



The Rockstar **HOTLINE** **GUIDE**

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HOTLINES:

Child Abuse Hotlines:

National Child Abuse Hotline: 1-800-422-4453, push 1 to talk to a hotline counselor. (Call this number for help if you have been abused, suspect a child or teenager is being sexually abused, or if you are an abuser.) For hearing impaired, call 1-800-222-4523

[National Center for Missing and Exploited Children](#). Can be used to communicate information to the authorities about child pornography or child sex trafficking. Hotline: 800-THE-LOST (843-5678)

List of [State Child Abuse and Neglect reporting numbers](#)

Depression Hotlines:

Depression Hotline: 1-630-482-9696

Domestic Violence Hotlines:

National Domestic Violence Hotline: 1-800-799-SAFE (7233) Staffed 24 hours a day by trained counselors who can provide crisis assistance and information about shelters, legal advocacy, health care centers, and counseling

[Break the Silence Against Domestic Violence](#) - BTS' helpline allows people experiencing domestic violence to talk to a survivor. 1-855-287-1777

Domestic Abuse Helpline for Men and Women: 1-888-743-5754 [DAHMW.org](#)

Human Trafficking Hotlines:

National Human Trafficking Hotline: 1-888-373-7888 -Caller can report a tip; connect with anti-trafficking services in their area; or request training and technical assistance, general information, or specific anti-trafficking resources.

[Human trafficking hotline database](#) for other countries

**When in doubt, go to your nearest emergency room
and/or call 911!!**

Rape/Sexual Assault Hotlines:

The National Sexual Assault Hotline (1.800.656.HOPE) and Online Hotline (rainn.org) offer free, safe and confidential help 24 hours per day, 7 days per week.

Take Back The Night Foundation Hotline: 866-966-9013: Legal support for survivors in every state. Referrals to counseling, support, legal aid, hospitals

Safe Horizon Rape, Sexual Assault, and Incest hotline: 212.227.3000

Canada:

Victoria, British Columbia Women's Sexual Assault Centre hotline: 250-383-3232

Ottawa, Ontario Rape Crisis Center hotline: 613-562-2333

Toronto, Ontario Rape Crisis Centre hotline: (416) 597-1171

Montreal, Quebec Rape Crisis Centre hotline: 514-934-4504

United Kingdom:

United Kingdom National Helpline: 0808 802 9999 (open daily from 12-2.30pm and 7-9.30pm UK time)

London Victim Support hotline: 0845 303 0900

Runaway or Homeless Youth Hotlines:

National Runaway Safeline: 1-800-RUNAWAY (1-800-786-2929)-a national, toll-free hotline for runaway and homeless youth, teens in crisis and concerned family/friends. Completely confidential.

Covenant House 1-800-999-9999 (Youth and Parents, 24-hour, toll-free crisis hotline which provides crisis intervention, referral and information services to homeless, runaway and other troubled youth and their families throughout the U.S.

Self-Injury Hotlines:

1-800-DONT-CUT (366-8288)

Veterans Crisis HotLines:

Veterans Crisis Line: 1-800-273-8255, press 1 (text 838255) or [Confidential Veterans Chat](#) with a counselor

Military Helpline: 1-888-HLP-4-VET (1-888-457-4838) – Anonymous, free help for veterans, members of the military and their families

VA National Caregiver Support Line: 1-855-260-3274 (M-F 8am-11pm, Sat 10:30am-6pm)

National Call Center for Homeless Veterans: 1.877.4AID.VET (424.3838)

Youth/Teen Crisis Intervention Hotlines:

Boystown National Hotline: 800-448-3000 or TTY: 800-448-3000 Assists youth, and their family/friends, who are affected by self-harm and other issues

Youthline: 1-877-YOUTHLINE (1-877-968-8454): Toll-free teen crisis line that links teens to community based peer counseling hotlines in the nation.

Suicide Hotlines:

National Suicide Prevention Lifeline: 1-800-273-TALK (24/7)

National Suicide Prevention Lifeline Spanish 1-800-799-4889

National Suicide Prevention Lifeline TTY: 1-800-799-4889

National Suicide Hotline: 1-800-784-2433

Comprehensive List of [Suicide Hotlines by State](#) (USA)

Suicide Hotlines in Other Countries:

- Argentina: 54-0223-493-0430
- Belgium: 106
- Canada (Ontario): 519-416-486-2242
- Canada (Alberta): 1-888-787-2880
- Canada (British Columbia): 1-866-872-0113
- Canada (Quebec): 514-723-4000
- China: 852-2382-0000
- Costa Rica: 506-253-5439
- Germany: 0800-181-0721
- India: 92-22-307-3451
- Ireland: 44-0-8457-90-90-90
- Japan: 3-5286-9090
- Mexico: 525-510-2550
- South Africa: 0861-322-322
- Switzerland: 143
- Thailand: 02-249-9977
- United Kingdom: 08457-90-90-90
- Ukraine: 0487- 327715
- More [Suicide Hotlines in other Countries](#)
- [Befrienders Worldline](#): Find Hotlines in other Countries

