

Hotlines and Emergency Resources

Crisis Resources:

National Suicide Prevention Lifeline	1-800-273-8255 National Suicide Prevention Lifeline (Spanish): (888) 628-9454 National Suicide Prevention Lifeline (Options for Deaf and Hard of Hearing): (800) 799-4889	Get Immediate Help: If you are in crisis, and need immediate support or intervention, call 800-273-TALK (8255) or 1-800-273-8255. Trained crisis workers are available to talk 24 hours a day, 7 days a week. Calls are toll-free and confidential. https://suicidepreventionlifeline.org/help-yourself/youth/
Crisis Text Line		https://www.crisistextline.org . Text HOME to 741741
Mobile Crisis	518-292-5499	mental health services for immediate/crisis situations. They will come to you and provide urgent mental health care.
Homeless and Travelers Aid	518-463-2124	assistance with housing, shelters

Local Resources:

Albany County Mental Health	518-447-4555	https://www.albanycounty.com/departments/mental-health
Albany Pride Center	518-462-6138	promotes the well-being of all lesbian, gay, bisexual, transgender and queer-identified people and those affected by discrimination based on gender identity and expression. https://www.capitalpridecenter.org
Catholic Charities	518-453-6650	provides assistance for families in need
Equinox Youth Shelter	(518) 465-9524	
Food pantry information		https://www.foodpantries.org/st/new_york
Interfaith Partnerships	518-434-8021	assistance with housing and shelters

National Resources:

Childhelp National Child Abuse Hotline	1-800-422-4453	Helps those impacted by child abuse by providing 24/7 confidential crisis counselor support in over 170 languages Crisis intervention, information and referrals to thousands of support services https://www.childhelp.org/hotline/
Disaster Distress Helpline	1-800-985-5990	A national hotline with trained crisis counselors who provide year-round immediate counseling for those experiencing emotional distress related to any natural or human-caused disaster (fire, earthquake, tornado, etc.) Text TalkWithUs to 66746 or http://www.samhsa.gov/find-help/disaster-distress-helpline
Ditch the Label		“If you’re aged 12-25, you can talk to us anything that is bothering you for free help and support. We’re mainly here to help with thinks such as bullying, mental health, cyberbullying, body-image, relationships, sex, identity and coming out.” https://www.ditchthelabel.org/
Give Us the Floor		Non Profit organization that is run by teens for teens “struggling with distress through unique, peer support groups that

		leverage social media to provide constant contact and anonymity in a safe teen-only community, breaking the isolation and shame cycles” https://giveusthefloor.org/
National Alliance on Mental Illness	1-800-950-NAMI (6264)	Dedicated to helping those affected by mental illness, trained professionals run the NAMI HelpLine Email info@nami.org or https://www.nami.org/Find-Support/NAMI-HelpLine
National Domestic Violence Hotline	1-800-799-7233	24/7 free, confidential support from highly trained experienced advocates offering support, crisis intervention information, and referral services http://www.thehotline.org/help/
National Eating Disorders Association	1-800-931-2237	Support for individuals and families affected by eating disorders http://www.nationaleatingdisorders.org/find-help-support
National Runaway Safeline	1-800-RUNAWAY	24-hour support for teens thinking of running away from home, for those who have runaway or for friends of someone who has runaway and is looking for help http://www.1800runaway.org/
National Sexual Assault Hotline	1-800-656-HOPE	Trained professionals helping those impacted by sexual violence nationwide

		https://www.rainn.org/get-help/national-sexual-assault-hotline
National Suicide Prevention Lifeline	1-800-273-TALK(8255)	A 24-hour, toll-free, confidential suicide prevention hotline for anyone in suicidal crisis or emotional distress: http://www.suicidepreventionlifeline.org/
Planned Parenthood	1-800-230-PLAN	Runs over 700 health centers and provides info on health, sex, and family planning Answers to teens' sexual health questions: http://www.plannedparenthood.org/teens Chat online with a health educator: http://www.plannedparenthood.org/all-access/chat
Substance Abuse and Mental Health Services Administration (SAMHSA)	(800) 662-HELP or (800) 662-4357	Provides help for those facing prescription drug misuse and abuse with intervention, prevention, treatment, and recovery support services http://www.samhsa.gov/find-help
Sunshine Behavioral Health		Guide for dealing with Cyber Bullying: Hotlines For Help, Cyber Bullying information, Advice for Parents on Cyber Bullying, Cyber Bullying and Mental Health https://www.sunshinebehavioralhealth.com/resources/preventing-cyberbullying/

The Bully Project		It's easy to feel powerless or alone when faced with bullying. You can find there a lot of great tools and advice and help http://www.thebullyproject.com/tools_students
Trevor Support Center/The Trevor Project	1-866-488-7386	"The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25." https://www.thetrevorproject.org/get-help-now/ Call: 1-866-488-7386 or Text the word "Trevor" to 1-202-304-1200
Veterans Crisis Line	(800) 273-8255, Press 1	
CDC National HIV & AIDS Hotline	(800) 342-2437	
Alcoholics Anonymous	(202) 966-9155	
Gamblers Anonymous	(855) 222-5542	
Narcotics Anonymous	(800) 543-4670	