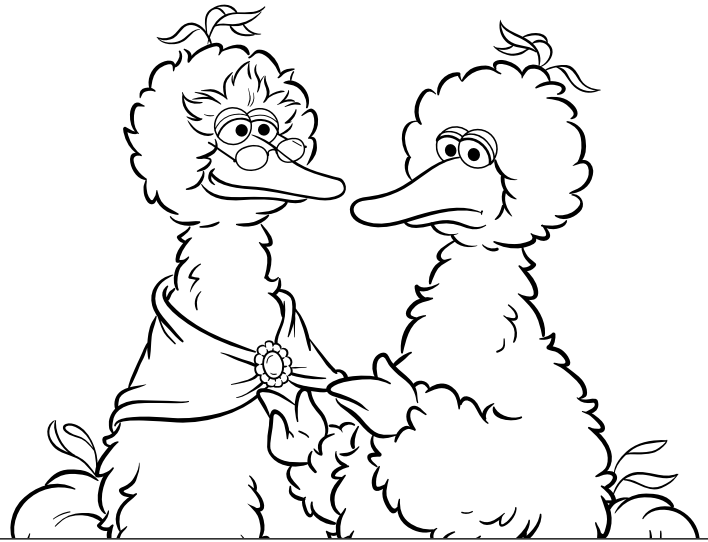


# Asking for Help

**No one is alone.** Just as it's brave for a child to ask for help, it can strengthen a family when parents and caregivers reach out for support. These resources offer lifesaving help and hope, and can begin the healing process. Most are staffed 24/7 and all are confidential.



## **General Help**

### **National Parent Helpline**

1-855-4A Parent (1-855-427-2736)  
Emotional support and empowerment for parents.  
[nationalparenthelpline.org](http://nationalparenthelpline.org)

### **Crisis Text Line**

Text HELLO to 741741  
A free 24/7 text service for people in a wide range of crises.  
[crisistextline.org](http://crisistextline.org)

### **United Way**

Dial 211  
Referral and information service connecting people with local health and human services. Supports people living with emotional and physical domestic abuse, bullying, sexual assault, alcohol abuse, suicidal thoughts, and more.  
[211.org](http://211.org)

## **Mental Health**

### **National Suicide Prevention Lifeline**

1-800-273-TALK (1-800-273-8255)  
Available 24/7.  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

### **National Drug and Alcohol Treatment Hotline**

1-800-662-HELP (4357)  
Provides information on alcohol and drug abuse, local treatment options, and counselor support.  
[samhsa.gov/find-help](http://samhsa.gov/find-help)

## **Getting to Safety**

### **National Domestic Violence Hotline**

1-800-799-SAFE (1-800-799-7233) &  
1-800-787-3224 (TTY) &  
1-855-812-1001 (video phone) for hearing impaired  
Crisis intervention, safety planning, information, and referrals.  
[thehotline.org](http://thehotline.org)

### **Childhelp National Child Abuse Hotline**

1-800-4-A-CHILD (1-800-422-4453)  
Help and answers about child abuse or neglect.  
[childhelp.org/hotline](http://childhelp.org/hotline)

### **National Sexual Assault Hotline**

1-800-656-HOPE (1-800-656-4673)  
Operated by the Rape, Abuse & Incest National Network (RAINN).  
[rainn.org](http://rainn.org)

### **Victim Connect Chat**

1-855-4VICTIM (1-855-484-2846)  
For those coping with the aftermath of crime.  
[victimconnect.org](http://victimconnect.org)

### **The National Runaway Safeline**

1-800-RUNAWAY (1-800-786-2929)  
For young women who are pregnant and/or parenting while homeless or fleeing abuse.  
[1800runaway.org](http://1800runaway.org)

### **National Center for Missing and Exploited Children**

1-800-THE-LOST (1-800-843-5678)  
Helps find missing children and supports victims of child abduction and sexual exploitation.  
[missingkids.com](http://missingkids.com)