



Emergency and Crisis Resource List

Crisis Help Line – US: Dial 911

Crisis Support Services - US: Dial 1-800-273-8255

Crisis Text Line - US: Text HELP to 741741

Crisis Text Line - Canada: Text 686868

Crisis Text Line - UK: Text 85258

AGING ADULT EMERGENCY SERVICES

- Caregiver Action Network Help Desk: 855-227-3640
<https://www.caregiveraction.org/helpdesk>
- Eldercare Locator 1800-677-1116 <https://eldercare.acl.gov/Public/Index.aspx>
- Alzheimer’s Association 24/7 Helpline 1-800-272-3900
- National Center on Elder Abuse (NCEA) Directory of State Helplines
<https://ncea.acl.gov/home#gsc.tab=0>

DRUG AND ALCOHOL ABUSE

- Alcoholics Anonymous: <https://aa.org/>
- Narcotics Anonymous: <https://na.org/>
- National Association for Children of Addiction (NACoA): <https://nacoa.org/NACoA>
(301) 468-0985
- Partnership to End Addiction: 855-378-4373 or text CONNECT to 55753
<https://drugfree.org/article/helpline-get-one-on-one-help/>

- SAMHSA Substance Abuse and Mental Health Services Administration National Helpline: 1-800-662-4357 <https://www.samhsa.gov/find-help/national-helpline>

FAMILY, PARENTING, AND CHILD SUPPORT

- Childhelp - National Child Abuse Hotline: 800-422-4453
<https://childhelphotline.org/>
- National Parent Helpline: 855-427-2736 <https://nationalparentyouthhelpline.org/>
- National Responsible Fatherhood Clearinghouse (NRFC) Helpline: 1-877-4DAD411 (1-877-432-3411) <https://www.fatherhood.gov/>
- Parents Anonymous® National Helpline: 1-855-427-2736
<https://www.parentsanonymous.org/>

FOOD AND SHELTER

- Call 211: Local food and shelter resources
- Coalition for the Homeless General: (212) 776-2000
- Emergency Food and Shelter Program: 703-706-0660 <https://www.uwsci.org/efsp>
- Feeding America: <https://www.feedingamerica.org/>
- Food US Low-Cost Housing: <https://food.uslowcostonhousing.com/>
- Hunger Free America: <https://www.hungerfreeamerica.org>
- The Salvation Army: 1-800-SAL-ARMY
<https://www.salvationarmyusa.org/homelessness/emergency-shelters/>
- USDA National Hunger Hotline: 1-866-3-HUNGRY (1-866-348-6479) or 1-877-8-HAMBRE (1-877-842-6273) (Available in English and Spanish, Monday–Friday, 8 AM–8 PM ET)

MENTAL HEALTH

- Mental Health America: Crisis Services: <https://mhanational.org/crisis-services/>
- National Alliance on Mental Illness (NAMI) Helpline: Call 1-800-950-NAMI (6264) or text HELPLINE to 62640

- National Maternal Mental Health Hotline: Call 1-833-TLC-MAMA (852-6262)
<https://mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline>
- Postpartum Support International (PSI) Helpline: 1-800-944-4773
<https://www.postpartum.net/get-help/>

NATURAL DISASTER

- American Red Cross Disaster Relief: 1-800-733-2767
<https://www.redcross.org/get-help/disaster-relief-and-recovery-services.html>
- CDC Disaster Distress Hotline: 1-800-985-5990 <https://www.cdc.gov/natural-disasters/psa-toolkit/disaster-distress-hotline.html>
- Current Disasters: Current Disasters FEMA: <https://www.fema.gov/disaster/current>
- Disaster Distress Helpline: 1-800-985-5990
- Federal Emergency Management Agency (FEMA) Disaster Assistance: 1-800-621-3362 <https://www.fema.gov/assistance/individual>
- Samaritan's Purse International Disaster Relief: <https://www.samaritanspurse.org/>
828.262.1980

SUICIDE PREVENTION AND AWARENESS

- American Foundation for Suicide Prevention: <https://afsp.org/>
- International Suicide Prevention: <https://findahelpline.com/i/iaspNational>
- Nacional de Prevencion del Suicidio: 1-888-628-9454
<https://988lifeline.org/es/servicios-en-espanol/>
- National Suicide and Crisis Lifeline US: Call 988 <https://chat.988lifeline.org/>
- National Suicide and Crisis Lifeline (Deaf and HOH): <https://988lifeline.org/deaf-hard-of-hearing-hearing-loss/>
- Suicide.org: <http://suicide.org/>

TEEN HELP

- National Runaway Safeline: 800-RUNAWAY (800-786-2929)
<https://www.1800runaway.org/>
- Teen Line Mental Health Services: 800-852-8336 <https://www.teenline.org/>

- The Trevor Project: Call 1-866-488-7386 or text START to 678678 for LGBTQ+ youth crisis support
- YouthLine: Text teen2teen to 839863, or call 1-877-968-8491
<https://www.theyouthline.com/>

VETERANS

- VA's National Caregiver Support Line: 855-260-3274
- Veterans Crisis Line: Call 988, then press 1, or TEXT 838255
<https://www.veteranscrisisline.net/>
- Veterans Crisis Line Chat: <https://www.veteranscrisisline.net/get-help-now/chat/>

VIOLENCE AND ABUSE

- Darkness to Light Child Sexual Abuse National Helpline: 866-367-5444
<https://www.d2l25.org/>
- National Domestic Violence Hotline: 1-800-799-SAFE (7233) or Text "START" to 88788 <https://www.rainn.org/>
- National Sexual Assault Hotline: 1-800-656-4673 <https://www.rainn.org/>
- S.A.F.E. Alternatives (Self-Abuse Finally Ends) self-harm helpline: 800-DONT CUT (800-366-8288) <https://selfinjury.com/>
- STAND! For Families Free of Violence Crisis Line: 888-215-5555
<https://www.standffov.org/contact/>
- StrongHearts Native Helpline: 844-7NATIVE (844-762-8483) (toll-free)

DISCLAIMER

The emergency and crisis phone numbers listed on this page are provided for informational purposes only. The Wellness Universe is not affiliated with, nor responsible for, the services offered by these organizations. We do not guarantee the accuracy, availability, or effectiveness of any listed service. If you or someone you know is in immediate danger or requires urgent assistance, please contact your local emergency services.

Organizations are subject to change their website addresses or other contact information periodically. We appreciate your help in notifying us if you discover inefficient or discontinued services. Thank you for your help and support. <https://www.thewellnessuniverse.com/contact-us/>

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