

Local and National Community Resources

Whatever you are going through, you don't have to go through it alone. Reach out for support and for yourself or your loved ones. You are not alone!

Organizations	Website	Phone Number
Alcohol Abuse and Crisis Intervention	www.aa.org	(800) 234-0246
Al-Anon	www.al-anon.org/	(888) 425-2666
Drug and Alcohol Helpline	www.alcoholdrughelp.org/	(800) 688-4232
Family and Children's Services	www.acf.hhs.gov/	See website
National Domestic Violence Hotline	www.thehotline.org/	(800)799-7233 OR Text LOVEIS to (866) 331-9474
Rape Crisis Center	www.rainn.org/	(800) 656-4673
Suicide Hotline	www.suicidepreventionlifeline.org/	(800) 273-8255
United Way	www.unitedway.org/ OR www.211.org/	211