If someone is hurting you, this page is for you.

You don’t have to be sure. You don’t have to have a word for it yet. You don’t have to have decided anything.

BEFORE ANYTHING ELSE

- **If you are in immediate danger, call 911.**
- **Leave quickly if you need to.** The button at the top of this page closes it. But leaving a site does not erase the visit — clear your browser history afterward.
- **If your phone or computer might be monitored, use a device they cannot reach.** A library computer, a friend’s phone, a work device they don’t have access to. Every line below can be reached by phone as well as online.

If you are in danger right now

Emergency services

Call 911

If someone you live with frightens or controls you

Abuse is not only physical. Money, isolation, threats, monitoring and intimidation all count.

National Domestic Violence Hotline

Call 1-800-799-7233 (1-800-799-SAFE)

Text START to 88788

Chat at thehotline.org

TTY 1-800-787-3224

Free · 24/7 · 200+ languages

StrongHearts Native Helpline

Call 1-844-762-8483

strongheartshelpline.org

For Native Americans and Alaska Natives

love is respect

Call 1-866-331-9474

loveisrespect.org

For young people in dating relationships

The Deaf Hotline

Video phone 1-855-812-1001

thedeafhotline.org

For Deaf, DeafBlind and hard-of-hearing callers

If you are thinking about ending your life

You can call this line before it becomes an emergency. It is not only for the worst moment.

988 Suicide & Crisis Lifeline

Call or text 988

Chat at 988lifeline.org/chat

En español: marque 988 y presione 2

Free · 24/7

If you are a Veteran or a service member

You do not have to be enrolled in VA health care or benefits. No matter when, where or how you served, and no matter your discharge status. Responders are trained in military culture. Family and friends can call about someone they're worried about.

Veterans Crisis Line

Dial 988, then press 1

Text 838255

Chat at VeteransCrisisLine.net/Chat

TTY: dial 711, then 988

Free · 24/7 · Also serves active duty, National Guard and Reserve

Veterans Crisis Line — calling from overseas

On base: DSN 988

Europe: +1 844-702-5495

Pacific: +1 844-702-5493

Central: +1 855-422-7719

Africa: +1 888-482-6054

South America: +1 866-989-9599

If one number won't connect, try another — any of them will reach a responder

If a child is being hurt

Childhelp is a support and guidance line, not a reporting line, and it is not connected to emergency services. If a child is in immediate danger, call 911 first.

Childhelp National Child Abuse Hotline

Call 1-800-422-4453

Text GO to 1-800-422-4453

Chat at childhelphotline.org

Free · 24/7 · 170+ languages · Live counselors, not bots

If it was sexual violence

Recent or decades ago. It counts either way, and there is no time limit on calling.

RAINN National Sexual Assault Hotline

Call 1-800-656-4673 (1-800-656-HOPE)

Text HOPE to 64673

Chat at rainn.org/hotline

Free · 24/7 · English and Spanish

If you are not sure what this is

That is the most common place to be standing, and it is a good enough reason to call. The domestic violence line above will talk with you even if nothing has a name yet.

SAMHSA National Helpline

Call 1-800-662-4357 (1-800-662-HELP)

Free · 24/7 · Treatment referral and information, mental health and substance use

National Human Trafficking Hotline

Call 1-888-373-7888

Text 233733

Free · 24/7 · 200+ languages

One more thing, from me

If you found this page through something I made, I want to be plain with you.

The practices I teach — the breathing, the four phrases, what you carry into a room — are for friction. They are not for harm. They will not make an unsafe person safe, and using them to stay somewhere dangerous is not what they are for.

Leaving is not a failure of forgiveness. Protecting yourself is not a spiritual shortcoming. Nothing I teach asks you to stay.

I am not the right help for this. The people on this page are, and they are free, and they are awake right now.

- These are United States resources. If you are outside the US, findahelpline.com lists verified lines by country.
- Numbers were checked against each organization’s own site in September 2026. If one has changed, search the organization by name rather than trusting this page.
- This page collects public crisis resources. It is not medical, legal or clinical advice, and nothing here is a substitute for emergency services.

The Nez Zen Community · Rev. Dr. Lisa Nezneski, PharmD
Science-backed. Soul-supported.