

## CRISIS RESOURCES FOR PARENTS

**Alcohol Drug Abuse Help & Resource Center** Call **1-888-435-7711**

**Arapahoe / Douglas Mental Health Network** *Crisis help at* **303-730-3303**

**Cyber Tip Line** *Report suspected internet predators at* [www.cybertipline.com](http://www.cybertipline.com) *or call the 24/7 hotline at* 1-800-843-5678.

**Disaster Distress Helpline** *Those who have experienced a fire, flood, tornado, or other traumatic event can talk with an understanding professional by calling* **1-800-985-5990** *or by texting* **TalkWithUs** *to* **66746**.

**Eating Disorder HelpLine (NEDA)** *Call the Helpline at* (800) 931-2237 *or chat online.* The line is open 9-5 Monday through Friday but if you leave a message after hours they will get back to you promptly.

**Families First - Support Line** **1-800-CHILDREN**

**Fussy Baby Warmline** *can provide understanding and support at* **1-877-6CRYCARE**. *And here are tips to calm a crying baby.*

**Human Trafficking Hotline** **1-888-3737** *The hotline has received 123 crisis calls and 600 tips from Colorado. If you know or suspect that someone is a victim of forced labor or coerced sex, the 24/7 line is completely confidential.*

**Hunger Free Hotline** **1-855-855-4626** *The Hotline can help you locate food banks, local food programs, or where to go for SNAP benefits.*

**Lost and Missing Children Hotline--** *If you think you have seen a missing child call the 24-hour hotline at* **1-800-THE-LOST**. *The hotline also provides support for parents of missing children.*

**National Alcoholism & Substance Abuse Info Center** *Get help at* **1-800-7846776**

**National Suicide Prevention 24/7 Life Line** **1-800-273-TALK**

**National Runaway Safeline** **1-800-RUNAWAY**

**Parent Hotline** *For help with a struggling teen call* **1-800-840-6537**

**Prevent Child Abuse Colorado** **1-800-CHILDREN**

**Rape Crisis Hotline (RAAP)** **Rape Assistance & Awareness Program** 24-hour hotline **303-322-7273**

Safe2Tell Hotline - Bullying, Violence, Suicide Prevention **1-877-542-SAFE**

The Trevor Project - GLBTQ Youth Suicide Prevention **1-866-488-7386**

