

Hotlines/Online Resources

Maryland Crisis Hotline 1-800-422-0009

National Suicide Hotline 1-800-SUICIDE (784-2433)

National Suicide Prevention Lifeline 1-800-273-TALK (8255)
suicidepreventionlifeline.org (with chat line)

Veterans Crisis Line 1-800-273-8255, press 1
Text: 838255
veteranscrisisline.net

Gay and Lesbian National Hotline 888-THE-GLNH (843-4564)
www.glnh.org (with peer support chat)

National Eating Disorders Association Helpline 800-931-2237
www.nationaleatingdisorders.org (with chat line)

SAFE (Self-Abuse Finally Ends) Alternatives 800-DONT-CUT (366-8288)
www.selfinjury.com

Childhelp USA National Child Abuse Hotline 800-4-A-CHILD (422-4453)
www.childhelpusa.org

Alcohol/Drug Abuse Hotline 800-662-HELP (4357)

National Domestic Violence Hotline 1-800-799-SAFE (4357)
thehotline.org

CASA, Inc. (Citizens Assisting and Sheltering the Abused) 24-hr hotline 301-739-8975
www.casainc.org

Youth - Help4MDYouth.org which is a Maryland Crisis Hotline Network. You can do online chat or call 800-422-0009.

ULifeline 1-800-273-TALK (8255)
Text "START" to 741-741
www.ulifeline.org
Your online resource for College Mental Health

Start Your Recovery <https://startyourrecovery.org/>