

Suicide Hotline Phone Numbers 自殺熱線電話號碼

If you feel suicidal or you're in a crisis situation and need immediate assistance, people at these suicide hotlines in the U.S. are there to help. We have additional [suicide information and resources](#) here.

- 1-800-273-8255 (1-800-273-TALK) - National Suicide Prevention Lifeline
- 1-800-784-2433 (1-800-SUICIDE) - National Hopeline Network
- 1-866-488-7386 (1-866-4.U.TREVOR aimed at gay and questioning youth)

Just a note: These are resources that we have come across that may prove helpful to you. Please understand, we ARE NOT recommending or endorsing any of them. It is up to you to determine if they offer something you need and whether or not it is appropriate for your situation.

- [Hotline Numbers](#)
- [National Alliance on Mental Illness \(NAMI\) - by State List](#)
- [Mental Health America \(MHA\) - by State List](#)
- [Non-Profits & Government. Agencies](#)
- [More Information on Mental Health by Topic](#)
- [Self-Help Clearinghouses by State](#)
- [Child Abuse & Neglect](#)
- [Missing Children](#)
- [NIH's Institutes](#)

Hotline Numbers/防制熱線

Domestic Abuse and Child Abuse Hotline/家暴與兒童虐待通報熱線

- **Child Abuse Hotline /兒童虐待**-- 800-4-A-CHILD (800 422 4453)
- **National Domestic Violence Hotline /家暴**-- 800-799-7233
- **Missing & Exploited Children Hotline /失蹤與剝削**-- 1-800-843-5678

Drug and Alcohol/毒品和酒精

- **National Council on Alcoholism and Drug Dependence (NCADD)**-- 1-800-622-2255
- **Partnership for Drug-Free Kids** -- 1-855-DRUGFREE or text your message to 55753
- **Substance Abuse and Mental Health Services Administration (SAMHSA)** -- 1-800-662-4357

Eating Disorders/飲食失調

- **National Eating Disorder Association (NEDA) HelpLine** -- 1-800-931-2237 or text NEDA to 741741
- **National Association of Anorexia Nervosa and Associated Disorders(ANAD)** -- 630-577-1330

- **Overeater's Anonymous** -- Click link to find a meeting near you

Learning Disabilities and ADHD/學習障礙與過動

- **Children & Adults with Attention Deficit/Hyperactivity Disorder Resource Center (CHADD)** -- 1-800-233-4050
- **National Center for Learning Disabilities** -- 1-888-575-7373

Mental Health Crisis Lines / Suicide Hotlines/心理健康危機專線/自殺熱線/

- **Suicide Prevention Lifeline** -- 1-800-273-TALK
- **Trevor HelpLine / Suicide Prevention for LGBTQ+ Teens** -- 1-866-488-7386
- **Crisis Text Line** -- Text HOME to 741741
- **Gay & Lesbian National Hotline** -- 1-888-THE-GLNH (1-888-843-4564)
- **IMAlive** -- online crisis chat
- **National Runaway Safeline** -- 1-800-RUNAWAY (chat available on website)
- **Teenline** -- 310-855-4673 or text TEEN to 839863 (teens helping teens)

Rape and Sexual Assault/強姦和性侵

- **Rape, Abuse, Incest, National Network (RAINN)** -- 1-800-656-HOPE (1-800-656-4673)
- **Sexual Abuse - Stop It Now!** -- 1-888-PREVENT

STD / AIDS/性病/艾滋病

- **AIDS National Hotline** -- 1-800-342-2437
- **Project Inform HIV/AIDS Treatment Infoline** -- 800-822-7422
- **Project Inform Hepatitis C Helpline** -- 1-877-435-7443

National Alliance on Mental Illness (NAMI) 全國心理疾病聯盟

1-800-950-NAMI (6264) www.nami.org

NAMI State List:

