

EMERGENCY HELP LINES AND SUPPORT GROUPS

Emergency Helplines

Anti-Violence Project: AVP empowers lesbian, gay, bisexual, transgender, queer, and HIV-affected communities and allies to end all forms of violence through organizing and education, and supports survivors through counseling and advocacy. Phone (212) 714-1184. www.avp.org

Borderline Personality Disorder Resource Center: Borderline Personality Disorder Resource Center's hotline can provide you with the information you need about local resources and provide immediate over-the-phone counseling. Phone (888) 694-2273. www.bpdresourcecenter.org

National Suicide Prevention Hotline: This suicide prevention hotline is available 24/7 and is staffed by well-trained individuals who can talk to you and offer local referrals if needed. Phone (800) 273-8255. www.suicidepreventionlifeline.org

Disaster Distress Hotline: If you've recently been the victim of a disaster, this is a go-to resource related to counseling and relief. The trained counselors staffing the Disaster Distress Hotline provide help to those suffering in the wake of hurricanes, floods, wildfires, droughts, and earthquakes as well as incidences of mass violence or health epidemics. The call center is also open to friends and family members of victims. Phone (800) 985-5990. An alternative way to connect is to Text "TalkWithUs" to 66746. www.samhsa.gov/find-help/disaster-distress-helpline

GLBT National Help Line: The GLBT National Help Line, run by peers and allies of the LGBTQ community, can provide you with a person to talk to that understands what it is like to come out, to be bullied for sexual orientation, and/or to navigate same-sex relationships. This hotline can connect you to the GLBT National Help Center's massive list of resources for LGBTQ-friendly services and organizations near you. Phone (888) 843-4564. www.glbthotline.org

GLBT National Help Center for Youth: If you're under 21 and looking to speak with a peer counselor who really understands issues related to gender or sexual identity, you can call the GLBT National Help Center for Youth. Callers can also access resources to help them. Phone (800) 246-7743. www.glbthotline.org/talkline.html

GLBTQ Domestic Violence Project: Domestic violence or sexual assault can happen to anyone. If it's happened to you and you identify as LGBTQ, this hotline can help. It's free and confidential and offers you the opportunity to speak with a counselor and to obtain information about safety plans, safe houses, legal resources, and additional crisis intervention options. Phone (800) 832-1901. www.glbtqdv.org

National Crime Victim Helpline: If you've been the victim of any type of crime, this toll-free, confidential help line can connect you with the resources that best address your current situation—from directing you to specific counseling centers and resources to connecting you

with legal advice. Whatever the crime, this hotline is a trustworthy first step in getting you the assistance you need, STAT. Phone (800) 394-2255. www.victimsofcrime.org

National Domestic Violence Hotline: Trained domestic violence advocates are available to help those trapped in dangerous home situations 24/7. To receive immediate counseling free of charge and gain access to local resources that can assist you in implementing a safety plan and seeking refuge, call The National Domestic Hotline's toll-free number. Phone (800) 799-7223. www.thehotline.org

National Eating Disorder Association Helpline: If you or someone you know is struggling with an eating disorder, call a trained NEDA representative at the NEDA hotline and they will provide you with information about eating disorders, treatment options, and referrals for help. Phone (800) 931-2237. www.nationaleatingdisorders.org

National Organization for Victim Assistance: NOVA's hotline is designed to help people who are victims or witnesses of a crime. NOVA representatives can connect you a counseling hotline that best fits your needs. They also provide information about crime and crisis recovery, as well as referrals to victim advocacy. Phone 1-800-879-6682. www.trynova.org

National Sexual Assault Hotline: This hotline can offer counsel and link sexual assault victims to resources that can help them navigate through a traumatic situation. The group's website also hosts a free and confidential online chat. Phone 1-800-656-4673. www.rainn.org

Samaritan's Crisis Hotline: Staffed by rigorously trained volunteers, this 24/7 suicide prevention hotline is free of charge and here to help by lending a compassionate, non-judgmental ear when someone is in crisis. Phone (877) 870-4673. www.samaritanshope.org

Trevor Lifeline: For LGBTQ youth who are having thoughts of self-harm or suicide, this lifeline is available free of charge 24 hours per day. The lifeline is staffed with fully trained individuals ready to assist. Phone (866) 488-7386. Another option is to text "Trevor" to 1-202-304-1200 to connect with a skilled support line responder. www.trevorspace.org

