### NATIONAL SUICIDE PREVENTION LIFELINE

Feeling really bad? Get free, confidential support.
Call 1-800-273-8255 or visit suicidepreventionlifeline.org
Español

### NATIONAL RUNAWAY SAFELINE

Get confidential, caring support from someone who won't report you. Call 1-800-RUNAWAY (1-800-786-2929) or text 66008 or visit 1800runaway.org Español

#### **TEXAS ABUSE HOTLINE**

To report child abuse or neglect call 800-252-5400 or visit txabusehotline.org

### TEXAS FOSTER CARE OMBUDSMAN

Have a problem with your foster care placement, a question, or need help?
Call 844-286-0769 (8 a.m. - 5 p.m. M-F) or visit hhs.texas.gov/foster-care-help

you're not alone reach out 24/7 ≠



# LOVE IS RESPECT: NATIONAL TEEN DATING ABUSE HELPLINE

Think something might be wrong with your relationship?
Get support.
Call 1-866-331-2974 or text/chat loveis to 22522 or visit loveisrespect.org

TTY: 1-866-331-8453

### NATIONAL DOMESTIC VIOLENCE HOTLINE

Are you or someone you know in an abusive relationship? Get help. Call 1-800-799-SAFE (7233) or visit thehotline.org TTY: 1-800-787-3224 Español

#### NATIONAL HUMAN TRAFFICKING HOTLINE

If someone is making you have sex or work against your will, get help. Call 1-888-373-7888 or text 233733 or chat at humantraffickinghotline.org Español

#### RAINN (RAPE, ABUSE AND INCEST NATIONAL NETWORK) HOTLINE

Counselors offer anonymous, confidential support for survivors. Call 1-800-656-HOPE (4673) or visit rainn.org for online chat support. Español

#### TREVOR PROJECT LIFELINE

A hotline for LGBTQ youth who are in crisis or just need a safe place to talk.
Call 866.488.7386 or text/chat thetrevorproject.org/help

## NATIONAL IMMIGRANT DETENTION HOTLINE

Need to locate a parent in an immigrant detention facility? Reach out. Call 209-757-FREE Español and 60 languages