



TEXAS
Department of Family
and Protective Services

Report Abuse

- **By Phone: 1-800-252-5400**
- **Online: Texas Abuse Hotline** (<https://www.txabusehotline.org/Login/Default.aspx>)

Call the Abuse Hotline toll-free 24 hours a day, 7 days a week, nationwide, or report through a secure website and get a response within 24 hours.



The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. They're committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.

Hotline: 1-800-273-TALK(8255)

<https://suicidepreventionlifeline.org/>

CRISIS TEXT LINE |

**Text HOME
to 741741 in the US**
for free 24/7
crisis support

or via Facebook Messenger at [facebook.com/crisistextline](https://www.facebook.com/crisistextline)

How It Works

Text **HOME** to **741741** from anywhere in the United States, anytime, about any type of crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

<https://www.crisistextline.org/topics/anxiety/>

<https://www.crisistextline.org/topics/get-help-covid-19/>

<https://www.crisistextline.org/topics/emotional-abuse/>





- *The Trevor Project's trained counselors are here to support you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the TrevorLifeline now at [1-866-488-7386](tel:1-866-488-7386).*
- *TrevorText is a confidential and secure resource that provides live help for LGBTQ youth with a trained specialist, over text messages. **Text START to 678678.***



- *This new resource offers COVID-19-related mental health support for all Texans. People can call the Statewide COVID-19 Mental Health Support Line 24 hours a day, 7 days a week toll-free at 833-986-1919.*
- *You may also dial: 211 for help*



- **YOUTH & TEENS**
Do you need help?
The National Runaway Safeline (NRS) is here to listen whether you are thinking of running away or already have. Our services are confidential and nonjudgmental.
- **PARENTS & GUARDIANS**
Worried about your child?
NRS can offer you support and help connect you to the right resources for your family.

By calling 1-800-RUNAWAY or 1-800-786-2929



S.A.F.E. ALTERNATIVES® is a nationally recognized treatment approach, professional network, and educational resource base, which is committed to helping you and others achieve an end to self-injurious behavior.

S.A.F.E. Alternatives

1-(800)-DONTCUT | (800)-366-8288



RAINN | 800.656.HOPE
RAINN.org

RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline 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.

Rape, Abuse, and Incest National Network (RAINN)

1-800-656-4673

24-hour Chat: online.rainn.org