Support Groups

Alcoholics Anonymous: Open to anyone struggling with an alcohol abuse. No dues or fees required. www.aa.org

Al-Anon: Al-Anon supports individuals affected by others' alcoholism and even offers a specialized program for teens (Alateen). www.al-anon.org

Cocaine Anonymous: CA is modeled after the 12 steps and peer-support design of AA. People wrestling with addictions to other substances in addition to cocaine are also welcome to address that at CA. Meetings are free and open to all. www.ca.org

Crystal Meth Anonymous: Crystal Meth Anonymous was also born out of AA and is for people struggling with an addiction to crystal meth. www.crystalmeth.org

Dual Recovery Anonymous: Dual Recovery Anonymous offers a specialized 12-step program for folks struggling with chemical dependencies as well as emotional and psychological disorders. www.draonline.org

Gamblers Anonymous: People who find themselves stressed by excessive gambling habits can seek support through this group. www.gamblersanonymous.org

LifeRing: LifeRing doesn't involve any official "steps." And there's no need for sponsorship. The organization does, however, provide forums and face-to-face meetings to help people who wish to be sober design their own recoveries in a way that makes sense for them. <https://www.lifering.org/>

Narcotics Anonymous: Designed for drug addicts struggling with all types of chemical dependencies. www.na.org

Nar-Anon: Similar to Al-Anon and Alateen, Nar-Anon offers support to the family members and friends of people struggling with addiction. Meetings give a safe space for people to sort out their feelings and make sense of their loved one's addictive behavior and its impact on their lives. www.nar-anon.org

Secular Organizations for Sobriety: A secular alternative to AA, this support network is for anyone seeking sobriety. Meetings are held across the U.S. www.sossobriety.org

SMART Recovery: Modeled after research-based cognitive behavioral therapy strategies, SMART meetings do not require you to identify as an addict or alcoholic. Put an emphasis on empowering members. The group isn't exclusively for alcoholics; SMART doors are open to individuals struggling with all types of addictions. www.smartrecovery.org

Overeaters Anonymous: Designed in the 12-step spirit of AA to help people manage compulsive eating habits and cultivate a healthier relationship with food. <https://oa.org>

Sex Addicts Anonymous: People with sex addictions can learn to manage their behavior, gain insight into their impulses, and start their recovery through peer support with 12-step SAA meetings. www.saa-recovery.org

American Foundation for Suicide Prevention: If you've lost someone you love to suicide, AFSP support groups will give you a place to discuss your feelings and manage grief in the company of others who understand because they've been there too. While some meetings take place during a set time span, others are ongoing and open to attendees showing up as frequently as they wish. www.afsp.org

Anxiety and Depression Association of America Support Groups: ADAA offers an extensive, searchable list of free or affordable resources specifically for anxieties, phobias, and mood issues. The organization also offers resources for general support for faulty thinking and behavior patterns, relationship problems, and self-esteem issues. www.adaa.org

Co-dependents Anonymous: CoDa meetings are modeled after AA's 12 steps and seek to empower individuals to break free from self-destructive habits and develop healthier relationships. www.CoDa.org

Depression and Bipolar Support Alliance: This alliance offers over 700 national groups with peer support. It's a judgment-free discussion zone where you can open up about life's challenges brought on by living with depression or bipolar disorder. www.dbsalliance.org

Emotions Anonymous: Even if you don't have an addiction, you can still apply the 12-step model to manage negative thinking, self-esteem issues, loneliness, and other destructive feelings with the support of over 1,000 EA meetings worldwide. www.emotionsanonymous.org

GLBT Near Me: The GLBT National Resource Database offers over 1,000 support services for people of all genders, sexual orientations, races, and ages. www.gbltnearme.org

Heal Grief: At some point in our lives, all of us will have to wrestle with the many stages of grief. But it helps if we've got people to talk to about our loss—especially someone in the midst of a similar grieving process or someone who have come through to the other side. Heal Grief's support services extend across the U.S. and can be found, organized by state, via the drop down menu on the group's website. www.healgrief.org

Sidran's HelpDesk: The Sidran Institute offers services for people with PTSD. Trauma can trigger a huge amount of emotional suffering, and without help, some people can be debilitated by their symptoms. www.sidran.org/help-desk/