



## Helpful Hotline Numbers



- Call 911
- Disaster Distress Hotline: CALL or TEXT 1-800-985-5990 (press 2 for Spanish).
- National Suicide Prevention : 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish
- National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 2252
- National Child Abuse Hotline: 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- National Sexual Assault Hotline: 1-800-656-HOPE (4673)
- The Eldercare Locator: 1-800-677-1116
- Veteran's Crisis Line: 1-800-273-TALK (8255) or text: 8388255
- The Trevor Project 1-866-488-7386
- Mental Health and Coping during COVID19 visit:  
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

