

Mental Health Resources:

RAINN National Sexual Assault Hotline: **1-800-656-HOPE (4673)**

Call the 24/7 National Domestic Violence Hotline: **1-800-799-SAFE (7233)** or text **START to 88788**

Call the National Suicide Prevention Lifeline at **988** or Crisis Text Line text **HOME to 741741**

Call the Veterans 24/7 Crisis Line (for all veterans, service members, national guard and reserve and their family members/friends) at **988 and Press 1**.

Call the Trevor Project LGBTQ Crisis Line at **1-866-488-7386** or Crisis Text Line **678678**

Call the BlackLine BIPOC Support Line at **1-800-604-5841**

Indiana Center for Recovery Helpline (alcohol/drugs/addictions treatment) at **1-877-565-4850**

Self-Harm Crisis Text Line text **HOME to 741741**

Regional Mental Health 24 hr Crisis Line at **219-769-4005**

IU Employee EAP 24-hour Helpline at **1-888-234-8327**