Call, Text and Chat Lines

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|  | Call | Text | Online Chat |
| In case of emergency | Dial 911 |  |  |
| National Suicide Hotline | 1-800-273-TALK (8255) |  | <https://suicidepreventionlifeline.org/chat> |
|  | Español:  1-888-628-9454 |  |  |
| SAMHSA National Helpline | 1-800-662-HELP (4357)  Spanish and English |  | For more information: <https://www.samhsa.gov/find-help/national-helpline> |
| Teen Suicide Hotline | 1-800-SUICIDE (784-2433) |  | <https://suicidepreventionlifeline.org/chat/> |
| National Hopeline Network |  |  | [www.imalive.org](http://www.imalive.org) |
| Poison Center | 1-800-222-1222 |  |  |
| National Domestic Violence Hotline | 1-800-799-7233 |  |  |
| Indiana Warmline | 1-800-933-5397  (M-F 8A-5P) |  |  |
| Veterans Crisis Line | 1-800-273-8255 |  | [www.veteranscrisisline.net](http://www.veteranscrisisline.net) |
| Look up Indiana | 1-800-284-8439 | Text 494949 | <https://lookupindiana.org/> |
| Crisis Text Line |  | Text 741741 |  |
| National Runaway Safeline | 1-800-621-4000 |  |  |
| Need help and don’t know where to start | Dial 211 |  |  |

**LGBTQ Support Resources**

* GLBT National Help Center, 1-888-843-4564, [www.glnh.org](http://www.glnh.org)
* GLBT National Youth Talkline, 1-800-246-PRIDE (7743), [www.glnh.org/talkline](http://www.glnh.org/talkline)
* Trevor Project Crisis Line – LGBTQ Youth, 1-866-4-U-TREVOR (488-7386), [www.theTrevorProject.org](http://www.theTrevorProject.org)

**Other Resources**

* Free and confidential information and referral, available 24/7, for help with food, housing, employment, health care, counseling and more - Dial 211
* Homeowner’s HOPE™ Hotline provides free comprehensive financial education and confidential foreclosure prevention counseling 24/7. 1-888-995-HOPE (4673)
* Legal Advice provides legal information, lawyer profiles and a community to help individuals make legal decisions. www.findlaw.com

**National substance abuse and mental health treatment resources**

* SAMHSA’s National Helpline provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations. 1-800-662-HELP (4357); <http://findtreatment.SAMHSA.gov>
* National Alliance on Mental Illness (NAMI) Information HelpLine provides information and referral services. 1-800-950-NAMI (6264)
* National Council for Behavioral Health can assist you in finding a local provider of behavioral health services and support. [www.theNationalCouncil.org](http://www.theNationalCouncil.org) (click on “Find a Provider”)
* Alcoholics Anonymous [www.aa.org/pages/en\_US/find-aa-resources](http://www.aa.org/pages/en_US/find-aa-resources)
* Narcotics Anonymous 1-888-GET-HOPE (438-4673) (Hopeline) [www.na.org/meetingsearch](http://www.na.org/meetingsearch) [www.nar-anon.org/find-a-group](http://www.nar-anon.org/find-a-group) (family groups)
* Dual Recovery Anonymous <http://www.draonline.org/>

**Relationship/Family/Sexual violence support**

* Department of Child Services, 24-hour hotline 1-800-800-5556; if you suspect any form of child abuse or neglect or if a minor is exhibiting suicidal signs
* National Domestic Violence Hotline: [www.al-anon.alateen.org/local-meetings](http://www.al-anon.alateen.org/local-meetings)
  + 1-800-799-SAFE (7233) 1-800-787-3224 (hearing impaired line)
* National Sexual Assault Hotline: 1-800-656-HOPE (4673)