

## **CRISIS RESOURCES**

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## **DOMESTIC ABUSE & CHILD ABUSE**

- **Childhelp National Child Abuse**  
“Professional crisis counselors who –through interpreters– provide assistance in over 170 languages ... crisis intervention, information, and referrals to thousands of emergency, social service, and support resources. All calls are anonymous.” 24 hour Hotline: 1-800-4-A-Child (1-800-422-4453) and push 1 to talk to a hotline counselor.  
<https://www.childhelp.org>
- **National Center For Missing And Exploited Children**  
“Mission is to help find missing children, reduce child sexual exploitation, and prevent child victimization.” 24 hour Hotline: 1-800-843-5678.  
<https://www.missingkids.org/gethelpnow>
- **The National Domestic Violence Hotline**  
“For anyone affected by abuse or needing support ... you are not alone.” 24 hour Hotline: 1-800-799-7233 / TTY 1-800-787-3224, Text LOVEIS to 22522, online Chat.  
<https://thehotline.org>

## **DRUGS & ALCOHOL**

- **Alcoholics Anonymous (AA)**

"Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem."

<https://www.aa.org>

- **Disaster Distress Helpline**

"Dedicated to ... immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster ... toll-free, multilingual, and confidential crisis support service." 24 hour Hotline: 1-800-662-HELP (4357) / TTY 1-800-487-4889, Text TalkWithUs to 66746.

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

- **Narcotics Anonymous (NA)**

"A nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean ... no initiation fees or dues, no pledges to sign, no promises to make to anyone. We are not connected with any political, religious, or law enforcement groups, and are under no surveillance at anytime. Anyone may join us regardless of age, race, sexual identity, creed, religion, or lack of religion."

<https://na.org>

- **Virtual NA**

"Bringing Narcotics Anonymous Meetings to Remote or Isolated Addicts from around the world who may, for whatever reason, be unable to attend local face to face meetings."

<https://virtual-na.org>

- **Substance Abuse And Mental Health Services Administration**

"Treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders." 24 hour hotline: 1-800-NCA-Call (622-2255).

Treatment locator: 1-800-622-HELP (4357)

<https://www.samhsa.gov/find-help/national-helpline>

## **EATING DISORDERS**

- **National Eating Disorder Association (NEDA)**

Helpline: 1-800-931-2237, Text NEDA 741741, online Chat – *Mon-Thu 11am – 9pm ET, Fri 11am – 5pm ET (weekend/afterhours messages will be returned)*. “Everyone deserves support for their eating concerns, and NEDA wants to connect you with resources that can help in addition to professional help.”

<https://www.nationaleatingdisorders.org/help-support/covid-19-resources-page>

- **National Associate Of Anorexia Nervosa And Associated Disorders**

Hotline: 1-630-577-1330 – *Mon-Fri 9am – 5pm CT / 10am – 6pm ET (after hour messages will be returned)*. “Mission: To alleviate suffering and provide support to those struggling with eating disorders.”

<https://anad.org/education-and-awareness/online-resources>

- **OverEaters Anonymous (OA)**

Find a meeting (Face-To-Face, Online, Telephone, Non-Real-Time). “OA is a Twelve-Step Fellowship ... It’s our one-day-at-a-time approach plus our members that make us different from other solutions you may have tried. You may not be familiar with a twelve-step program—and that’s okay, we’re here to help!”

