

resources



SUICIDE

Suicide Hotline:
National Suicide Prevention Lifeline
1-800-273-8255

Suicide Hotline Online Chat:
National Suicide Prevention Lifeline
<https://suicidepreventionlifeline.org/chat/>

SEXUAL ABUSE

Sexual Abuse Hotline:
National Sexual Assault Hotline
1-800-656-4673

Sexual Abuse Hotline Online Chat:
<https://hotline.rainn.org/online/terms-of-service.jsp>

DOMESTIC VIOLENCE

Domestic Violence Hotline:
National Domestic Violence Hotline
1-800-799-7233

Domestic Violence Hotline Online Chat:
<http://www.thehotline.org/what-is-live-chat/>

EATING DISORDERS

Eating Disorder Hotline:
National Eating Disorder Association
(800) 931-2237

Eating Disorder Hotline Online Chat:
<https://www.nationaleatingdisorders.org/help-support/contact-helpline>

FIRST RESPONDERS

First Responder Suicide Hotlines:

Safe Call Now
206-459-3020

Fire/EMS Help Line
1-888-731-FIRE

COPLINE
1-800-267-5463

Veterans Crisis Line
1-800-273-8255

First Responder Mental Health Resources:
Code Green Campaign
<http://codegreencampaign.org/resources/>



build the life
you want to
live



stress response

stress relief
for those in healthcare

www.stressresponse.net