

## NATIONAL HOTLINES & REFERRALS

The following contact information is listed to provide you with mental health care information and resources. If you have any questions, you can contact us by email at [Laura@MyersFamilyTherapy.com](mailto:Laura@MyersFamilyTherapy.com) or by phone at 586-335-2872.

### **Services by Myers Family Therapy are NOT meant for emergencies or crisis situations.**

If you are experiencing an emergency, call 911 or go to your nearest emergency room. You may also call National Suicide Prevention Lifeline at 1-800-273-8255. The call is free and help is available 24 hours per day, 7 days per week.

#### SAMHSA's Disaster Distress Helpline

- SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters
- 1-800-985-5990
- text TalkWithUs to 66746
- [samhsa.gov](http://samhsa.gov)
- 24/7

#### National Suicide Prevention Lifeline

- 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.
- [1-800-273-TALK\(8255\)](tel:1-800-273-TALK(8255))
- [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)
- 24/7

#### The Trevor Project

- The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.
- [1-866-488-7386](tel:1-866-488-7386)
- [thetrevorproject.org](http://thetrevorproject.org)

#### National Child Abuse Hotline

- The Childhelp National Child Abuse Hotline is dedicated to the prevention of child abuse. The hotline offers crisis intervention, information, and referrals to thousands of emergency, social service, and support resources. All calls are confidential.
- [1-800-422-4453](tel:1-800-422-4453)
- [childhelp.org](http://childhelp.org)
- 24/7

#### National Domestic Violence Hotline

- The National Domestic Violence Hotline provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse.
- [thehotline.org](http://thehotline.org)
- [1-800-799-7233](tel:1-800-799-7233)

National Runaway Safeline

- The mission of the National Runaway Safeline (NRS) is to help keep America's runaway, homeless and at-risk youth safe and off the streets.
- [1800runaway.org](http://1800runaway.org)
- [1-800-786-2929](tel:1-800-786-2929)

Stalking Resource Center

- The mission of the Stalking Resource Center is to enhance the ability of professionals, organizations, and systems to effectively respond to stalking.
- <https://victimsofcrime.org>
- [202-467-8700](tel:202-467-8700)

National Institute of Mental Health Depression & Panic Disorder Hotline

- The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders.
- [nimh.nih.gov](http://nimh.nih.gov)
- [1-800-421-4211](tel:1-800-421-4211)