

## **Crisis Resources**

### **National Suicide Prevention and Crisis Lifeline**

Call or Text: 988 - English and Spanish Available

### **Veterans, Service Members, and their Loved Ones**

Veterans, active service members, and their loved ones can reach the Veterans Crisis Line (VCL) 24/7/365 by texting 838255, chatting, or calling 988 and pressing 1. [Learn more](#) about the VCL.

### **Español (Spanish)**

Los servicios de llamada, texto, y chat de 988 Lifeline se ofrecen en español. Para comunicarse con un consejero que habla español, marque 988 y luego presione 2. Para enviar un mensaje de texto a un consejero que habla español, envíe la palabra AYUDA al 988. Para chatear con un consejero que habla español, por favor inicia un chat en español.

### **LGBTQI+ Youth and Young Adults**

LGBTQI+ people under 25 can access 24/7/365 LGBTQI+ support via 988 Chat or by Text by typing PRIDE. You will be asked if you want to opt-in to this support before you are connected to a counselor. People can also call 988 and press 3 to be connected to LGBTQI+ services.

### **Deaf and Hard-of-Hearing People**

Deaf and Hard of Hearing people have 24/7/365 access to 988 Videophone, which can be accessed by clicking on [ASL Now](#).

### **Disaster Distress Helpline**

Call or Text 1-800-985-5990

Can also call 211 for more information about disaster resources

National, U.S.-based crisis counseling and support crisis line for people experiencing emotional distress related to natural or human-caused disasters. Some who may benefit include people affected by disaster, friends and family of those affected by disaster, and disaster recovery workers. For Deaf or Hard of Hearing ASL Callers: To connect directly to a DDH crisis worker fluent in American Sign Language, click the "ASL Now" button above or call 1-800-985-5990 from your videophone. ASL support is available 24/7.

## **Domestic Violence, Child Abuse, Sexual Assault (National and Local)**

### **Arkansas State Police Child Abuse Hotline**

(800) 482-5964

### **Arkansas Coalition Against Domestic Violence**

<https://www.domesticpeace.com/>

Teen Dating Abuse Hotline

Call 866-331-9474

**Domestic Violence Hotline**

1-800-799-7233

Text: BEGIN to 88788

thehotline.org

**Laura's Card**

<https://arkansasag.gov/programs/domestic-dating-violence/lauras-card/>

**Women and Children First**

Call (800) 332-4443

**Sexual Assault Hotline**

1-800-656-4673

hotline.rainn.org

**Arkansas Coalition Against Sexual Assault**

(800) 977-5776