

# Immediate Care & Support



*You are not alone. If you are in crisis or need immediate support, the resources below are available to help — many 24 hours a day, 7 days a week.*

## CRISIS & HOTLINES

### CRISIS LINE

#### National Suicide Prevention Lifeline

1.800.273.8255

Crisis chat available 2pm-2am  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

### ABUSE & ASSAULT

#### RAINN

1.800.656.HOPE

Crisis chat available 24 hours/day  
[www.RAINN.org](http://www.RAINN.org)

### TEXT SUPPORT

#### Crisis Link Text Hotline

24-hour crisis help by text message  
[www.CrisisLink.org/crisislinks-text-hotline](http://www.CrisisLink.org/crisislinks-text-hotline)

### TEXT SUPPORT

#### Emotional Abuse Text Hotline

Text **CONNECT** to **741741** (US)

[www.crisistextline.org](http://www.crisistextline.org)

### RELATIONSHIP SAFETY

#### Love Is Respect

1.866.331.9474 | TTY: 1.866.331.8453

Text **loveis** to 22522

[www.loveisrespect.org](http://www.loveisrespect.org)

### SURVIVOR COMMUNITY

#### The #NoMoreShame Project

Resources, FAQs & Survivor stories  
[NoMoreShameProject.Com](http://NoMoreShameProject.Com)

## RECOVERY & SUPPORT PROGRAMS

### 12-STEP RECOVERY

#### Codependents Anonymous

<http://coda.org/>

*A 12-step recovery group for people struggling with codependency.*

### 12-STEP RECOVERY

#### S-Anon International

Hope & help for family & friends of sexaholics  
[www.sanon.org](http://www.sanon.org)

*A Twelve-Step program for those affected by another person's sexual behavior.*

### CHILDHOOD TRAUMA

#### Get Your ACEs Score

<https://acestoohigh.com/got-your-ace-score/>

*Adverse Childhood Experiences research & self-assessment tool.*

### ADDICTION RECOVERY

#### Addiction Guide

<https://www.addictionguide.com/>

### ADDICTION RECOVERY

#### DrugRehab.com

1.855.520.2898 | 24/7 Support

[www.drugrehab.com](http://www.drugrehab.com)

### INPATIENT RECOVERY

#### The Recovery Village Ridgefield

877.343.0198

<https://www.ridgefieldrecovery.com>