



SUPPORT RESOURCES

Staying safe means speaking up. If you or someone you know is struggling, the following organizations can provide immediate crisis support or assistance.

Urgent response or medical emergencies

Dial 911

AIDS / HIV Consultation

National AIDS Hotline

www.cdc.gov/cdc-info

1-800-CDC-INFO (232-4636) | 1-888-232-6348 TTY

The Centers for Disease Control and Prevention's national health information hotline, providing answers to your questions regarding HIV, how to protect yourself, and where to get an HIV test.

Homeless / Runaway

National Runaway Switchboard

<https://www.1800runaway.org/>

1-800-RUNAWAY | 1-800-786-2929

The National Runaway Switchboard is a national communications system that assists youth who have run away or are considering running away and their families. With its database of more than 17,000 resources, NRS links youth and families across the country to shelters, counseling, medical assistance, and other vital services. In addition, NRS works to prevent youth from running away. By helping youth and adults resolve problems constructively, staff and volunteers diffuse escalating tensions, promote dialogue and reduce youths' desire to run away.

Relationship Issues

Covenant House Nineline

<https://teenlineonline.org/yyp/covenant-house-nineline/>

800-999-9999

Crisis hotline for youth and parents. Shelter, referrals, information, crisis intervention and health clinic. Referrals throughout the U.S. Bilingual. It's free, it's confidential.



SUPPORT RESOURCES

Sexual Assault / Physical Abuse / Domestic Abuse

RAINN

<https://www.rainn.org/about-national-sexual-assault-telephone-hotline>

800.656.HOPE

RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline (800.656.HOPE, online.rainn.org y rainn.org/es) in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

Suicide Prevention

National Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/>

1-800-273-8255

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.