

# Hotlines and Helplines

## National Organizations

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Suicide Prevention Lifeline	1-800-273-TALK (8255), if imminent danger call 911
Veteran Crisis Line	1-800-273-TALK (8255)
Substance Abuse & Mental Health Services Administration	1-800-662-HELP (4357)
National Domestic Violence	1-800-799-SAFE (7233) <a href="http://www.thehotline.org">http://www.thehotline.org</a>
National Trevor Project (LGBTQ Teen Crisis)	1-866-488-7386
OK2Talk Helpline	Teen Helpline 1-800-273-TALK (8255)
Crisis Text line	Text SIGNS to 741741 24/7 anonymous, free, crisis counseling

## World-Wide Virtual Help Meetings, Online access to meetings all across the globe 24/7

Alcoholics Anonymous	<a href="https://aa-intergroup.org/">https://aa-intergroup.org/</a>
Al-Anon Family Groups	<a href="https://al-anon.org/al-anon-meetings/electronic-meetings/">https://al-anon.org/al-anon-meetings/electronic-meetings/</a>
Cocaine Anonymous	<a href="https://ca.org/meetings/">https://ca.org/meetings/</a>
Co-Dependents Anonymous	<a href="https://coda.org/find-a-meeting/on-line-meetings">https://coda.org/find-a-meeting/on-line-meetings</a>
Crystal Meth Anonymous	<a href="http://www.crystalmeth.org/cma-meetings.html">http://www.crystalmeth.org/cma-meetings.html</a>
Families Anonymous	<a href="http://www.familiesanonymous.org/meetings/virtual-meetings/">http://www.familiesanonymous.org/meetings/virtual-meetings/</a>
Heroin Anonymous	<a href="https://heroinanonymous.org/covid-19/">https://heroinanonymous.org/covid-19/</a>
Marijuana Anonymous	<a href="https://marijuana-anonymous.org/find-a-meeting/">https://marijuana-anonymous.org/find-a-meeting/</a>
Narcotics Anonymous	<a href="https://na.org/?ID=virtual_meetings/">https://na.org/?ID=virtual_meetings/</a>
Parents of Addicted Loved Ones	<a href="https://meetings.palgroup.org/meetings">https://meetings.palgroup.org/meetings</a>
Young People Recovery	<a href="http://youngpeopleinrecovery.org/virtual-event-schedule">http://youngpeopleinrecovery.org/virtual-event-schedule</a>

## Hotlines and Helplines by State

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### Connecticut

COVID-19 Information

<https://portal.ct.gov/Coronavirus>

Mental Health Crisis Services

Call 211

Department of Child and Family Services

email <mailto:dcf.covid-19@ct.gov>

Substance Abuse

1-800-563-4086

Domestic Violence

1-888-774-2900 or <https://ctsafecconnect.com/>

Rent and Evictions during COVID-19 Crisis

<https://ctlawhelp.org/en/home>

Child Abuse Neglect

1-800-842-2288

### Massachusetts

COVID-19 Information

[www.mass.gov/info-details/covid-19-updates-and-information](http://www.mass.gov/info-details/covid-19-updates-and-information)

Mental Health Crisis Services

Call 211 or 508-532-2255 or text c2t to 741741 (Call2Talk)

Department of Child and Family Services

617-748-2000

Child Abuse

1-800-792-5200

Substance Abuse

1-800-327-5050 or <https://helplinema.org/>

Domestic Violence

1-877-785-2020

Suicide Prevention

1 877 870 HOPE (4673)

Teen Suicide Prevention

1-877-252-TEEN (8336), 3pm to 9pm M-F, 9am to 9pm Weekends

## **New Jersey**

<b>COVID-19 Response (general questions)</b>	email <a href="mailto:askdcf@dcf.nj.gov">askdcf@dcf.nj.gov</a> , 8:30am to 4:30pm M-F
<b>NJ Human Services Organizations</b>	<a href="https://www.nj211.org/">https://www.nj211.org/</a> 24/7
<b>Mental Health Association of NJ</b>	866-202-HELP (4357) 8am to 8pm 7 days
<b>Crisis Text Line</b>	Text "NJ" to 741741 24/7
<b>Domestic Violence Hotline</b>	1-800-572-SAFE (7233) 24/7
<b>Department of Children and Families</b>	1-855-INFO-DCF (463-6323), 8:30am to 4:30pm M-F
<b>Child Abuse/Neglect Hotline</b>	1-877-NJ Abuse (652-2873) 24/7
<b>2<sup>nd</sup> Floor Youth Hotline</b>	1-888-222-2228 24/7
<b>Children's Emotional and Behavioral Health</b>	1-877-652-7624 24/7
<b>MOM2MOM – Peer support for moms of children of special needs</b>	-1-877-914-MOM2 (6662) 24/7

## **New York**

<b>Crisis Text Line</b>	Text GOT5 to 741741
<b>Frontline Workers</b>	Text FRONTLINE NY
<b>COVID Information</b>	1-888-364-3065 <a href="https://coronavirus.health.ny.gov/home">https://coronavirus.health.ny.gov/home</a>
<b>Office of Mental Health Support</b>	1-844-863-9314, <a href="https://omh.ny.gov/">https://omh.ny.gov/</a>
<b>Alcohol, Drug, Gambling Addiction</b>	1-877-8HOPENY (846-7369)
<b>NYS Domestic Violence</b>	1-800-942-6906
<b>NYS Office of Children &amp; Family Services</b>	1-800-273-6906
<b>Child Abuse Hotline</b>	1-800-342-3720
<b>Veterans Health</b>	1-888-VETSNY (838-7697)
<b>Senior Citizen Help</b>	1-800-342-9871