

Phone Hotlines for Parents

Parent Helpline, 1-855-4A-PARENT (1-855-427-2736): this helpline provides emotional support and guidance to parents from trained advocates. The helpline operates Monday through Fridays, 10:00 AM PST to 7:00 PM PST.

<http://www.nationalparenthelpline.org/>

[working but went to voicemail]

Boys Town National Hotline, 1-800-448-3000: this is a 24-hour crisis hotline for anyone who is depressed, contemplating suicide or self-harming, being physically or sexually abused, or facing an overwhelming challenge. The hotline is staffed with qualified counselors trained in suicide crisis intervention. Additionally, texting options intended for teens and young adults who may want to reach out to a counselor are available via most cellphone providers.

<http://www.yourlifeyourvoice.org/Pages/home.aspx>

[Counselor answered right away]

Child help, 1-800-4A-CHILD (1-800-422-4453): this hotline serves children experiencing abuse or at risk of experiencing abuse, parents needing crisis intervention, or individuals who are concerned that child abuse may be occurring. This crisis hotline is staffed with qualified crisis counselors 24 hours a day, 7 days a week.

<https://www.childhelp.org/hotline/>

[Counselor answered right away]

Substance Use Treatment Referral, 1-800-662-HELP: this is a 24-hour helpline dedicated to providing substance use treatment referrals and information related to mental health and/or substance use disorders, substance use prevention, and substance use recovery in both English and Spanish.

<https://www.samhsa.gov/find-help>

[Answered but not a hotline, was on hold for a brief amount of time]