

## Crisis Resources

*Always call 911 first if you or someone you know is experiencing a life-threatening medical emergency or may be a danger to themselves or others.*

### **211 – Essential Community Services**

*Connects you to expert, local, caring help to address essential needs. Connections to help with homelessness, healthcare, utilities, substance abuse, hunger.*

**Website:** [www.211.org](http://www.211.org)

### **988 – Suicide and Crisis Lifeline**

*Free, 24/7 confidential text/call/online chat support and resources for anyone in emotional distress or suicidal crisis.*

**Website:** [www.988lifeline.org](http://www.988lifeline.org)

**Text:** 988

**TTY:** Dial 711 and then 988

### **988 (Press 1) – Veterans/Military Crisis Line**

*Free, 24/7 confidential crisis support for all service members and their loved ones.  
VA enrollment not required.*

**Website:** [www.veteranscrisisline.net](http://www.veteranscrisisline.net)

**Text:** 838255

### **800.662.4357 – Substance Abuse Hotline**

*Free, 24/7 confidential treatment referral and resources for individuals and families facing mental health/ substance abuse disorders.*

**Website:** [www.samhsa.gov/find-help/national-helpline](http://www.samhsa.gov/find-help/national-helpline)

**TTY:** 1.800.487.4889

### **800.422.4453 – Child Abuse Hotline**

*Text/call/online chat for young persons experiencing abuse. Includes state-specific CPS resource.*

**Website:** [www.childhelphotline.org](http://www.childhelphotline.org)

**Text:** 800.422.4453

### **Text HOME to 741741 – Crisis Text line**

*Free, 24/7 text and online chat support services for anyone in any type of crisis or painful emotion.*

**Website:** [www.crisistextline.org](http://www.crisistextline.org)

**Text:** HOME to 741741

### **800.656.4673 – Sexual Assault Line**

*Confidential, 24/7 call or online chat support services for survivors of sexual assault/violence.*

**Website:** [www.rainn.org/resources](http://www.rainn.org/resources)

**Chat:** [hotline.rainn.org/online](http://hotline.rainn.org/online)

\*If you believe you have been sexually harassed or have witnessed sexual harassment on the job, you should notify your supervisor or the Human Resources Department at 432.571.8471.

### **800.799.7233 – Domestic Violence Line**

*24/7 text/ call/online chat for relationship-based violence, safety plan resources, and abuse-identifying resources.*

**Website:** [www.thehotline.org](http://www.thehotline.org)

**TTY:** 1.800.787.3224

**Text:** "START" to 88788