



Prologue Therapy
and Relationship Counseling

United States Crisis Hotlines & Helplines

Crisis hotlines and helplines are free, and completely confidential. If you're not sure who to call, **988 is the US mental health crisis hotline**. Start with them.

Suicide, Self Harm, General Crisis

- **Crisis TEXT LINE:** 741-741
- **Suicide:** 1 (800) 273-TALK (8255)
- **18 and Under in Crisis:** 1 (800) 448-4663

Abuse

- **Domestic Violence:** 1 (800) 799-SAFE
- **Sexual Assault:** 1 (800) 656-HOPE
- **Child Abuse:** 1 (800) 4-A-CHILD
- **Elder Abuse:** 1 (866) 363-4276

LGBTQIA+

- **Trevor (Suicide):** 1-866-4-U-TREVOR
- **LGBT National:** 1 (888) 843-4564
- **LGBT Youth (25 & under):** 1 (800) 246-7743
- **Trans Lifeline:** 1 (877) 565-8860

Addiction

- **SAMHSA:** 1 (800) 662-HELP
- **Alcoholics Anonymous:** 1 (800) 839-1686

Other

- **Eating Disorders:** 1 (800) 931-2237
- **Christian Prayer Line:** 1 (800) 4-PRAYER
- **American Cancer Society:** 1-800-227-2345

Could a provider at Prologue
be the right fit for you?

PrologueTherapy.com