<https://oa.org/find-a-meeting/?type=0>

## **EMPLOYMENT, UNEMPLOYMENT & DISABILITIES**

- **Coronavirus Tax Relief And Economic Income Payments | IRS**  
“Tax help for taxpayers, businesses, tax-exempt organizations and others – including health plans – affected by coronavirus (COVID-19).”  
<https://www.irs.gov/coronavirus-tax-relief-and-economic-impact-payments>
- **International Center For Disability Resources On The Internet**  
<http://www.icdri.org>
- **Job Accommodation Network (JAN)**  
800-526-7234 or 800-232-9675 / TTY 877-781-9403 (US), 304-293-7186 (outside the US), Text 304-216-8189, live online Chat, Skype janconsultants, Email [jan@askjan.org](mailto:jan@askjan.org). “Have questions about workplace accommodations? Ask us. We can help.”  
<https://askjan.org/contact-us.cfm>  
Facebook: <https://www.facebook.com/JobAccommodationNetwork>  
Twitter: <https://twitter.com/JANatJAN>
- **National Easter Seals**  
1-800-221-6827 (toll free), Fax 1-312-726-1494, Email. “For more than 100 years, Easterseals has served as an indispensable resource for individuals with disabilities, veterans, seniors and their families.”  
<https://www.easterseals.com>
- **Resources for Writers In The Time of Coronavirus**  
[https://www.pw.org/content/resources\\_for\\_writers\\_in\\_the\\_time\\_of\\_coronaviruses](https://www.pw.org/content/resources_for_writers_in_the_time_of_coronaviruses)
- **Social Security Administration**  
<https://www.ssa.gov/online/services>
- **Unemployment Benefits Finder | Find Your State**  
“New federal law provides unemployment benefits for self-employed and other workers, adds an additional \$600 to weekly benefits, and offers other benefits ... To apply for unemployment benefits, select the state where you worked.”  
<https://www.careeronestop.org/LocalHelp/UnemploymentBenefits/Find-Unemployment-Benefits.aspx>

## **FOOD ASSISTANCE**

- **Capital Area Food Bank**

"We will continue our operations until or unless we receive guidance from our local or national government that would preclude our ability to remain open." Refer to map to find emergency food sources.

<https://www.capitalareafoodbank.org/covid19response>

- **Contact Your State Government**

Find your state or territory's government contacts and services.

<https://www.usa.gov/states-and-territories>

- **Everywhere You Can Land Free and Super Cheap Food Deals in May**

<https://www.thrillist.com/news/nation/how-to-get-free-food-deals>

- **Feeding America**

A food network in "virtually every community ... [for] anyone ... without obligation, regardless of circumstance ... free and confidential."

<https://www.feedingamerica.org/need-help-find-food>

- **Food Assistance | USA.gov**

"How to get food in case of an emergency, apply for food stamps and what free or low-cost food programs are available for infants, children and seniors. Learn about rule changes during the coronavirus emergency."

<https://www.usa.gov/food-help>

- **Food Distribution On Indian Reservations | USDA**

Contact your Tribal Organization/State Distribution Agency/FNS regional office to determine if you are eligible and for assistance.

<https://www.fns.usda.gov/fns-regional-offices>

- **Hunger And Food Security | National Agricultural Library (USDA)**

"Find general information and resources on hunger and food security."

<https://www.nal.usda.gov/fnic/hunger-and-food-security>

- **Maryland Food Bank**

"Need food? ... enter your zip code to find food nearby."

<https://mdfoodbank.org/find-food>

## **HEALTHCARE**

- **Federally Qualified Health Centers (FQHCs)**

Locate a center near you. "One of the largest systems of primary and preventive care ... provides care to millions of patients regardless of ability to pay."

<https://findahealthcenter.hrsa.gov>

- **Planned Parenthood**

1-800-230-7526. Non-profit offers wide variety of health and education services for women and men. Crisis services include: emergency contraception, pregnancy testing/services, STD Testing/Treatment/Vaccine, and abortion services/referral.

<https://www.plannedparenthood.org/get-care/our-services>

## **LEARNING DISABILITIES AND ADD**

- **Children And Adults With Attention-Deficit/Hyperactivity Disorder**  
“Committed to continuing to be the ADHD resource on which you can rely ...  
Your family needs strategies to adjust amidst the uncertainty.”  
<https://chadd.org/guidance-for-uncertain-times>
- **Learning Disabilities Association Of America (LDA)**  
“Committed to the study of learning disabilities through all stages of life,  
this journal provides the most current information on research, theory,  
issues, and trends to broaden understanding and improve quality of life.”  
<https://ldaamerica.org>
- **National Center For Learning Disabilities**  
“Working to create a society in which every individual possesses the  
academic, social and emotional skills needed to succeed.”  
<https://www.ncld.org>



## **MENTAL HEALTH CRISIS AND SUICIDE**

- **Center For Suicide Awareness**

24 hour textline: “There are times when we *just want to heard, to be listened to*, to know that *how we feel or what we are dealing with matters...* without judgment ... Text HOPELINE to 741741 ... anywhere, anytime, about any type of challenge or struggle. Help and hope just a text away.”

