

**National Helplines are available 24 7:**

- **National Suicide Prevention Lifeline:** 1-800-273-TALK (8255)
- **Crisis Text Line:** Text "GO" to 741-741 Free. Confidential.
- **Poison Control Center:** 1-800-222-1222
- **Healthy Mothers, Healthy Babies Hotline:** Dial 211
- **Boystown National Helpline:** 1-800-448-3000
- **Family Helpline:** Any question, any time 888-866-8660
- **Rural Response Hotline:** 1-800-464-0258
- **Disaster Distress Helpline:** 1-800-985-5990 (TTY 1-800-846-8517)
- **National Domestic Violence Hotline:** 1-800-799-7233 Or Text "LOVEIS" to 22522
- **National Child Abuse Hotline:** 1-800-422-4453) or Text "LOVEIS" to 22522
- **National Sexual Assault Hotline/RAINN:** Rape, Abuse, and Incest National Network: 1-800-656-HOPE (4673)
- **National Human Trafficking Resource Center:** 1-888-373-7888 Or Text "BeFree" to 233733
- **National Safe Place:** Text "SAFE" and your current location to 69866
- **Veterans Crisis Line:** 1-800-273-8255 Or dial 988 - Press 1 for veterans
- **If you are unsure who to call for your individual situation, please reach out to your personal faith-based leader, healthcare professional, or student health center on campus**