-235-4525
<https://www.hopeline-nc.org/>

**Ontario Online and Text Crisis and Distress Service (ONTX)**
Text 741741 from 2 p.m. to 2 a.m. daily
Twenty-four hour distress and crisis lines: 416-408-HELP (4357)

**Planned Parenthood**
800-230-PLAN (7526) - for routing to local resources
Twenty-four hours a day, seven days a week
[http://www.plannedparenthood.org](http://www.plannedparenthood.org/)

**TeenLine**
(310) 855-HOPE (4673)
(800) TLC-TEEN (852-8336) (U.S. and Canada only)
Or text TEEN to 839863
6 p.m. to 10 p.m. Pacific Time, every night
[https://teenlineonline.org](https://teenlineonline.org/)

**Thursday’s Child National Youth Advocacy Hotline**800-USA-KIDS (800-872-5437)
Twenty-four hours a day, seven days a week
[http://www.thursdayschild.org](http://www.thursdayschild.org/)