



Resources

In crisis and need immediate assistance? Check out these national resources for in-the-moment support

<p>Emergencies</p> <p>If you or your child is in immediate danger, call 991.</p>	<p>National Sexual Abuse Hotline</p> <p>If you suspect, discover, or a child discloses that they have been sexually abused, trained crisis counselors are available. Call 1-866-FOR-LIGHT text the word LIGHT to 741-741</p>			<p>National Sexual Assault Hotline</p> <p>Talk to a trained staff member from your local sexual assault service provider. Call 800.656.Hope Chat at www.rainn.org</p>				
<p>Free</p>	<p>Confidential</p>	<p>Free</p>	<p>24/ 7</p>	<p>Confidential</p>	<p>Free</p>	<p>24/7</p>		
<p>National Domestic Violence Hotline</p> <p>Advocates are available 24/7 to listen without judgement and help you begin to address what's going on in your relationship. Call 1-800-799-SAFE (7233), text START to 88788 or chat thehotline.org</p>	<p>Poison Control</p> <p>If you are concerned about poisoning, poisoning prevention, or someone has ingested a toxic substance but has not stopped breathing, collapsed, or had a seizure contact 1-800-222-1222 www.aapcc.org If someone is exhibiting those symptoms, call 911.</p>			<p>Childhelp National Child Abuse Hotline</p> <p>If you are a witness to or a victim of child abuse, support is available in 170 languages. Call or text 1-800-4-A- CHILD</p>				
<p>Confidential</p>	<p>Free</p>	<p>24/7</p>	<p>Free</p>			<p>Confidential</p>	<p>Free</p>	<p>24/7</p>
<p>National Suicide Prevention Lifeline</p> <p>A national network of local crisis centers that provides emotional support to people in suicidal crisis or emotional distress. Call 1-800-273-8255 or chat online at</p>	<p>National Runaway Safeline</p> <p>Whether you are a youth considering running away or a concerned family member, connect with someone who will listen and help you</p>			<p>NHTSA Auto Safety Hotline</p> <p>Report suspected safety defects in your vehicle, vehicle equipment, tires, and child safety seats. You can also obtain information about air bags, highway safety, and the</p>				



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suicidepreventionlifeline.org/chat/			create a plan to address your concerns. Call 1-800-Runaway or chat at 1800RUNAWAY.org			proper use of child safety seats. Call 1-888-327-4236 or visit https://www.nhtsa.gov/		
Confidential	Free	24/7	Confidential	Free	24/7	Free		
CyberTipline If you think you have seen a missing child, or suspect a child may be sexually exploited, contact the National Center for Missing & Exploited Children. Call 1-800-THE-LOST or make an online report at https://cybertipline.org/								
	Free	24/7						
Consumer Product Safety Commission Find information on what safety features to look for in products, and report unsafe products. Call 1-800-638-2772 or visit https://www.cpsc.gov/			State Behavioral and Wellness Resources for Children and Families State-by-state information and services that support the mental and behavioral health and wellness of children and families. https://bit.ly/3xfqpbq			American Red Cross Locations For disaster preparedness, health and safety services such as First Aid training, and more. https://www.redcross.org/find-your-local-chapter.html		