

CRISIS AND OTHER HOTLINES OR SUPPORT SERVICES

Support Categories:

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- Medical
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- Pet and Animal Support

General Support & Information

- **Find a Hotline That Helps You - America's Hotline Directory**
(<https://www.hotlinedirectory.org/>):
 - **From Cell Phones: Call or Text - #4HELP (#44357)**
 - **All Other Phones: Call 855-4HELP-ORG (855-443-5767)**
- **United Way's 211: Dial 211 (Comprehensive resource for local services: food, housing, utilities, etc.)**

Mental Health Support

- **988 Suicide & Crisis Lifeline: 988 (Mental health crises)**
- **NAMI (National Alliance on Mental Illness) Helpline: 1-800-950-NAMI (6264)**
(Information and support for mental health conditions)
- **MDHHS Peer Support Warmline: 1-888-733-7753 (Operated by Peer Support Specialists with lived experience)**
- **National Graduate Student Crisis Hotline: 877-472-3457**
- **MentalHealth.gov: (Online resources)**
- **The Jed Foundation: (Online resources for young adult mental health)**
- **Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746.**
(Provides immediate crisis counseling for those affected by natural or human-caused disasters.)

Crisis Hotlines

- **Christian Oriented Hotline: 1-877-949-4357 (HELP)**
- **Crisis Pregnancy Hotline: 1-800-672-2296 (67-BABY-6)**
- **Girls and Boys Town Crisis Helpline (13-18 years old): 1-800-448-3000**
 - **Hearing Impaired: 1-800-448-1833**
- **Grace Help Line 24/7 Christian Service: 1-800-982-8032**
- **NEMCMH Crisis Services 24/7 Phone and Walk-In: 989-356-2161**
- **Social Security Administration Crisis Helpline: 1-800-772-1213**
- **Teen Hope Line: 1-800-394-4673 (HOPE)**
- **Teenline: 1-888-747-8336 (TEEN)**
- **United Way Crisis Helpline: 1-800-233-4357 (HELP)**
- **Veteran's Crisis Line: 1-800-273-TALK (8255) or Crisis Chat Text: 8388255**
- **Youth Crisis Hotline (and Runaways): 1-800-448-4663**
- **National Runaway Safeline: 1-800-RUNAWAY (786-2929). (Provides confidential support and resources for runaway and homeless youth.)**
- **YouthLine: Text TEEN2TEEN to 839863 or call 1-877-968-8491**

Crisis Text Lines

- **Crisis Text Line: Text HOME or HELLO to 741741 (Free 24/7 Crisis Counseling)**
- **Need2Text Crisis: Text TALK to 38255**
- **Veteran's Crisis Line Text: 8388255**
- **YouthLine Text: TEEN2TEEN to 839863**

Suicide Prevention

- **Deaf Suicide Hotline: 1-800-799-4889 (4TTY)**
- **Holy Spirit Teenline for Suicide Hotline: 717-763-2345 or 1-800-722-5385**
- **Kristin Brooks Hope Center: 1-800-784-7433 (SUICIDE)**
- **National Suicide Prevention Lifeline: 1-800-273-TALK (8255)**
 - **Lifeline Chat: <https://suicidepreventionlifeline.org/chat/>**
- **S.A.F.E. (Self-Abuse Finally Ends): 1-800-366-8288 (Don't Cut)**
- **The Trevor Project: 1-866-488-7386. (Provides crisis intervention and suicide prevention services to LGBTQ young people under 25.)**

Assault and Abuse

- **Battered Women and their Children: 1-800-603-4357 (HELP)**
- **Child Abuse National Hotline: 1-800-252-2873 (25Abuse)**
- **Children in Immediate Danger: 1-800-843-5678 (THE-LOST)**
- **Department of Social Services Child Abuse Hotline: 1-800-342-3720**
- **Exploitation of Children: 1-800-843-5678**

- **Family Violence Prevention Center: 1-800-313-1310**
- **Local Domestic Violence and Sexual Assault, Hope Shores Alliance: 1-800-396-9129**
- **Michigan Sexual Assault Hotline: 1-855-VOICES4 (855-864-2374)**
 - **Safe Shelter for Women and Children: 269-925-9500**
- **Missing Children Help Center: 1-800-872-5437**
- **National Child Abuse Hotline: 1-800-422-4453 or Text 1-800-422-4453**
 - **Michigan Child and Adult Protective Services: 855-444-3911**
- **National Domestic Violence Hotline: 1-800-799-SAFE (7233) or Text LOVEIS (22522)**
- **National Human Trafficking Hotline: 1-888-373-7888. Connects victims of human trafficking with services and support.**
- **National Sexual Assault Hotline: 1-800-656-HOPE (4673)**
- **RAINN (Rape Abuse, & Incest National Network): 1-800-656-HOPE (4673)**
- **Safe Horizon for Abuse 24/7: 1-866-621-4673**
- **Sexual Assault Services and Human Trafficking (SANE): 269-687-1880 or 866-976-7263 (SANE)**
- **Stop It Now! (Educational resources on suspected Child Abuse): 1-888-773-8368**
- **United States Elder Abuse Hotline: 1-866-363-4276 or 1-800-252-8966**
- **Childhelp USA: 1-800-422-4453. (Offers crisis intervention, information, and referrals for child abuse victims.)**

