

## LGBTQ Related

### The Trevor Project

- Call **1-866-488-7386**  
or Text START to 678678
- Support for **LGBTQ youth** in crisis, suicidal, or needing to talk with a counselor
- Available 24/7

### JQY (Jewish Queer Youth)

- Call **551-579-4673**
- **Support for LGBTQ youth** in the **Jewish community**
- Can call 24/7 – if nobody answers, voicemails responses within 24 hours

### LGBT National Youth Talkline

- Call **1-800-246-7743**
- **LGBT** peer support, information, and resources
- Available Mon-Fri 4pm-12pm, and Sat 12pm-5pm

### Trans Lifeline

- Call **877-565-8860**
- Peer support for trans and questioning callers
- Available 24/7 (guaranteed available 10am – 4am)

## Eating Disorders

### Eating Disorders Helpline

- Call **630-577-1330**
- Available Monday-Friday 10am – 6pm
- Support, referrals and resources

### National Association of Anorexia Nervosa & Associated Disorders (ANAD)

- Call **1-888-375-7767**
- Monday-Friday 10PM-10PM
- Support, resources and options

## Human Trafficking

### National Human Trafficking Hotline

- Call **1-888-373-7888** (TTY 711) or Text **233733**
- Crisis assistance, report a tip, referrals and information
- Available 24/7 (in over **200 languages**)

## Runaway

### National Runaway Safeline

- Call **1-800-786-2929**
- Support for youth who've **runaway or thinking of running away from home**
- Available 24/7

Hotlines  
Available  
to  
Support  
**YOU!**

As of Nov. 2023



**Free & Confidential**

**If you're in  
immediate danger,  
call 911!**

## Crisis Hotlines

### Long Island Crisis Center Hotline

Call **516-679-1111**

- Any problem, any time, anyone
- Available 24/7
- Live chat on [longislandcrisiscenter.org](http://longislandcrisiscenter.org), 7am-11pm everyday

### The Safe Center Long Island Hotline

- Call **516-542-0404**
- Help, counseling, support, and information – Counselors specialized in **domestic/dating abuse, rape and sexual assault, and crisis intervention**
- Available 24/7

### National Suicide Prevention Hotline

- Call **988**
- **Emotional support** for people in **suicidal crisis or emotional distress**
- Available 24/7

### ECLI-VIBES

- Call **631-360-3606**
- 24 hour hotline
- For survivors of **violence and abuse**, offers **crisis counseling**, advocacy, housing

### Crisis Text Line

- **Text HOME** to 741-741 to text with a **Crisis Counselor**, a real-life human being
- Available 24/7

### United Way Crisis Helpline

- Call **888-421-1266**
- Available 24/7
- Call **211** after hours

## Drugs and Substance Abuse

### Substance Abuse and Mental Health Services National Hotline

- Call **1-800-662-HELP (4357)**
- **Referral and information service** (no counseling, available in **English and Spanish**)
- Available 24/7

### Nassau County Drug and Alcohol Hotline

- Call **516-481-4000**
- Available 24/7

### Nassau C.A.R.E.S Mobile App

- Connection to substance abuse resources and services near your community

## Domestic Violence

### Garden of Hope

- Call **1-877-990-8595**
- For people affected by **domestic violence, sexual assault, and human trafficking**, specifically for **Chinese** communities
- Available Monday-Friday 9am-5pm in **English, Mandarin, Cantonese, Taiwanese, and Fujianese**

### The National Domestic Violence Hotline

- Call **1-800-799-SAFE (7233)**, or 1-800-787-3224 (for people with hearing/speech impairment)
- Available 24/7 (in over **200 languages**)

### National Child Abuse Hotline

- Call **1-800-422-4453**
- Available 24/7 (in over **170 languages**)