

RESOURCE	CONTACT INFORMATION
<b>988 Suicide and Crisis Hotline</b> A 24/7 free and confidential hotline to connect you with help and emotional support if you are having: <ul style="list-style-type: none"> <li>• Thoughts of suicide</li> <li>• Mental health crisis</li> <li>• Substance use crisis</li> <li>• Emotional distress.</li> </ul>	<b>Call:</b> 988 <b>Text:</b> 988 <b>Website:</b> <a href="https://988lifeline.org/">https://988lifeline.org/</a> <b>Online Chat:</b> <a href="https://988lifeline.org/talk-to-someone-now/">https://988lifeline.org/talk-to-someone-now/</a>
<b>211</b> A 24/7 free and confidential hotline to talk with a Community Connector who can help you find services to overcome challenges in your life.	<b>Call:</b> 211 <b>Text:</b> 898211 <b>Website/Online Chat:</b> <a href="https://211lifeline.org/">https://211lifeline.org/</a>
<b>FLX Teens are Alright</b> Website and materials developed by local teens to help their peers understand mental health challenges, how to seek help and also how to maintain good mental health	<b>Website:</b> <a href="https://www.healthikids.org/flxteensarealright">https://www.healthikids.org/flxteensarealright</a>
<b>NYS Quitline</b> Resources and support to help you stop smoking or vaping. Free and confidential for New York State residents. Call Monday-Thursday 9 a.m. – 9 p.m., Friday-Sunday 9 a.m. – 5 p.m. Chat and texting hours may vary.	<b>Call:</b> 1-866-697-8487 <b>Text:</b> 1-716-309-4688 <b>Website/Online Chat:</b> <a href="https://nysmokefree.com">nysmokefree.com</a>
<b>This is Quitting</b> A free, anonymous text messaging program to help young people quit vaping.	<b>Text:</b> “DITCHVAPE” to 88709
<b>NYS HOPEline</b> A 24/7 confidential hotline to help you connect with treatment and harm reduction resources for alcohol/drug use and problem gambling	<b>Call:</b> 1-877-846-7369 <b>Text:</b> 467369 <b>Website:</b> <a href="https://oasas.ny.gov/hopeline">https://oasas.ny.gov/hopeline</a>
<b>National Human Trafficking Hotline</b> A 24/7 hotline for victims, survivors and witnesses of human trafficking. Confidential.	<b>Call:</b> 1-888-373-7888 <b>Text:</b> “HELP” or “INFO” to 233733 <b>Website/Online Chat:</b> <a href="https://humantraffickinghotline.org">https://humantraffickinghotline.org</a>
<b>National Teen Dating Abuse Helpline</b> 24/7 support and online resources for teens and young adults who have questions about dating, healthy relationships, relationship abuse and personal safety. Call or Online Chat for serious or urgent situations. Free and confidential.	<b>Call:</b> 1-866-331-9474 <b>Text:</b> “LOVEIS” to 22522 <b>Website/Online Chat :</b> <a href="https://www.loveisrespect.org/">https://www.loveisrespect.org/</a>
<b>National Runaway Safeline</b> 24/7 support for youth who are homeless or experiencing a crisis at home. Free and confidential.	<b>Call:</b> 1-800-786-2929 <b>Website/Online Chat/Email:</b> <a href="https://www.1800runaway.org/">https://www.1800runaway.org/</a>
<b>NYS HIV/STI/HCV Hotline</b> Provides HIV, STI and Hepatitis C education, risk-reduction information and referrals. Free and confidential. Call or chat Monday-Friday 8 a.m. – 8 p.m., Saturday-Sunday 10 a.m. – 6 p.m.	<b>Call:</b> 1-800-541-2437 <b>Website:</b> <a href="https://nyaidslines.org/">https://nyaidslines.org/</a>
<b>The Trevor Project</b> A 24/7 hotline for LGBTQ young people to connect with a counselor for emotional support and counseling if you are in suicidal crisis or emotional distress. Free and confidential.	<b>Call:</b> 1-866-488-7386 <b>Text:</b> 678 678 <b>Website/Online Chat:</b> <a href="https://www.thetrevorproject.org/">https://www.thetrevorproject.org/</a>