



## Resources

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

<p><b>Emergencies</b></p> <p>If you or your child is in immediate danger, call 911.</p>	<p><b>National Sexual Abuse Hotline</b></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><b>National Sexual Assault Hotline</b></p> <p>Talk to a trained staff member from your local sexual assault service provider. Call 800.656.Hope Chat at <a href="http://www.rainn.org">www.rainn.org</a></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><b>National Domestic Violence Hotline</b></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 <a href="http://thehotline.org">thehotline.org</a></p>	<p><b>Poison Control</b></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 <a href="http://www.aapcc.org">www.aapcc.org</a> If someone is exhibiting those symptoms, call 911.</p>			<p><b>Childhelp National Child Abuse Hotline</b></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><b>National Suicide Prevention Lifeline</b></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><b>National Runaway Safeline</b></p> <p>Whether you are a youth considering running away or a concerned family member, connect with someone who will listen and help you create a plan to address</p>			<p><b>NHTSA Auto Safety Hotline</b></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 proper use of child safety seats.</p>			



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<a href="https://suicidepreventionlifeline.org/chat/">suicidepreventionlifeline.org/chat/</a>			your concerns. Call 1-800-Runaway or chat at 1800RUNAWAY.org			Call 1-888-327-4236 or visit <a href="https://www.nhtsa.gov/">https://www.nhtsa.gov/</a>		
Confidential	Free	24/7	Confidential	Free	24/7	Free		
<b>CyberTipline</b> 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 <a href="https://cybertipline.org/">https://cybertipline.org/</a>								
	Free	24/7						
<b>Consumer Product Safety Commission</b> Find information on what safety features to look for in products, and report unsafe products. Call 1-800-638-2772 or visit <a href="https://www.cpsc.gov/">https://www.cpsc.gov/</a>			<b>State Behavioral and Wellness Resources for Children and Families</b> State-by-state information and services that support the mental and behavioral health and wellness of children and families.  <a href="https://bit.ly/3xfqpbq">https://bit.ly/3xfqpbq</a>			<b>American Red Cross Locations</b> For disaster preparedness, health and safety services such as First Aid training, and more.  <a href="https://www.redcross.org/find-your-local-chapter.html">https://www.redcross.org/find-your-local-chapter.html</a>		