



# EMERGENCY HOTLINES

*There is help available for you*

Alcohol Treatment Referral Hotline  
(800) 252-6465

National Suicide Prevention Lifeline  
(800) 273-TALK (8255)

National Domestic Violence Hotline  
(800) 799-7233

Planned Parenthood Hotline  
(800) 230-PLAN (230-7526)

Rape, Abuse, and Incest National Network (RAINN)  
(800) 656-HOPE

National Help Line for Substance Abuse  
(800) 262-2463

Samaritans Crisis Response Hotline  
*Call if you just need someone to talk to*  
(212) 673-3000

National Alliance on Mental Illness  
(800) 950-NAMI

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