



SAFETY, WELLNESS AND INCLUSION

NATIONAL CRISIS HOTLINES AND SUPPORT SERVICES

National Suicide Prevention Lifeline

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

<https://suicidepreventionlifeline.org/>

Call **1-800-273-8255** (For U.S.)

[Visit Here](#) (For outside U.S.)

Crisis Text Line

Text from anywhere in the US or Canada to text with a trained Crisis Counselor.

<https://www.crisistextline.org/>

Text "Home" to **741741** (For U.S.)

Text "Home" to **686868** (For Canada)

Text "Home" to **85258** (For U.K.)

[Visit Here](#) (For outside U.S.)

Trevor Project

Leading national organization providing crisis intervention and suicide prevention services to LGBTQ+ youth.

<https://www.thetrevorproject.org/>

1-866-488-7386 (TrevorLifeline)

Text **START** to **678678** (TrevorText)

Substance Abuse and Mental Health Services Administration National Helpline (SAMHSA)

A free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

<https://www.samhsa.gov/find-help/national-helpline>

Call **1-800-662-HELP (4357)**

CHILDHELP National Child Abuse Hotline

24/7 hotline with professional crisis counselors that offers crisis intervention, information, and referrals to thousands of emergency, social service, and support resources. All calls are confidential.

<http://www.childhelp.org/hotline>

Call **1-800-422-4453**

The National Eating Disorders Association Helpline

The largest nonprofit organization dedicated to supporting individuals and families affected by eating disorders. Provides support, resources, and treatment options for yourself or a loved one.

<https://www.nationaleatingdisorders.org>

Call **1-800-931-2237**

National Sexual Assault Hotline

24/7 to help those affected by sexual violence. Provides confidential support with trained RAINN support specialists.

<https://www.rainn.org/about-national-sexual-assault-telephone-hotline>

Call **800-656-HOPE (4673)**

National Teen Dating Abuse Line

24/7 helpline to answer questions about relationships and dating staffed by an advocate trained to offer education, support, and advocacy to those involved in dating abuse relationships as well as concerned friends, siblings, parents, teachers, law enforcement members, and service providers.

<https://www.loveisrespect.org>

Call 1-866-331-9474

Refuat Hanefesh

An organization dedicated to decreasing the stigma surrounding mental illness through conversation and education, while providing a safe place for those affected to seek support and advice.

<https://www.refuathanefesh.org/>

Trans Lifeline

24/7 anonymous and confidential hotline staffed by peer trans operators.

<https://www.translifeline.org/hotline>

US: 1-877-565-8860

Canada: 1-877-330-6366

BBYO Director of Inclusion

BBYO's Director of Inclusion is here to help ensure BBYO is a comfortable and inclusive space for all teens and families. Staff should reach out whenever they have a question or concern about teen's emotional, mental, and physical wellbeing/safety.

Ari Handel, LSW

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