

NATIONAL CRISIS/REFERRAL NUMBERS

(All numbers are available 24 hours a day / 7days a week unless otherwise noted)

Al-Anon/Alateen Hotline: 800-344-2666

Al-Anon provides help for people who are the relatives and friends of a problem drinker.

The Boys Town National Hotline: 800-448-3000

The Boys Town National Hotline is for children and parents to call with any problem at any time, including:

- Depression
- Suicide
- Running away
- Parenting problems
- Relationship concerns
- Physical, sexual, and emotional abuse
- Chemical dependency
- Mental health
- Anger
- Aggressive behavior

Childhelp National Child Abuse Hotline: 800-4-A-CHILD (800-422-4453)

The Childhelp National Child Abuse Hotline is dedicated to the prevention of child abuse. The Hotline offers crisis intervention, information, literature, and referrals to thousands of emergency, social service, and support resources.

Covenant House Nineline: 800-999-9999 or www.nineline.org

This is a crisis line for youth, teens, and families that helps regarding drugs, abuse, homelessness, runaway children, and message relays.

CyberTipline: 800-THE-LOST (800-843-5678) or www.cybertipline.org

CyberTipline is a reporting mechanism for cases of child sexual exploitation including child pornography, online enticement of children for sex acts, molestation of children outside the family, sex tourism of children, child victims of prostitution, and unsolicited obscene material sent to a child.

NAMI Helpline 800-950-NAMI (800-950-6264) www.nami.org

National Alliance for the Mentally Ill staffs this information line 9 a.m. to 4:45 p.m. Monday through Friday. NAMI shares information about mental health issues and provides referrals to support groups and educational programs.

National Drug and Alcohol Treatment Referral Service 800-662-HELP (800-662-4357)

This is not a hotline, but a referral service.

National Runaway Switchboard: 800-RUNAWAY (800-786-2929) or www.1800runaway.org

The National Runaway Switchboard (NRS) gives help to youth and their families by providing non-judgmental, confidential crisis intervention and local and national referrals through a 24-hour hotline.

**The National Suicide Prevention Lifeline: 800-273-TALK (800-273-8255)
Or Hopeline 800-SUICIDE (800-784-2433)**

Both are 24-hour, toll-free services available to anyone in suicidal crisis. Call for yourself, or someone you care about.

National Teen Dating Abuse Helpline: 866-331-9474 www.loveisrespect.org

This number is answered 24 hours a day by advocates trained on domestic violence. From 4 p.m. to midnight, peer advocates are available on the phones and on online chats.

**Rape, Abuse, and Incest National Network: 800-656-HOPE (800-656-4673) or
www.rainn.org**

RAINN operates The National Sexual Assault Hotline in partnership with 1,100 rape crisis centers across the nation, providing free, confidential advice 24/7. RAINN also operates The National Sexual Assault Online Hotline.

**SAFE (Self-Abuse Finally Ends): 1-800-DONT-CUT (1-800-366-8288) or
www.selfinjury.com**

This is an information line answered 8 a.m. to 4 p.m. Monday through Friday. SAFE shares information and referrals on ending self-injurious behavior.

The Trevor Helpline: 866-4-U-Trevor (866-488-7386) or www.thetrevorproject.org

The Trevor Hotline is the only national crisis and suicide prevention helpline for gay, lesbian, bisexual, transgender, and questioning youth. Trained counselors listen and understand without judgment.

IFAPA has put together this list of resources. Please notify IFAPA if you find a phone number or website is no longer accurate. E-mail IFAPA at ifapa@ifapa.org or call 800-277-8145 ext. 5



**Iowa Foster & Adoptive Parents Association
6864 NE 14th Street, Suite 5 – Ankeny, IA 50023
800-277-8145 / 515-289-4567 / www.ifapa.org / ifapa@ifapa.org**