

# Crisis Hotlines & Group Support Resources

## HOTLINES

### National Suicide Prevention Lifeline

1-800-723-TALK (8255) | <https://suicidepreventionlifeline.org/talk-to-someone-now/>

If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7 across the United States.

### National Domestic Violence Hotline

1-800-799-7233 | <https://www.thehotline.org/>

24 hours a day, seven days a week, 365 days a year, the National Domestic Violence Hotline provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse.

Contacts to The Hotline can expect highly-trained, expert advocates to offer free, confidential, and compassionate support, crisis intervention information, education, and referral services in over 200 languages.

### National Sexual Assault Hotline

1-800-656-HOPE (4673) | <https://www.rainn.org/>

24/7 confidential support. RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization.

RAINN created and operates the National Sexual Assault Hotline (800.656.HOPE, [online.rainn.org](https://online.rainn.org) y [rainn.org/es](https://rainn.org/es)) in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

### Veterans Crisis Line

1-800-273-8255 (Press 1 to connect) | <https://www.veteranscrisisline.net/>

24/7, confidential crisis support for Veterans and their loved ones. You don't have to be enrolled in VA benefits or health care to connect.



## National Disaster Distress Helpline

1-800-985-5990. | <https://strengthafterdisaster.org/peer-support/>

If you or someone you care for is experiencing distress or other mental health concerns related to disaster, call OR text the Disaster Distress Helpline at 1-800-985-5990. Counselors are available 24/7/365 and can listen to what's on your mind, explore available coping supports, and offer information on community resources for follow-up care and support.

DDH also offers peer support for healthcare workers and parents/caregivers impacted by COVID-19 and survivors of mass violence.

## Substance Abuse and Mental Health Services Admin (SAMHSA) National Helpline

1-800-662-HELP (4357) | <https://www.samhsa.gov/find-help/national-helpline>

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and [Spanish](#)) for individuals and families facing mental and/or substance use disorders.

## SUPPORT GROUPS

### Alcoholics Anonymous

<https://www.aa.org/>

### Narcotics Anonymous

<https://na.org/>

### Gamblers Anonymous

<https://www.gamblersanonymous.org/ga/>

*If you would like to suggest a national hotline or support group for the US or another country, please send an email to [contact@with-attitude.com](mailto:contact@with-attitude.com).*