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| <ul style="list-style-type: none"> • NAMI Alabama
www.namialabama.org • NAMI Alaska
http://www.namialaska.org • NAMI Arizona
http://www.namiarizona.org • NAMI Arkansas http://www.namiarkansas.org • NAMI California
www.namicalifornia.org | <ul style="list-style-type: none"> • NAMI Montana
http://www.namimt.org • NAMI Nebraska
http://www.naminebraska.org • NAMI Nevada
http://www.naminevada.org • NAMI New Hampshire
http://www.naminh.org • NAMI New Jersey
http://www.naminj.org |
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- **NAMI Colorado**
www.namicolorado.org
- **NAMI Connecticut**
www.namict.org
- **NAMI DC**
<http://www.namidc.org>
- **NAMI Delaware**
<https://www.namidelaware.org>
- **NAMI Florida**
<http://www.namiflorida.org/>
- **NAMI Georgia**
<http://www.namiga.org/>
- **NAMI Hawaii State**
<http://namihawaii.org>
- **NAMI Idaho**
<http://idahonami.org>
- **NAMI Illinois**
<http://www.namiillinois.org>
- **NAMI Indiana**
<http://www.namiindiana.org>
- **NAMI Iowa**
<http://www.namiiowa.org>
- **NAMI Kansas**
<http://www.namikansas.org>
- **NAMI Kentucky**
<http://www.namiky.org>
- **NAMI Louisiana**
<http://www.namilouisiana.org>
- **NAMI Maine**
<http://namimaine.org>
- **NAMI Maryland**
<http://www.namimd.org>
- **NAMI Massachusetts**
<http://www.namimass.org>
- **NAMI Michigan**
<http://namimi.org>
- **NAMI Minnesota**
<http://www.namimn.org>
- **NAMI Mississippi**
<http://www.namims.org>
- **NAMI Missouri**
<http://namimissouri.org>

- **NAMI New Mexico**
<http://www.naminm.org>
- **NAMI New York State**
<http://www.naminys.org>
- **NAMI North Carolina**
<http://naminc.org>
- **NAMI North Dakota**
<http://www.namind.org>
- **NAMI Ohio**
<http://www.namiohio.org>
- **NAMI Oklahoma**
<http://www.namioklahoma.org>
- **NAMI Oregon**
<http://www.namior.org>
- **NAMI Pennsylvania**
<http://www.namikeystonepa.org>
- **NAMI Rhode Island**
<http://www.namirhodeisland.org>
- **NAMI South Dakota**
<http://www.namisouthdakota.org>
- **NAMI South Carolina**
<http://www.namisc.org>
- **NAMI Tennessee**
<http://www.namitn.org>
- **NAMI Texas**
<http://www.namitexas.org>
- **NAMI Utah**
<https://www.namiut.org/>
- **NAMI Of Vermont**
<http://www.namivt.org>
- **NAMI Virginia**
<http://www.namivirginia.org>
- **NAMI Washington**
<http://www.namiwa.org>
- **NAMI West Virginia**
NAMI is currently rebuilding a NAMI State Organization in WV. Stay up-to-date on the process at [Nami WV State](#)
- **NAMI Wisconsin Inc.**
<http://www.namiwisconsin.org>
- **NAMI Wyoming**
<http://www.namiwyoming.org>

Mental Health America (MHA) 美國精神衛生 (800) 969-6642

www.mentalhealthamerica.net

Mental Health America State List:

