

Suicide Hotline

- National Suicide Hotline
800-SUICIDE (800-784-2433) (24 hours)
www.hopeline.com

Sexual Assault and Rape

- National Sexual Assault Hotline
800-656-HOPE (24 hours)
www.rainn.org
- California Coalition Against Sexual Assault
Directory of crisis centers and other resources
<http://calcasa.org/members/>

Pregnancy

- Planned Parenthood Federation of America
For counseling and referral
800-230-PLAN
www.plannedparenthood.org/
- America's Pregnancy Helpline
Information on pregnancy options
<http://www.thehelpline.org/>

Self-Injury

- SAFE (Self-Abuse Finally Ends)
800-DONT-CUT (800-366-8288)
<http://www.selfinjury.com/>