



## 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](http://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](http://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](http://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](http://suicidepreventionlifeline.org/talk-to-someone-now)

### SWOP-USA

Community support line for sex workers **877-776-HELP (2004)**.  
[swopusa.org](http://swopusa.org) (National)  
[baltimore.swopusa.org](http://baltimore.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](http://samhsa.gov)

### House of Ruth Maryland

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

### House of Ruth Maryland Domestic Violence Legal Clinic

Legal Hotline **1-888-880-7884**. [hruth.org](http://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](http://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](http://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](http://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](http://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](http://canconnects.org)



**SOCIAL  
WORKER**  
*in the Library*

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](mailto: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**.