Addiction

- **Addiction Families Anonymous: 1-800-736-9805**
- **Alcohol Treatment Referral Hotline 24/7: 1-800-252-6465**
- **Alcoholics Anonymous (AA): 202-966-9155**
- **Alcoholics for Christ: 1-800-441-7877**
- **Cocaine Hotline 24/7: 1-800-262-2463**
- **Compulsive Gambling Hotline: 1-410-332-0402**
- **Drug Abuse National Helpline: 1-800-662-4357**
- **Ecstasy Addiction: 1-800-468-6933**
- **Gamblers Anonymous: 855-222-5542**
- **Marijuana Anonymous: 1-800-766-6779**
- **Narcotics Anonymous (NA): 800-543-4670**
- **National Association for Children of Alcoholics: 1-888-554-2627**
- **Project Know for Sex Addiction: 1-888-892-1840**
- **SAMHSA National Helpline: 1-800-662-4357**
- **Sex Addicts Anonymous (SAA): 800-477-8191**
- **SMART Recovery: (Online resources and support groups)**

- **Al-Anon/Alateen: (For families and friends of alcoholics)**

LGBTQIA+ Support

- **Gay and Lesbian National Hotline: 1-888-843-4564**
- **LGBT National Youth Talkline: 1-800-246-7743**
- **LGBT Senior Hotline: 1-888-234-7243**
- **LGBTQIA+ Helpline: 1-800-398-4297 (GAYS)**
- **LGBTQIA+ Suicide Trevor Hotline: 1-866-488-7386 (4-U-TREVOR)**
- **Trans Lifeline: 1-877-565-8860**
- **The Trevor Project's Online Chat and Text: (Online support options)**
- **GLAAD (Gay & Lesbian Alliance Against Defamation): (Online resources and advocacy)**

Medical

- **American Cancer Society: 1-800-227-2345**
- **CDC National HIV & AIDS Hotline: 800-432-2437**
- **Chronic Illness and Pain Watchman Fellowship Helpline: 1-817-277-0023**
- **National Cancer Institute: 1-800-422-6237**

Eating Disorders

- **Eating Disorder Remuda Ranch: 1-800-445-1900**
- **Eating Disorders Awareness and Prevention: 1-800-931-2237**
- **Eating Disorders Center: 1-888-236-1188**
- **National Associations of Anorexia Nervosa and Associated Disorders: 1-847-831-3438**

COVID-19 Support

- **COVID-19 Support and Counseling 24/7: 1-888-535-6136**

Other Helplines

- **American Family Housing: 1-888-600-4357**
- **Eldercare Locator: 800-677-1116**
- **Grief/Loss GriefShare: 1-800-395-5755**
- **Homeless: 1-800-231-6946**
- **Laurel House (runaways): 1-714-832-0207**
- **National Abortion Federation Hotline: 1-800-772-9100**
- **National Council for Behavioral Health (NCBH): 202-684-7457**

- **National Office of Post Abortion Trauma: 1-800-593-2273**
- **National Runaway Safeline: 1-800-786-2929 (Runaway)**
- **National Runaway Switchboard: 1-800-621-4000**
- **Poison Control: 1-800-942-5969 or Text POISON to 797979**
- **Post Abortion Counseling: 1-800-228-0332**
- **Post Abortion Project Rachel: 1-800-5WE-CARE (1-800-593-2213)**
- **Postpartum Support Helpline: 1-800-944-4773 or Text 800-944-4773**
- **United States Missing Children Hotline: 1-800-235-3535**
- **Well Spouse Foundation for Care Givers: 1-800-838-0879**
- **Area Agencies on Aging: (Local support for older adults)**
- **Alzheimer's Association Helpline: 1-800-272-3900**
- **The Arc: (Support for those with intellectual and developmental disabilities)**
- **National Disability Rights Network: (Advocacy for people with disabilities)**
- **The Humane Society of the United States: (202) 452-1100. (Provides resources and information on animal welfare issues.)**
- **Local wildlife rehabilitation centers: (Search online for centers in your area.) Can assist with injured or orphaned wildlife.**

Free Counseling via Your Device

- **Christian Bethany Lifeline Pregnancy Hotline: 1-800-238-4269 (Bethany)**
- **Covenant House Free Phone Counseling, 7 days a week from 4:00p-8:00p: 1-800-999-9999**
- **National Prayer Line: 1-800-477-2937 (4-Prayer)**
- **New Hope Now Christian Based Counseling: 741-639-4673**
- **New Life Cristian Counseling: 1-800-639-5433 (New-Life)**

Pet and Animal Support

- **ASPCA Animal Poison Control Center: (888) 426-4435. (24-hour emergency assistance for animal poisonings. Consultation fee may apply.)**
- **Local animal shelter or humane society: (Search online.) (Lost/found pets, animal cruelty, low-cost vet care.)**