



ASCENSION ALLIANCE, LLC

Be Open to Change...

Advocacy

Collaboration

Holistic

Personal
Development

National Hotlines

If you are in a crisis and are in need of immediate help, call 911 or one of the hotlines below so someone can get you help.

SAMHSA (Substance Abuse & Mental Health Service Administration)

- Hours: 24/7, 365 days a year - 1-800-662-HELP (4357)

NAMI (National Alliance on Mental Illness)

- Hours: Monday- Friday, 10 am - 6 pm EST - 1-800-950-NAMI (6264)
- Crisis Text Line: Text NAMI to 741-741 Hours: 24/7

National Suicide Prevention Lifeline, Depression & Bipolar Support Alliance

- Hours: 24/7 - 1-800-273-TALK (8255)

Gay, Lesbian, Bisexual, & Transgender National Hotline

- Monday - Friday 4pm- 12am EST - 1-888-843-4564

National Association of Anorexia Nervosa & Associated Disorders

- Hours: 9 am- 5 pm CST - 630- 577-1330

National Center for Post-Traumatic Stress Disorder

- Hours: 24/7 - Veteran Help Line: 1-800-273-8255, press 1

S.A.F.E. Alternatives - Self-harm behaviors

- Hours: Unknown - 800-366-8288

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