

NATIONAL HOTLINE DIRECTORY

Organization	Number/Hours	Website	Assistance with	How they help
Assisted Recovery Centers of America	800-527-5344 M-F 10AM-6PM MST	www.assistedrecovery.com	Alcoholism and Drug Abuse	Provide educational materials and referrals to alcohol treatment programs nationwide.
Al-anon/Alateen Meeting Referral	888-4AL-ANON (24/7)	www.al-anon.alateen.org	Alcoholism, friends and family	An operator can direct you to the meeting locations nearest you.
Big Brothers Big Sisters of America	215-567-7000 9AM-5PM EST	www.bbbs.org	Child mentoring	The nation's largest youth mentoring organization. The national office can help you find an agency near you.
Eating Disorders Awareness and Prevention	800-931-2237 M-Th 9:00AM-9:00 PM EST; Sat. 9:00AM-5PM	www.nationaleatingdisorders.org	Eating Disorders	Provide support services, help, and guidance to individuals struggling with disordered eating, their loved ones, and families.
Girls and Boys Town	800-448-3000 (24/7)	http://www.boystown.org/hotline/Pages/default.aspx	Troubled children, parents, family members	Provide referrals for counseling to girls and boys with any type of problem including issues with school, parents, sexuality, abuse, or feelings of suicide.
National Alliance for the Mentally Ill	800-950-6264 10AM-6PM EST or TEXT "NAMI" TO 741741	www.nami.org	Mental health	Provides referrals to local counselors, therapists, and support groups for individuals and families. They can also answer questions and send information on any type of mental health issue.
National Association of Anorexia Nervosa and Associated Disorders	630-577-1330 9AM-5PM CT	www.anad.org	Eating Disorders	Provides help, support, or more information about eating disorders.
National Domestic Violence Hotline	800-799-7233 (24/7)	www.thehotline.org	Domestic violence: children, parents, friends, offenders	Provides immediate help through referrals to local shelters, counselors and legal advice.
National Parent Helpline	855-427-2736 10AM-7PM PST	http://www.nationalparenthelpline.org/	Children, Teenagers	Assists parents with struggling teens and provides feedback and referrals on intervention, counseling, or other services
National Suicide Prevention Lifeline	800-273-8255 (24/7)	http://www.suicidepreventionlifeline.org/	Suicide	Connects you with a skilled, trained counselor at a crisis center in your area.
Planned Parenthood	800-230-PLAN (24/7)	www.plannedparenthood.org	Pregnancy, birth control	Immediately connect you to a planned parenthood in your area.
Rape Abuse and Incest National Network	800-656-4673 (24/7)	www.rainn.org	Rape and incest victims	Automatically transfer you to the nearest rape crisis center in your area.
The Trevor Helpline	866-488-7386 (24/7); or Text "Trevor" to 202-304-1200	http://www.thetrevorproject.org/	Gay, lesbian, bisexual, transgender suicide prevention	24/7 crisis & suicide prevention helpline for gay, lesbian, bisexual, transgender and questioning youth
United Way Crisis Line	2-1-1 (24/7)	www.211.org	Mental health	Trained social workers provide referrals to local agencies, counselors and mental health associations. They can also provide crisis counseling.

ADDITIONAL RESOURCES

Organization	Website	Assistance with	How they help
Association for Children's Mental Health	http://www.acmh-mi.org/	Children with mental health disorders	Provides information, support, resources, referral and advocacy for children and youth with mental, emotional, or behavioral disorders and their families.
Obesity Action Coalition	http://www.obesityaction.org/	Adults & children	Provides education and resources as well as a Kids Corner with tips for healthy eating.
Safe Kids Worldwide	https://www.safekids.org/?gclid=CLrpg6iyhNUCFYiFswodb9YLfg	Keeping children safe from injury	Works to help families and communities keep children safe from injuries. Provides tips on keeping kids safe from preventable injuries such as bike safety, falls, burns, car seats, and more.
The National Child Traumatic Stress Network	http://www.nctsn.org/	Child mental health	Provides additional list of resources for helping children through traumatic experiences.

*This list should not be considered to be a complete list of all community service agencies nor an endorsement of them.

**Please note that we do our best to keep this list up to date, however some information may change. If information is incorrect or you are having trouble reaching one of these agencies, please contact us toll-free at (866) 834-7030.