Help / Hotlines

Abuse
National Child Abuse Hotline
» Call/Text 1-800-4-A-Child (422-4453)
» Childhelp.org

Sexual Abuse/Assault
Darkness to Light Helpline
» Call 1-866-FOR-LIGHT (367-5444)
» Text “Light” to 741741
» Darknesstolight.org

Rape, Assault, Abuse, and Incest
National Network (RAINN)
» Call 1-800-656-HOPE (4673)
» Hotline.rainn.org

Relationship/Dating Abuse & Violence
Love Is Respect
» Call 1-866-331-9474
» Text “Loveis” to 22522
» Loveisrespect.org

LGBTQ Support
The Trevor Project
» Call 1-866-488-7386
» Text “Start” to 678678
» Thetrevorproject.org

Human Trafficking
National Human Trafficking Hotline
» Call 1-888-373-7888
» Text “Help” to 233733
» Humantraffickinghotline.org

Online Exploitation
Cybertipline
» Call/Text 1-800-THE-LOST (843-5678)
» Cybertipline.org

Mental Health/Substance Abuse
SAMHSA National Helpline
» Call 1-800-662-HELP (4357)
» Samhsa.gov/find-help/national-helpline

Crisis/Suicide
Crisis Text Line
» Text HOME to 741741
» Cristextline.org

National Suicide Prevention Lifeline
» Call 1-800-273-TALK (8255)
» Suicidepreventionlifeline.org
If you or a friend are in need of help or support, please talk to your Safe Adults or use the resources listed inside this card. No matter the situation, there is always help available.

Student Resources

The 5 Safety Rules

- Know What’s Up
- Spot Red Flags
- Make a Move
- Talk It Up
- No Blame | No Shame

www.mbfpreventioneducation.org