- | | |
|---|--|
| <ul style="list-style-type: none">• MHA Alabama
Montgomery
Etowah County• MHA Arizona
www.mhaarizona.org• MHA NW Arkansas
http://mentalhealthamericanwa.org/• MHA California
http://www.mhac.org• MHA Colorado
Pueblo
Denver• MHA Connecticut
http://www.mhconn.org/• MHA Delaware
http://www.mhainde.org/• MHA Florida
MHA of Palm Beach County (CBS Affiliate)• MHA Georgia
www.mhageorgia.org• MHA Hawaii
http://mentalhealthhawaii.org/• MHA Illinois
http://www.mhai.org/• MHA Indiana
https://www.mhai.net/• Iowa
http://www.mhadbq.org/• Kansas
MHA of the Heartland
MHA of South Central Kansas, Inc.• MHA Kentucky
www.mhaky.org• MHA Louisiana
MHA Baton Rouge• MHA Maryland
http://www.mhamd.org/• MHA Michigan
www.mha-mi.com• MHA Mississippi
http://www.msmentalhealth.org | <ul style="list-style-type: none">• MHA Missouri
https://www.mha-em.org/• MHA Montana
http://montanamentalhealth.org/• MHA Nebraska
http://www.mha-ne.org• MHA New Jersey
http://www.mhanj.org• MHA New Mexico
Las Vegas• MHA New York
http://www.mhanys.org• MHA North Carolina
MHA of Central Carolinas, Inc.
MHA of Forsyth County, Inc.
MHA of Eastern Carolina• MHA North Dakota
www.mhand.org• MHA Ohio
MHA of Licking County
MHA of Franklin County
MHA of N Kentucky and SW Ohio - Ohio Office• MHA Pennsylvania
www.mhapa.org• MHA Rhode Island
www.mhari.org• MHA South Carolina
www.mha-sc.org• MHA Tennessee
MHA of East Tennessee, Inc. (CBS Affiliate)
MHA of the MidSouth (CBS Affiliate)• MHA Texas
MHA of Abilene
MHA of Greater Dallas
MHA of Greater Tarrant County
MHA of Fort Bend County
MHA of Greater Houston, Inc.
MHA of Southeast Texas• MHA Virginia
http://www.mhav.org• MHA Wisconsin
http://www.mhawisconsin.org/ |
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Non-Profit Groups for Illnesses & Disorders Government Agencies 疾病和病症的非營利政府機構

- **AASK America/Aid to Adoption of Special Kids/ 美國/收養特殊兒童的援助**
<http://www.aask.org/>
- **The International Center for Disability Resources on the Internet/**
互聯網上的國際殘疾人資源中心
<http://www.icdri.org/>
- **Children's Hospice International/ 國際兒童臨終關懷**
www.chionline.org
- **Job Accommodation Network/工作住宿網絡**
www.jan.wvu.edu
- **American Autism Association /美國自閉症協會**
<https://www.myautism.org/what-we-do/help-hotline/>
- **National Easter Seal Society/國家復活節印章協會**
<http://www.easterseals.com/>
- **Office for Civil Rights, U.S. Department of Education/美國教育部民權辦公室**
<http://www.ed.gov/about/offices/list/ocr/index.html>
- **PsychINFO American Psychological Association/美國心理學會**
<http://www.apa.org/psychinfo/>
- **Social Security Administration 社會安全管理部**
<http://www.ssa.gov/>

More Information on Mental Health by Topic

更多有關心理健康的信息

AIDS

- **NPIN National Prevention Information Network/國家預防信息網**
<http://www.cdcpin.org>
- **Centers for Disease Control and Prevention/疾病預防與控制中心**
<http://www.cdc.gov/hiv/>
- **AIDS Clinical Trials Info Service 艾滋病臨床試驗信息服務**
<http://www.aidsinfo.nih.gov/>

ALCOHOL and DRUG ABUSE

- **National Council on Alcohol and Drugs**
<http://www.ncadd.org/>
- **National Council on Alcoholism and Drug Dependence**
<http://www.ncaddnj.org/>
- **National Council on Alcohol and Drugs**
<http://www.ncadd.org>

ALZHEIMER'S DISEASE

- **Alzheimer's Association**
<http://www.alz.org/>
- **Alzheimer's Disease Education and Referral Center**
<http://www.nia.nih.gov/Alzheimers/>

ANXIETY / PANIC

- **Panic Disorder Information Hotline -- 1-800-64-PANIC**

BIPOLAR and DEPRESSION

- **Depression and Bipolar Support Alliance (DBSA)**
<http://www.dbsalliance.org/>

CHRONIC PAIN

- **American Chronic Pain Association**
<http://www.theacpa.org/>

DOMESTIC VIOLENCE

- **National Domestic Violence Hotline**
1-800-799-SAFE (24 hrs)
<https://www.thehotline.org/>

EATING DISORDERS

- **National Eating Disorder Referral and Information Center**
International treatment referrals and prevention information
<http://www.edreferral.com/>
- **National Eating Disorders Association**
International treatment referrals and information
<http://www.nationaleatingdisorders.org/>
- **Anorexia Nervosa and Associated Disorders (ANAD)**
Referrals to treatment and Information
<http://www.anad.org/>

