

Important Numbers



@edu_wellness_consulting_

- Emergency: 911
- Referral services: 211 | www.211.org
- Suicide Prevention (United States): 1-800-273-TALK (8255) | www.suicidepreventionlifeline.org
- Self-Injury/Cutting: 1-800-366-8288 | www.selfinjury.com
- Eating Disorders: 1-800-431-2237 | www.nationaleatingdisorders.org
- Runaway Hotline: 1-800-231-6946 | www.1800runaway.org
- National Child Abuse Hotline: 1-800-422-4453 | www.childhelp.org/hotline/
- Sexual Assault Hotline: 1-800-656-4673 | www.rainn.org
- Domestic/Relationship Violence Hotline: 1-800-799-7233 | www.thehotline.org
- Trevor Hotline for LGBTQ Youth: 1-866-488-7386 | www.thetrevorproject.org
- Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline | www.samhsa.gov/find-help/national-helpline
- Other resources for developing healthy lifestyles, including mental and emotional help: www.helpguide.org