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National Support Hotlines

Support Line	Additional Information
All-Options (Expecting Mothers)	https://www.all-options.org/find-support/talkline/ If you are pregnant and unsure how to feel or what to do next, or you want to talk about a past or current experience with abortion, adoption, parenting, infertility or pregnancy loss, you've found the right place.
Crisis Text Line	https://www.crisistextline.org Text Home to 741741
National Alliance on Mental Illness (NAMI) Helpline	https://www.nami.org/find-support/nami-helpline 1-800-950-NAMI (6264) or info@nami.org HelpLine staff and volunteers are prepared to answer your questions about mental health issues including: <ul style="list-style-type: none">● Symptoms of mental health conditions● Treatment options● Local support groups and services● Education programs● Helping family members get treatment● Programs to help find jobs

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National Child Abuse Hotline	https://www.childhelp.org/hotline/ 1-800-422-4453, push 1 to talk to a hotline counselor
National Sexual Assault Hotline	https://www.rainn.org/about-national-sexual-assault-telephone-hotline The (1.800.656.HOPE) and Online Hotline (rainn.org) offer free, safe and confidential help 24 hours per day, 7 days per week.
National Domestic Violence Hotline	https://www.thehotline.org 1.800.799.7233 Staffed 24 hours a day by trained counselors who can provide crisis assistance and information about shelters, legal advocacy, health care centers, and counseling
National Parent Helpline	https://www.nationalparenthelpline.org 1-855- 4A PARENT (1-855-427-2736)
The National Council on Problem Gambling	https://www.ncpgambling.org/help-treatment/national-helpline-1-800-522-4700/ 1-800-522-4700
Postpartum Support International	https://www.postpartum.net Postpartum Support International is not a crisis hotline and does not handle emergencies. 1.800.944.4773

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Teen Line	<p>https://teenlineonline.org/talk-now/ (310) 855-HOPE (310) 855-4673</p>
The Trevor Project	<p>https://www.thetrevorproject.org/#sm.0001hft_y90e5afm9s2q1cwaqlsu66</p> <ul style="list-style-type: none">• TrevorLifeline – A crisis intervention and suicide prevention phone service available 24/7 at 1-866-488-7386• TrevorText – Text “START” to 678678. Standard text messaging rates apply. Available 24/7/365• TrevorSpace – An online international peer-to-peer community for LGBTQ young people and their friends.
The Gay, Lesbian, Bisexual and Transgender National Hotline	<p>https://www.glbthotline.org/national-hotline.html (888) 843-4564</p>
The Gay, Lesbian, Bisexual and Transgender National Youth Hotline	<p>https://www.glbthotline.org/youth-talkline.html (youth serving youth through age 25) (800) 246-7743</p>
Trans Lifeline	<p>https://www.translifeline.org US: 877-565-8860</p>