

Crisis Hotlines



National Suicide Hotlines:

Iowa Crisis Chat

Crisis Text Line

Child Abuse Hotline

Domestic & Teen Dating Violence

Runaway Hotline

Sexual Assault Hotline

National Youth Crisis Hotline

Human Trafficking

1-800-784-2433

iowacrisischat.org (9 a.m.-2 a.m., 7 days a week)

Text HOME to 741741

1-800-422-4453

1-800-992-2600

1-800-231-6946

1-800-223-5001

1-800-448-4663

1-800-373-7888 or text "help" or "info" to 233733

1-800-273-8255

You Are Not Alone