National

  - Call 1-866-331-9474 or Text LOVEIS to 22522
    - available 24 hours

- **We R Native** - [http://www.wernative.org/](http://www.wernative.org/)
  - Text NATIVE to 97779 for weekly health tips, contests and life advice

- **The Trevor Project** - [https://www.thetrevorproject.org/?gclid=Cj0KCQjwpsLkBRDpARIsAKoYI8yCkhaBpgkmEhN4ZLkIrfFx9OrSFWvD7oTKY5sIN_9ZCI94LEVwCMAaAvJ3EALw_wcB#sm.0000eyxibx92lfhxzd9292nyg9hdt](https://www.thetrevorproject.org/?gclid=Cj0KCQjwpsLkBRDpARIsAKoYI8yCkhaBpgkmEhN4ZLkIrfFx9OrSFWvD7oTKY5sIN_9ZCI94LEVwCMAaAvJ3EALw_wcB#sm.0000eyxibx92lfhxzd9292nyg9hdt)
  - Call 1-866-488-7386
  - Text START to 678678
  - Chat available on website

- **The National Domestic Violence Hotline** - [https://www.thehotline.org/help/](https://www.thehotline.org/help/)
  - Call 1-800-799-7233/1-800-787-3224 (TTY)

- **National US Child Abuse Hotline** - [https://naminc.org/crisis-info/](https://naminc.org/crisis-info/)
  - Call 1-800-422-4453

- **Crisis Textline** - [http://www.crisistextline.org/textline/?gclid=CluQwciWttMCFUcgQodZkMKjg](http://www.crisistextline.org/textline/?gclid=CluQwciWttMCFUcgQodZkMKjg)
  - Text HOME to 741741

- **Teen Line** - [https://teenlineonline.org/](https://teenlineonline.org/)
  - Text TEEN to 839863
    - Available 6pm – 9pm PST every night
  - Call 1-310-855-HOPE(4673) or toll-free 1-800-TLC-TEEN(852-8336)
    - Available 6pm – 10pm PST every night
  - Additionally they are available through their “Teen Talk” app, email and message board

- **Safe Place** - [http://nationalsafeplace.org/what-is-safe-place/](http://nationalsafeplace.org/what-is-safe-place/)
  - 1-866-331-9474 or Text SAFE to 69866
    - available 24 hours

- **OK2Talk** - [http://ok2talk.org/](http://ok2talk.org/)
  - Call 1-800-273-TALK(8255)
    - Suicide Prevention Lifeline

- **Teen Health and Wellness Outreach** - [http://www.teenhealthandwellness.com/static/hotlines](http://www.teenhealthandwellness.com/static/hotlines)
  - Crisis Call Center: 1-800-273-8255 or text ANSWER to 839863
  - Crisis Text Line: Text HELLO to 741741
YouthLine - https://oregonyouthline.org/  
  o Text teen2teen to 839863  
    ▪ Teens are available to help daily from 4-10pm PST (adults available by phone at all other times).
  o Call 1-877-968-8491  
    ▪ Teens are available to help daily from 4-10pm PST (adults available by phone at all other times).
  o Additionally, they are available via chat and email YouthL@LinesforLife.org

Covenant House Nineline - http://covenanthouse.org/  
  o Call 1-800-999-9999  
    ▪ Lines are open 7 days a week from 1pm – 5pm  
  o Bilingual (Spanish and English)

The Anti-Violence Project - http://www.avp.org  
  o Call 1-212-714-1124  
    ▪ 24 hours in English and Spanish

Project Safe, Inc. - https://www.project-safe.org/about-us/  
  o Call 1-706-543-3331 (24/hr)  
  o Text 1-706-765-8019

National Youth Crisis Hotline  
  o Call 1-800-448-4663  
    ▪ For hearing impaired call 1-800-448-1833

North Carolina

Text 4 Teens - https://naminc.org/text-4-teens/  
  o Text 336-283-6122  
    ▪ Specific to teens in Forsyth, Stokes, Davie and Rockingham Counties  
    ▪ Fridays 7 pm – 12 am; Saturdays 6 pm - 12 am; and Sundays 2 pm- 7pm

HOPELine- https://www.hopeline-nc.org/programs  
  o Call or text 1-919-231-4525 or 1-877-235-4525  
    ▪ Crisis line is available 24/5 Monday-Friday and 9am-11pm Saturdays and Sundays  
    ▪ Text line is available Monday-Friday 10am-10pm

Additional resources

https://teencentral.com/help/ is a website with multiple resources for hotlines dealing with suicide, abuse, dating violence, mental health, eating disorders, and LGBTQ needs.

https://safeteens.org/news-resources/hotlines/ is another website for hotline resources.

http://suicidehotlines.net/northcarolina.html is a website that will break down by areas in North Carolina in which hotlines are available.

*These hotlines can be used for any crisis an adolescent may be facing to include but not limited to domestic violence, sexual assault, mental health and suicide ideation.*