

Save a LIFE be your own HERO! Hotline Help

"Being a hero doesn't mean you're invincible. It just means you are brave enough to stand up and do what's needed."

- Rick Riordan

Domestic Violence

National Hotline: 1-800-779-SAFE (7233)

Text "GO" to 741741 to talk to a trained counselor

Hope Crisis - Fairbury, NE
1-800-388-HOPE (4673)



Suicide Prevention

National Hotline: 1-800-273-TALK (8255)

Your life, your voice - Boys Town, Omaha
1-800-448-3000 or text "VOICE" to 20121

Center Pointe Crisis Response
(402)-475-6695

Visit the SAMHSA for more information...
www.samhsa.gov



Child Abuse

National Hotline: 1-800-422-CHILD (4453)

Abuse and Neglect Hotline: 1-800-652-1999

National Runaway Safeline: 1-800-RUNAWAY

Nebraska Family Helpline: 888-866-8660



Human Trafficking

National Hotline: 1-800-373-7888

Text "BeFree" to 233733 to talk to a trained counselor

Central Nebraska Human Trafficking and Immigration Outreach: 308-746-7300

Rejuvenating Women: 1-833-2FREEME (237-3363)



Homelessness

Youth Emergency Services: 1-866-8660

Heartland Family Services: (402)-552-7400



Depression and Anxiety

SAMSHA Hotline: 1-800-273-TALK (8255)

Text "HOME" to 741741 to talk to a trained counselor



Drug and Alcohol Abuse

National Hotline: 1-800-622-4357

Substance Abuse Hotline: 1-800-662-4357



Teen Dating Violence

National Hotline: 1-866-311-9474

Sexual Assault Hotline: 1-800-656-HOPE (4673)

Text "loveis" to 741741 to talk to a trained counselor



The Trevor Project

National Hotline: 1-866-488-9474

Text "START" to 678678 to talk to a trained counselor

Visit The Trevor Project website for more information...

<https://www.thetrevorproject.org/get-help-now/>

We provide
crisis intervention
and suicide prevention
for LGBTQ
youth

National Disaster

National Hotline: 1-800-985-5990

For all emergencies, even if they do revolve around a person's mental health, dial 911

