

Hotlines

National Domestic Violence Hotline: (1-800-799-7233)

National Suicide Prevention Lifeline: (1-800-273-TALK (8255)

National Hopeline Network: 1-800-SUICIDE (800-784-2433)

Connecticut Sexual Assault Crisis Services 24-hour, toll free hotline: 1-888-999-5545 (English) and 1-888-568-8332 (Spanish)

Self-Harm hotline: 1-800-DON'T CUT (1-800-366-8288)

Poison Control Center: (1-800-222-1222)

National Drug Dependency Hope Line (1-800-622-2255)

GLBT Hotline: (1-888-843-4564)

National Crisis Line- Anorexia and Bulimia: (1-800-2334357)

Family Violence Help Line: (1-800-230- PLAN (7526)

Local Information and Referrals

211

<http://www.211.org>

A website on which you can enter in a ZIP code or city/state combo to be directed to an online referral database in that area (when available). Can also dial 211.

Domestic Abuse

[DomesticViolence.org](http://www.DomesticViolence.org)

<http://www.domesticviolence.org/personalized-safety-plan/>

Site provides a personalized safety plan for anyone in an abusive relationship, along with excellent information and referrals.

Love is Respect Chat

www.loveisrespect.org

A hotline and chat service for young adults, but no one is turned down. Focus is on abusive vs. healthy relationships. Chat is run by young adult peer advocates.

Eating Disorders

National Eating Disorders Association -- Information & Referral Helpline

800-931-2237

Informational website: <http://www.nationaleatingdisorders.org/>

Something Fishy Website on Eating Disorders

<http://www.something-fishy.org/>

Dedicated to raising awareness about eating disorders - emphasizing that eating disorders are NOT about food; they are the symptoms of something deeper.

Gay, Lesbian, Bisexual, and Transgender

GLBT National Help Center

General talkline: 888-843-4564

Youth talkline: 800-246-PRIDE (7743)

<http://www.volunteerlogin.org/chat/>

A chat service offering one-on-one peer support for gay, lesbian, bisexual, transgender and questioning people, run by the GLBT National Help Center.

.....Monday through Friday 4pm - Midnight, Eastern

.....Saturday noon to 5pm, Eastern

Trevor Lifeline

866-488-7386

Hotline for GLBT youth.

<http://www.thetrevorproject.org/chat>

A chat service for GLBTQ youth.

It Gets Better

<http://www.itgetsbetter.org/>

The It Gets Better Project was created to show young LGBT people the happiness and potential their lives will reach once they can get through their teen years.

Mental Health

National Alliance on Mental Illness

[http://www.nami.org/template.cfm?section=your local nami](http://www.nami.org/template.cfm?section=your_local_nami)

Find the nearest NAMI chapter by location. Obtain information and advocacy assistance, and take part in local awareness activities.

ManTherapy.org

ManTherapy.org is made for working-aged men who may be dealing with depression or suicide. This innovative site combines excellent information and humor.

Mood Gym

<https://moodgym.anu.edu.au/welcome>

Learn cognitive behavior therapy skills for preventing and coping with depression. This interactive website helps users learn healthy behaviors.

Healing From BPD

<http://www.my-borderline-personality-disorder.com/>

This blog, list of resources, and chat room were created to share the real world applications of Dialectical Behavior Therapy skills.

Boys Town

1-800-448-3000

<http://www.yourlifeyourvoice.org/Pages/default.aspx>

Boys Town provides a hotline and chat for kids, teens and young adults who are depressed or faced with an overwhelming challenge.

To Write Love on Her Arms

<http://www.twloha.com/facts/>

Information on depression, self-injury, addictions and suicide and the relationships between them, and give hope to people dealing with these issues.

Pregnancy & Sexual Health

Planned Parenthood

<http://www.plannedparenthood.org/info-for-teens/pregnancy-33811.asp>

Planned Parenthood chat site where clients can ask questions about pregnancy, STDs, birth control, emergency contraception and abortion and can get referrals.

Text "PPNOW" to 774636 (PPINFO)

Non-Suicidal Self Injury

Self Abuse Finally Ends (S.A.F.E)

www.selfinjury.com

S.A.F.E. is a highly regarded treatment approach for NSSI. The website has information about treatment and links for help in finding a therapist for help with NSSI.

To Write Love on Her Arms

<http://www.twloha.com/facts/>

Information on depression, self-injury, addictions and suicide and the relationships between them, and hope for people dealing with these issues.

The Butterfly Project

<http://butterfly-project.tumblr.com/>

Special practice for avoiding self-injury by drawing butterflies on yourself (more guidelines on the website).

Sexual Abuse/Assault

Rape, Abuse, Incest National Network Chat

<http://apps.rainn.org/ohl-bridge/>

A chat service for sexual assault survivors, run by RAINN.

YWCA New Britain Sexual Assault Crisis Services

<http://ywcanb.org/sexual-assault-crisis-services/>

24 hour, toll free hotline

1-888-999-5545 (English) and 1-888-568-8332 (Spanish)

Certified sexual assault victim advocates, 24/7 hotline services, short- term counseling for individuals and groups, accompaniment and support in hospitals, police departments and courts.

Connecticut Sexual Assault Services

<http://endsexualviolencect.org/>

Suicide

The National Suicide Prevention Lifeline

1-800-273-TALK

suicidepreventionlifeline.org

The Lifeline is a network of 160 crisis centers in 50 states which provides confidential emotional support to people in suicidal or emotional distress.

IMALive

<https://www.imalive.org/>

IMALive provides crisis intervention services via online chat. Their services are available on weekdays starting at 7pm Eastern Time and running to 10:30 or 12:30 pm, depending on the day.

ReachOut USA

<http://us.reachout.com/>

ReachOut USA uses the internet to provide information teens and young adults need and want in an anonymous, non-threatening and non-judgmental space.

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Five Alive

<http://fivealive.us/index.html>

Five Alive is dedicated to providing teens and young adults with the information they need to help a friend who may be considering suicide.

Veterans

VA Chat

<http://www.veteranscrisisline.net/ChatTermsOfService.aspx>

A 24/7 chat service for veterans, run by the VA.

Youth/Teens

Boys Town

1-800-448-3000

<http://www.yourlifeyourvoice.org/Pages/default.aspx>

Boys Town provides a hotline and chat for kids, teens and young adults who are depressed or faced with an overwhelming challenge.

Teen Line

310-855-HOPE (4673)

Informational website: <http://teenlineonline.org/category/help-online/>

Text TEEN LINE by texting "TEEN" to 839863

Teens Health

<http://teenshealth.org/teen/>

Tons of info on all kinds of issues that teens face, including depression, bullying, drugs/alcohol, sexual health, etc.

Five Alive

<http://fivealive.us/index.html>

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National Runaway Switchboard

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

For runaway teens or teens considering leaving home.

.....4:30pm-11:30pm Central

Covenant House Nineline

1-800-999-9999

<http://ninline.org/>

Hotline: 4:00 p.m. to 8:00 p.m. Eastern Time, seven days a week.

NINELINE CHAT: Tuesdays and Saturdays from 5:00 p.m. to 7:00 p.m., Eastern Time.

Do Something

<http://www.dosomething.org/>

DoSomething.org provides teens with campaigns and causes they can take part in to make the world a better place.