

## Mental Health Resources- Updated 8/2019

- National Child Abuse Hotline at 800-4-A-CHILD
- National Sexual Assault Hotline at 800-656-HOPE (4673) or chat online at [online.rainn.org](https://www.online.rainn.org).
- Trevor Project: TrevorLifeline [1-866-488-7386](https://www.trevorproject.org/1-866-488-7386).
- TrevorText is a confidential and secure resource that provides live help for LGBTQ youth with a trained specialist, over text messages. Text START to 678678.
- Suicide Prevention Hotline: 1-800-273-8255
- Text to Talk: Text HOME to 741741 from anywhere **in the United States**, anytime, about any type of crisis.
  - **Canada:** Text HOME to 686868
  - **UK:** Text HOME to 85258
- UK Childline: 0800 1111