



Kansas Helpline Resources for Children, Teens, Parents (and everyone else!)

One of the best resources we can all keep at our fingertips is how and where to reach out for help in the event we feel overwhelmed and need to talk to someone.

For children and teens, if you need help, talk to your parents or a trusted adult about your concerns. If you have no one to talk with, the hotlines and organizations listed below are available to help with a variety of issues affecting teens and adults alike.

Crisis Numbers: For crisis situations—when you or someone you know is in danger—call 9-1-1 or go to an emergency department.

Suicide Prevention: If you (or someone you know) are having thoughts of suicide or need to talk, please contact the National Suicide Prevention Lifeline at 800-273-8255. If you prefer to text, you can text "START" to 741-741 and a live, trained specialist will immediately respond back to you.

Hotlines/Resources

Kansas Community Mental Health Centers 24/7 Hotlines

<https://www.kdads.ks.gov/commissions/behavioral-health/consumers-and-families/cmhc-24-hour-crisis-lines>

High Plains Mental Health Center

- Counties served: Cheyenne, Decatur, Ellis, Gove, Graham, Logan, Ness, Norton, Osborne, Phillips, Rawlins, Rooks, Rush, Russell, Sheridan, Sherman, Smith, Thomas, Trego, Wallace
- 785-628-2871 / 800-432-0333

Kansas Children's Service League Parent Helpline

- 800-CHILDREN
- <https://www.kcsl.org/ParentHelpLine.aspx>

NAMI Kansas Resource Line (for non-crisis calls)

- 800-539-2660
- <https://namikansas.org/crisis-info/>

Child Abuse

Kansas Protection Report Center

- 800-922-5330
- <http://www.dcf.ks.gov/Pages/HotlineNumbers.aspx>

National Child Abuse Hotline

- 800-422-4453
- www.childhelp.org



Domestic Abuse

Kansas Crisis Hotline

- Statewide hotline for victims of domestic abuse, sexual assault, and stalking
- 888-363-2287
- <https://www.ag.ks.gov/public-safety/domestic-violence/resources>

Options Domestic and Sexual Violence Services, Inc.

- Counties served: Cheyenne, Decatur, Ellis, Gove, Graham, Logan, Norton, Osborne, Phillips, Rawlins, Rooks, Russell, Sheridan, Sherman, Smith, Thomas, Trego, Wallace
- 800-794-4624 or 785-625-4202
- <http://help4abuse.org/>

Kansas Domestic Abuse Service Centers by region

- <https://www.kcsdv.org/find-help/in-kansas/dv-sa-services-map/>
- **Interactive** map to find services near you

National Coalition Against Domestic Violence Hotline (24 hours)

- 800-799-SAFE (1-800-799-7233)
- www.ncadv.org

Healthy Relationships

Love Is Respect

- 866-331-9474
- www.loveisrespect.org

Alcohol, Drugs, Substance Use and Addictions

Alcohol and Drug Abuse Help Line

- 800-821-4357

AlaTeen

- 888-425-2666
- www.al-anon.org

Developmental Disabilities / Special Health Care Needs

Families Together, Inc.

- <https://famiestogetherinc.org/>
- 1-800-264-6343

Kansas Early Intervention Program

- <http://www.ksits.org/>
- 1-800-332-6262
- <http://www.kumc.edu/school-of-medicine/cchd.html>



LGBTQ Resources

Kansas City Anti-Violence LGBT Hotline

- 816-561-0550
- <http://www.kcavp.org/>

Synergy Services Youth Crisis Hotline

- 816-741-8700 / 888-233-1639
- https://www.synergyservices.org/?page=Main_Our_Services_Youth

TrevorLifeline: 866.488.7386

Other

National Human Trafficking Hotline

- 888-373-7888

National Runaway Safeline

- 800-RUNAWAY

National Eating Disorders Association Helpline

- 800-931-2237
- <https://www.nationaleatingdisorders.org/>

ANAD Hotline

- 888-375-7767
- <https://anad.org/our-services/eating-disorders-helpline/>

National Dropout Prevention Center

- 800-656-2599
- www.dropoutprevention.org