MENTAL HEALTH RESOURCE HOTLINE NUMBERS

National Domestic Violence Hotline
24/7 1-800-799-SAFE (7233). Text “START” to 88788. Live chat option available. thehotline.org

National Human Trafficking Hotline
24/7 1-888-373-7888. Text “HELP” or “INFO” to 233733. Online chat option available. Services offered in over 200 languages. humantraffickinghotline.org

The Trevor Project
Resources for LGBTQ+. Crisis hotline 24/7 1-866-488-7386. Text “START” to 678-678. Online chat option also available. thetrevorproject.org

National Suicide Prevention Hotline
24/7 1-800-273-8255. En Español 1-888-628-9454. Deaf or Hard of Hearing 1-800-799-4889. suicidepreventionlifeline.org/talk-to-someone-now

SWOP—USA
Community support line for sex workers 877-776-HELP (2004). swopusa.org (National) swopusa.org (Baltimore chapter)

SAMSA (Substance Abuse and Mental Health Services)
24/7 1-800-662-4357. Treatment and referral line that provides referral services to local treatment facilities, support groups and community organizations. Services offered in both English and Spanish with other language assistance services available. samhsa.gov

House of Ruth Maryland
Domestic Violence Legal Clinic
Legal Hotline 1-888-880-7884. hruth.org

Family Crisis Center of Baltimore County
24/7 Crisis Helpline 410-828-6390. 24/7 Shelter Hotline 410-285-7496. FCC works with individuals and families to interrupt cycles of violence. Provide shelter and housing, victim advocacy, and counseling services. familycrisiscenter.net

211 Maryland
Dial 2-1-1 to get connected to Maryland health and human services. Or text your zip code to 898-211. Online chat option also available, as well as the ability to schedule a weekly mental health check-in call. 211md.org

Here2Help Hotline
24/7 410-433-5175 for advice and emotional support from the Behavioral Health System Baltimore. bhsbaltimore.org/find-help/here2help-hotline

Baltimore City Shelter Hotline
443-984-9540 between 9:30 a.m.–9 p.m. for emergency service. homeless.baltimorecity.gov

Community Assistance Network (CAN)
Call Baltimore County Department of Social Services to get referrals for CAN shelters at 410-887-TIME (8463) canconnects.org

House of Ruth Maryland
Help for victims of intimate partner violence. 24-hour hotline 410-889-RUTH (7884). Online chat option also available.

Listening and offering guidance and resources to help empower you to make the right choices for your life. To schedule a meeting, email socialworker@bcpl.net or call 443-862-9348 during library hours. If you are experiencing a crisis or mental health emergency, call 911 or the 24/7 Baltimore County Crisis Response line at 410-931-2214.