

## Seeking Help: National Hotlines

NNEDV

There are several national resources with established helplines in various formats that can provide confidential help when you're hoping to talk to someone or looking for information. Please note, there may also be state and local hotlines to connect with programs near you. This list is only of the national hotlines that can help you get started.

Many helplines and services offer multiple ways to connect, including text message or online chat for more discreet conversations. For your safety, it is important to remember that there are ways an abusive partner may be able to track and monitor your conversations. If you think your devices are being monitored, it may be helpful to think of different ways to reach out for help, such as a trusted friend's phone. For more information on technology misuse and how to increase your privacy and safety, visit our [Survivor Technology Safety & Privacy Toolkit](#). For specific safety and privacy considerations on communicating by phone, text, or chat, visit our resources on [Seeking Help Online](#).



[National Domestic Violence Hotline](#) (24/7, 200+ Languages)

Phone: 1-800-799-7233

Video Call for Deaf Callers: 1-855-812-1001

[Online chat](#) (Spanish chat available)



[WomensLaw.org](#) Email Hotline (English + Spanish)

[Email Hotline](#)



[National Sexual Assault Hotline](#) (24/7, English + Spanish)

Phone: 1-800-656-4673

[English Online Chat](#) - [Spanish Online Chat](#)

[Online Chat for Male Survivors](#) (Service of 1in6.org)



[National Deaf Domestic Violence Hotline](#) (24/7)

Videophone: 1-855-812-1001

Email: [nationaldeafhotline@adwas.org](mailto:nationaldeafhotline@adwas.org)



[The Network/La Red](#) (24/7)

Phone: 1-800-832-1901



[StrongHearts Native Helpline](#)

Phone: 1-844-762-8583 (7 am to 10 pm CST)



[National Human Trafficking Hotline](#) (24/7, English & Spanish)

Phone: 1-888-373-7888

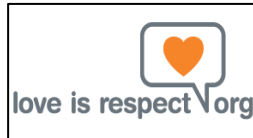
Text Line: Send the text "BEFREE" to 233733

[Online chat](#)



[Cyber Civil Rights Initiative](#) (24/7, Interpretation Available)

Phone: 1-844 -878-2274



[National Teen Dating Violence Hotline](#) (24/7)

Phone: 1-866-331-9474

Text Line: Send the text "LOVEIS" to 22522

[Online chat](#)

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