

Emergency and After Hours Resources

This list is of known providers of particular services. The providers on the list are from a variety of sources. The list is being provided as a courtesy, for information only, and the user should understand that no assurances or guarantees regarding the providers on the list are being made by providing this list. We do not endorse, approve, or recommend any specific provider listed below. This list is not inclusive of all community agencies, services, or organizations that provide the particular service, and the omission of an agency, service or organization for this list does not imply disapproval. It is the responsibility of the user of this list to determine whether any of the content is of value to them and whether or not the agency, service, or organization meets their specific needs.

National

Emergency: (24/7): 911

Referral Services: (crisis counseling, housing, food, health care, family services): 211 | 211.org

Suicide Prevention: 1-800-273-TALK (8255) | suicidepreventionlifeline.org

Self-Injury/Cutting: 1-800-366-8288 | selfinjury.com

Eating Disorders: 1-800-931-2237 | nationaleatingdisorders.org

Runaway Hotline: 1-800-231-6946 | 1800runaway.org

Child Abuse Hotline: 1-800-422-4453 | childhelp.org/hotline/

Sexual Assault Hotline: 1-800-656-4673 | rainn.org

Domestic/Relationship Violence Hotline: 1-800-799-7233 | thehotline.org

Trevor Hotline for LGBTQ Youth: 1-866-488-7386 | thetrevorproject.org

Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline | samhsa.gov/find-help/national-helpline

Other resources for developing healthy lifestyles, including mental and emotional help:

helpguide.org