

# RED LIGHT SKILLS: NATIONWIDE RESOURCE LIST

**ASK FOR HELP** when you need it. You need it when you are doing something or have a circumstance that exceeds your knowledge/emotional bandwidth, or if you are in crisis.

**A CRISIS** involves danger of harm (concern a person is going to harm themselves or someone else) and/or encountering something that you simply do not know how to handle.

Here are some national resources to use when you need help and/or are experiencing a crisis:

## MENTAL HEALTH CRISIS:

### SUICIDE PREVENTION RESOURCES:

- Crisis Text Line: **TEXT** 741741
- National Suicide Prevention Lifeline: **CALL** 1-(800) 273-TALK (8255)
- National Suicide Prevention Lifeline (Spanish): **CALL** (888) 628-9454
- National Suicide Prevention Lifeline (Options for Deaf and Hard of Hearing): **CALL** (800) 799-4889

### LGBTQ+ RESOURCES:

- The Trevor Project: **CALL** or **TEXT** 1-(866) 488-7386 to be connected with resources, community, and a safe space.
- Trans Lifeline: **CALL** 1-877-565-8860 for peer support, including direct emotional support and financial support for trans people in crisis.

### BIPOC RESOURCE:

- BlackLine: **CALL** or **TEXT** 1-(800) 604-5841 to be connected to space, services, and resources for Black, Black LGBTQI, Brown, Native, and Muslim folks who are in crisis or want to talk through negative experiences.

### VETERAN RESOURCE:

- Veteran Crisis Line: **CALL** 1-800-273-8255 and press 1 or **TEXT** 838255 or **CHAT** with someone at [veteranscrisisline.net](http://veteranscrisisline.net) to connect with a trained responder and learn about resources in your area.

## MEDICAL NEEDS:

- National STD Hotline: **CALL** 1-800-227-8922 for anonymous, confidential, and reliable answers to questions about STDs and HIV/AIDS.
- HumanaFirst® Nurse Advice Line: **CALL** 1-(800) 622-9529 (TTY:711) 24/7 for health concerns that you do not know what to do with and/or health-related questions.
- Anthem Blue Cross Nurse Line: **CALL** 1-(800) 224-0336 (TTY: 1-800-368-4424) 24/7 to talk with a Registered Nurse when you have health questions or need medical advice.

## VIOLENCE:

- National Domestic Violence Hotline: **CALL** 1-(800) 799-7233
- National Sexual Assault Hotline: **CALL** (800) 656-4673
- Child Abuse Hotline: **CALL** (800) 422-4453
- StrongHearts Native Helpline: **CALL** 1-(844) 7NATIVE (762-8483) to be connected with resources for Native American victims and families affected by domestic, dating, and/or sexual violence.

## ADDICTION SUPPORT:

- Alcoholics Anonymous: **CALL** (202) 966-9155
- Narcotics Anonymous: **CALL** (800) 543-4670
- Gamblers Anonymous: **CALL** (855) 222-5542
- Treatment Referral Hotline (Substance Abuse): **CALL** 1-800-662-HELP (1-800-662-4357)

## FOOD NEEDS:

- USDA National Hunger Hotline: **CALL** 1-866-3-HUNGRY (1-866-348-6479) for English or **CALL** 1-877-8-HAMBRE (1-877-842-6273) for Spanish to be connected to all food assistance options in your area.
- National Eating Disorders Association Helpline: **CALL** 1-800-931-2237 or **CHAT** online at <https://www.nationaleatingdisorders.org> for support, resources, and treatment options for yourself or a loved one with eating disorders and disordered eating.
- 2-1-1 Hotline: **CALL** 2-1-1 to be connected to additional resources on where to find food assistance in your area. Note: not all areas have access to a 2-1-1 resource.

## SHELTER NEEDS:

- 2-1-1 Hotline: **CALL** 2-1-1 to be connected to additional resources on where to find shelter assistance in your area. Note: not all areas have access to a 2-1-1 resource.
- Department of Housing Hotline: **CALL** 1-800-569-4287 to be connected with a housing counselor, free of charge for homeless services.

## OTHER RESOURCES:

- DeafLEAD Crisis Line for VideoPhone users who communicate with American Sign Language: **CALL** 321-800-3323 (321-800-DEAF) or **TEXT** "HAND" to 839863 for support with:
  - Free mental health services
  - Crisis intervention and referrals
  - Domestic and sexual violence
  - Personal, medical, and legal advocacy
- Disaster Distress Hotline: **CALL** 1-800-985-5990 or **TEXT** "TalkWithUs" to 66746 to be connected with immediate crisis counseling for those experiencing emotional distress related to any natural or human-caused disaster.

## Signs that require IMMEDIATE ASSISTANCE:

Thoughts or impulses of harming yourself or others

Making plans to harm yourself or others

Feeling out of touch with reality

