

## 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 Eating Disorders Association Helpline

- Call **1-800-931-2237**
- Monday-Thursday 9AM-9PM, and Friday 9AM-5PM
- 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**)

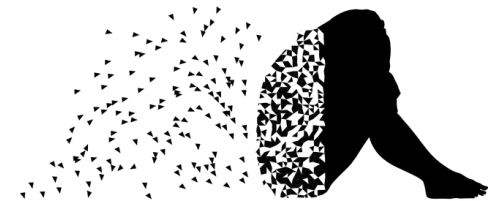
## Runaway

### National Runaway Safeline

- Call **1-800-786-2929** or Text **66008**
- Support for youth who've **runaway** or **thinking of running away from home**
- Available 24/7

Hotlines  
Available  
to  
Support  
**YOU!**

As of Nov. 2019



**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

### 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 **1-800-273-8255**
- Call 1-800-799-4889 (for people with hearing impairment)
- **Emotional support** for people in **suicidal crisis or emotional distress**
- Available 24/7

### Crisis Text Line

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

## Drugs and Substance Abuse

### Substance Abuse and Mental Health Services National Hotline

- Call **1-800-662-HELP (4357)**
- **Referral 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**)