

**Below is a list of national organizations that may be helpful for you and your players. These organizations can be contacted from anywhere within the United States. They operate 24 hours a day and in various languages.**

**If you or your player is in immediate danger, please call 911.**

#### **National Dating Abuse Helpline**

**1-866-331-9474**

**1-866-331-8453 TTY**

**[www.loveisrespect.org](http://www.loveisrespect.org)**

The National Dating Abuse Helpline offers real time chat and one-on-one support from peer advocates trained to offer support, information, and advocacy to those in dating abuse relationships. The helpline operates 24 hours a day, 7 days a week, and offers translation services. Assistance via online chat services is available 4pm-2am CST.

#### **National Domestic Violence Hotline**

**1-800-799-SAFE (7233)**

**1-800-787-3224 TTY**

**[www.ndvh.org](http://www.ndvh.org)**

The National Domestic Violence Hotline, operating 24 hours a day, 365 days a year, offers services in Spanish and English, with access to more than 170 languages through interpreter services. The hotline provides crisis intervention, safety planning, information, and referrals to agencies in all 50 states, Puerto Rico, and the U.S. Virgin Islands.

#### **Rape, Abuse & Incest National Network (RAINN) Hotline**

**1-800-656-HOPE (4673)**

**[www.rainn.org](http://www.rainn.org)**

The Rape, Abuse & Incest National Network offers assistance 24 hours a day, 7 days a week. When calling the hotline, callers are automatically diverted to their area RAINN center where on-duty volunteers are available to answer questions, provide support, and suggest local resources.

#### **National Suicide Prevention Lifeline**

**1-800-273-TALK (8255)**

**[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)**

The National Suicide Prevention Lifeline provides free, confidential services to anyone in suicidal crisis or emotional distress. Calls are routed to the nearest crisis center.

#### **The Trevor Project**

**1-866-488-7386**

**[www.thetrevorproject.org](http://www.thetrevorproject.org)**

The Trevor Project provides crisis and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth. Their 24/7 crisis line, digital community and advocacy/educational programs create a safe, supportive and positive environment for everyone.

**It's also important to know your local resources. Ask your school counselor or nurse about programs or services offered in your community. The national resources listed above can also help connect you with local resources.**

#### **FOR MORE INFO:**

#### **Futures Without Violence**

**1-415-678-5500**

**[www.FuturesWithoutViolence.org](http://www.FuturesWithoutViolence.org)**

Futures Without Violence works to prevent and end violence against women, children, and families around the world.

