

## NATIONAL TOLL FREE HELPLINES

### Al-Anon/Alateen Family Group Headquarters

**1-888-4-AL-ANON, M-F 8 am-6 pm ET**

Offers hope and help to family and friends of alcoholics. Provides information about Al-Anon! Alateen and referrals for local meetings.

### The Alcohol Hotline 1-800-ALCOHOL

Nationwide help and referral hotline for alcohol and drug problems. The phones are answered by individuals trained to assist callers 24 hours a day, seven days a week.

### CDC-INFO 1-800-CDC-INFO

**1-800-232-4636, 1-888-232-6348 TTY**

Anonymous, confidential HIV/ AIDS information in English and Spanish. Referrals to appropriate services, including clinics, hospitals, local hotlines, counseling and testing sites, legal services, health departments, support groups, educational organizations, and service agencies throughout the United States.

### Child Help USA 1-800-4-A-CHILD, 1-800-422-4453

National child abuse hotline for victims, offenders, and parents.

### CyberTipline 1-800-843-5678

For reporting the exploitation of children, such as child pornography. Parents and others concerned with child safety can call this number to report suspicious or illegal internet activity online. Operated by the National Center for Missing and Exploited Children (NCMEC).

### Gay and Lesbian National Hotline 1-888-THE-GLNH

**1-888-843-4564, M-F 4 pm-12 am, Sat 12 pm-5 pm**

Free and confidential telephone peer-counseling and local resource information for gay, lesbian, bisexual, transgender and questioning people of all ages.

### National AIDS Hotline 1-800-342-AIDS

24-hour hotline provides information, education, and answers questions regarding AIDS, testing facilities, and medications used for treatment.

### National Center for Missing and Exploited Children

**1-800- THE-LOST, 1-800-843-5678**

Report any information regarding a missing child.

### National Herpes Hotline

**919-361-8488, M-F 9 am-6 pm ET**

Trained Health Communication Specialists are available to address questions related to transmission, prevention and treatment of herpes simplex virus (HSV) and provides support for emotional issues surrounding herpes such as self-esteem and partner communication.

### National Domestic Violence Hotline 1-800-799-SAFE

**1-800-799-7233, 1-800-787-3224 TTY**

Crisis intervention, information about domestic violence, referrals to local service providers to victims of domestic violence and those calling on their behalf, assistance in both English and Spanish.

### National Hopeline Network 1-800-SUICIDE, 1-800-784-2433

If you are in crisis or having thoughts about suicide, please call the National Hopeline immediately. Your call will be connected to a certified 24-hour crisis center closest to your calling location.

### National Sexual Assault Hotline 1-800-656-HOPE

The Rape, Abuse & Incest National Network (RAINN) operates the free and confidential National Sexual Assault Hotline and is the nation's largest anti-sexual assault organization. RAINN also educates the public about sexual assault and leads national efforts to improve services to victims and ensure that rapists are brought to justice.

### National Runaway Switchboard 1-800-RUNAWAY

**1-800-621-786-2929**

Non-judgmental, confidential crisis intervention and local and national referrals through a 24-hour hotline for youth and their families.

### National STD Hotline 1-800-227-8922

**1-800-342-2437, 1-800-344-7432 En Espanol**

Provides information on sexually transmitted diseases (STDs), such as chlamydia, gonorrhea, HPV/genital warts, herpes, and HIV/ AIDS, and referrals to local clinics.

### National Suicide Prevention Lifeline 1-800-273-TALK

**1-800-273-8255**

Connects individuals in suicidal crisis by to the nearest available suicide prevention and mental health service provider.

### Poison Help 1-800-222-1222

Call this number 24 hours a day, 7 days a week to talk to a poison expert. Call right away if you have a poison emergency. Also call if you have a question about a poison or about poison prevention.