- **Massachusetts Eating Disorder Association, Inc Helpline**
1-617-558-1881
Staffed by trained/supervised individuals. M-Friday 9:30-5:00pm. Wednesday evenings until 8:00pm
<http://www.medainc.org/>
- **Food Addicts In Recovery Anonymous**
<http://www.foodaddicts.org/>

GAMBLING

- **National Council on Problem Gambling**
<http://www.ncpgambling.org/>

LGBTQ+

- **GLBT National Help Center**
Gay, lesbian, bisexual and transgender national hotline
1-888-THE-GLNH (1-888-843-4564)
<https://www.glbthotline.org/>

MENTAL HEALTH

- **Mental Health America**
(800) 969-6MHA
In crisis? Call: 1-800-273-TALK
<http://www.nmha.org/>
- **National Alliance on Mental Illness**
1-800-950-NAMI (950-6264)
<http://www.nami.org/>

SELF-HARM/SELF-ABUSE

- **SAFE (Self-Abuse Finally Ends)**
Alternative Information Line
800-DONT-CUT (355-8288)
<https://selfinjury.com/>

SEXUALLY TRANSMITTED DISEASES

- **Center for Disease Control and Prevention**
Sexually Transmitted Diseases
<http://www.cdc.gov/std/>

SUBSTANCE ABUSE/RECOVERY

- **Al-Anon / Alateen**
<http://www.al-anon.alateen.org/>
- **National Council on Alcohol and Drugs**
<http://www.ncadd.org/>
- **SAMHSA Substance Abuse Treatment Facility Locator**
<http://findtreatment.samhsa.gov/>

For problems, issues or illnesses not listed above, contact the following:

- **National Mental Health Consumer's Self-Help Clearinghouse**
1-800-553-4539
<http://www.mhselfhelp.org/>

Child Abuse and Neglect

- **National Center for Missing & Exploited Children**
1-800-THE-LOST (1-800-843-5678)
703-235-3900
www.missingkids.com
- **Child Help USA**
Info & referrals to local agencies; crisis counseling. Info & referrals to local agencies; crisis counseling.
1-800-4-A-CHILD (24 hrs)
www.childhelp.org/
- **National Council on Child Abuse & Family Violence**
Info & referrals on child abuse & other types of family violence. Visit the website for your local toll-free numbers.
www.nccafv.org/
- **Child Welfare Information Gateway**
www.childwelfare.gov/
- **Stop It Now1**
Prevention of sexual abuse of children
1-800-PREVENT confidential line
www.stopitnow.org

- **Health Resources and Service Administration**
The HRSA Information Center provides publications, information, resources, and referrals about health care services
www.ask.hrsa.gov
- **National Center for Education in Maternal & Child Health**
www.ncemch.org
- **National Center for Victims of Crime**
Resource and advocacy for crime victims. Stalking and dating violence resource centers
<http://victimsofcrime.org/>

Missing Children

- **Child Find of America**
Prevention and resolution of child abduction
1-800-I AM LOST
www.childfindofamerica.org
- **National Center for Missing & Exploited Children**
Hotline: **1-800-THE-LOST** (1-800-843-5678)
703-235-3900
www.missingkids.com
- **National Runaway Switchboard**
Keeps America's runaway and at-risk kids safe and off the streets
1-800-RUNAWAY
<https://www.1800runaway.org/>

Youth Issues/Problem Parenting

- **Covenant House NineLine**
Referrals for youth or parents re: drugs, homelessness, runaways, etc. Message relays, reports of abuse. Helps parents with problems with their kids. If all counselors are busy, stay on the line & one will be with you as soon as possible.
1-800-999-9999 (24 hrs)
<https://www.covenanthouse.org/>

NIH'S INSTITUTES

- **National Institute on Alcohol Abuse and Alcoholism NIAAA**
www.niaaa.nih.gov
- **National Institute of Child Health and Human Development NICHD**
www.nichd.nih.gov
- **National Institute on Drug Abuse NIDA**
301-443-1124
<https://www.drugabuse.gov/>
- **National Institute of Mental Health NIMH**
1-866-615-6464
www.nimh.nih.gov
- **National Center for Complementary and Alternative Medicine**
1-888-644-6226
<http://nccam.nih.gov>