<https://centerforsuicideawareness.org/hopeline>

- **Crisis Text Line**

24 hour textline: Text HOME to 741741 (US & Canada), 85258 (UK), 086 1800 280 (Ireland). “Here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform.”

<https://www.crisistextline.org>

- **Disaster Distress Helpline (SAMHSA)**

24 hour hotline: 1-800-985-5990, Text TalkWithUs to 66746. “Dedicated to ... immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster ... toll-free, multilingual, and confidential crisis support service.”

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

- **Lesbian, Gay, Bisexual And Transgender (LGBT) National Hotline**

Hotlines: 1-888-843-4564, Youth 1-800-246-PRIDE (7743), Senior 1-888-234-7243 – *Mon-Fri 4pm – midnight ET, Sat noon-5pm ET*. Also online Peer Support, Weekly Youth Chatroom, Email. “Serving the lesbian, gay, bisexual, transgender, queer & questioning community ... free & confidential peer-support and local resources.”

<https://www.glbthotline.org>

- **National Alliance On Mental Illness (NAMI)**

Hotline: 1-800-950-NAMI (6264) – *Mon-Fri 10am - 6pm ET*. “If you or someone you know is struggling, you are not alone. There are many supports, services and treatment options that may help.”

<https://www.nami.org> Your Local NAMI: <https://www.nami.org/findsupport>

- **Warmline Directory:** “Early intervention ... can prevent a crisis.”

<https://www.nami.org/NAMI/media/NAMI-Media/BlogImageArchive/2020/NAMI-National-HelpLine-WarmLine-Directory-3-11-20.pdf>

- **NAMI National Helpline Resource Directory**

Enormous resource list

<https://www.nami.org/NAMI/media/NAMI-Media/Images/FactSheets/NAMINationalResourceDirectory.pdf>

- **National Runaway Safeline**  
24 hour hotline: 1-800-RUNAWAY (1-800-786-2929), online Chat, online Forum, Email. "Need to talk? ... Here to listen. Here to help."  
<https://www.1800runaway.org>
- **National Suicide Prevention LifeLine**  
24 hour hotline: 1-800-273-8255, Chat [suicidepreventionlifeline.org/chat](https://suicidepreventionlifeline.org/chat)  
"Free and confidential support for people in distress, prevention and crisis resources for you or your loved ones."  
<https://suicidepreventionlifeline.org>
- **Teenline** (part of National Suicide Prevention Lifeline)  
Hotline: 1-310-855-4673, Text TEEN to [839863](https://www.teenlineonline.org) - *Daily 9pm - midnight ET / 6pm - 9 pm PT*. Talk with another teen. "No problem too big or small ... We're here to help."  
<https://teenlineonline.org>
- **The Trevor Project**  
24 hour hotline: 1-866-488-7386, Text [678678](https://www.thetrevorproject.org), online Chat. For gay and questioning youth. "If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk."  
<https://www.thetrevorproject.org>
- **Veterans Crisis Line**  
24 hour hotline: 1-800-273-8255 then press 1, Text [838255](https://www.veteranscrisisline.net). "Caring, qualified responders at the [DVA] ... Many ... are Veterans themselves."  
<https://www.veteranscrisisline.net>

## **RAPE & SEXUAL ASSAULT**

- **Health Services & Referrals**

1-800-230-7526. "Factual, non-judgmental, information about your options."

<https://www.plannedparenthood.org/get-care/our-services>

- **Rape, Abuse, Incest, National Network (RAININ)**

24 hour hotline: 1-800-656-HOPE, or online Chat. "We know this is a stressful time, and we're here for you .. continue to be available by phone and online chat for survivors and their loved ones. As always, services are free, confidential, and available 24/7."

<https://www.rainn.org>

- **Stop It Now**

Hotline: 1-888-PREVENT, online Chat – *Mon-Fri Noon - 6pm ET*. "Together we can stop the sexual abuse of children ... Here to help!"

<https://www.stopitnow.org>