

# Resources

## Abuse, Sexual Assault, Domestic Violence, and Trauma

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| National Domestic Violence Hotline (24/7)                                | 1-800-799-SAFE (7233)   <a href="https://www.thehotline.org/">https://www.thehotline.org/</a>   |
| Rape, Abuse, and Incest National Network – Sexual Assault Hotline (24/7) | 800-656-HOPE (4673)   <a href="https://hotline.rainn.org/online/">https://hotline.rainn.org/online/</a>                                     |
| Human Trafficking Hotline (24/7)   | 1-888-373-7888   Text “Help” or “INFO” to 233733<br><a href="https://humantraffickinghotline.org/">https://humantraffickinghotline.org/</a> |
| National Center for Victims of Crime                                     | 1-855-484-2846   <a href="https://victimsofcrime.org/">https://victimsofcrime.org/</a>  |
| National Indigenous Women’s Resource Center                              | 406-477-3896   <a href="http://www.niwrc.org/">http://www.niwrc.org/</a>  |

## Alcohol & Drug Abuse Services

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| 24-Hour Alcohol & Drug Referral Network | 888-304-9797   |
| National Drug Helpline                  | 1-888-633-3239   <a href="http://drughelpline.org/">http://drughelpline.org/</a> |

## Crisis and Suicide

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| National Suicide Prevention Lifeline (24/7)     | 1-800-273-TALK (8255)   Live Chat <a href="https://suicidepreventionlifeline.org/chat/">https://suicidepreventionlifeline.org/chat/</a> |
| Call 911 immediately                            | -   |
| Go to your nearest emergency room               | -   |
| Find a local crisis therapist or support group: | <a href="http://www.suicidepreventionlifeline.org/learn/therapy.aspx">http://www.suicidepreventionlifeline.org/learn/therapy.aspx</a>   |

## Counseling/Therapy/ Mental Health

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| 1-800-THERAPIST (to find a local therapist)  | 800-843-7274  |
| Mental Health America  | 1-800-273-8255   Text 741741 at the Crisis text line  |
| Go to your campus counseling center (sometimes called “Psychological Services”) or health clinic | <u>TIP:</u> Most campus health and counseling centers also have a list of resources and options available for their students on their websites. |
| Download the MY3 app   | Free on the Apple App Store and Google Play - <i>helps you stay connected with your support network when you are struggling.</i>                |

## Disability Services

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| National Alliance to End Homelessness | 2-1-1   <a href="https://endhomelessness.org/">https://endhomelessness.org/</a> |
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## Food and Nutrition

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| USDA National Hunger Hotline | 1-866-348-6479<br>1-877-842-6273   <a href="https://www.nhc.fns.usda.gov/nhc/nhc-main-page">https://www.nhc.fns.usda.gov/nhc/nhc-main-page</a> |
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# Resources

## Health and Safety

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| AIDS National Hotline | 1-800-232-4636  |
| National STD Hotline  | 1-800-227-8922  |
| CDC Info              | <a href="https://www.cdc.gov/cdc-info/">https://www.cdc.gov/cdc-info/</a> |

## Homelessness Services

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| U.S. Dept. of Housing & Urban Development/Housing Discrimination Hotline | 1-800-669-9777   <a href="https://www.hud.gov/">https://www.hud.gov/</a> |
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## LGBTQ+

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| LGBT National Youth Talkline (up to age 25)              | 1-800-246-7743   <a href="https://www.glbthotline.org/talkline.html">https://www.glbthotline.org/talkline.html</a> |
| Gay, Lesbian, Bisexual, and Transgender National Hotline | 1-888-843-4564   <a href="https://www.glbthotline.org/hotline.html">https://www.glbthotline.org/hotline.html</a>   |
| The Trevor Project                                       | 1-866-488-7386   <a href="https://www.thetrevorproject.org/">https://www.thetrevorproject.org/</a>                 |
| Trans Lifeline   | 877-565-8860   <a href="https://www.translifeline.org/">https://www.translifeline.org/</a>                         |

## Pregnancy, Family Planning, and Adoption

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| Bedsider Birth Control Support Network   | 888-321-0383   <a href="https://www.bedsider.org/">https://www.bedsider.org/</a>                     |
| National Abortion Federation             | 1-800-772-9100   <a href="https://prochoice.org/">https://prochoice.org/</a>                         |
| National Adoption Center                 | 800-862-3678   <a href="http://www.adopt.org/">http://www.adopt.org/</a>                             |
| Planned Parenthood Federation of America | 1-800-230-7526   <a href="https://www.plannedparenthood.org/">https://www.plannedparenthood.org/</a> |