




resources available to parents/influencers

love is respect

-  Call 1-866-331-9474
-  Chat at loveisrespect.org
-  Text "LOVEIS" to 22522

National Domestic Violence Hotline

-  Call 1-800-799-7233
-  Chat at thehotline.org
-  Text "START" to 88788

National Parent Helpline

(only available Monday – Friday 10 AM – 7 PM PST)

-  Call 1-855-427-2736

resources available to teens & young adults



love is respect

-  Call 1-866-331-9474
-  Chat at loveisrespect.org
-  Text "LOVEIS" to 22522




Crisis Text Line

-  Text "HOME" to 741741
-  Send a [Facebook message](#)

The Trevor Project

-  Call 1-866-488-7386
-  Chat at thetrevorproject.org
-  Text "START" to 678678

Your Life Your Voice

-  Call 1-800-448-3000
-  Text "VOICE" to 20121
-  Email at yourlifeyourvoice.org
(response within 48 hours)