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

High Plains Mental Health Center
- 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

www.projectevers.org
**Domestic Abuse**

**Kansas Crisis Hotline**
- Statewide hotline for victims of domestic abuse, sexual assault, and stalking
- 888-363-2287

**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

**Kansas Domestic Abuse Service Centers by region**
- Interactive map to find services near you

**National Coalition Against Domestic Violence Hotline (24 hours)**
- 800-799SAFE (1-800-799-7233)
- [www.ncadv.org](http://www.ncadv.org)

**Healthy Relationships**

**Love Is Respect**
- 866-331-9474
- [www.loveisrespect.org](http://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](http://www.al-anon.org)

**Developmental Disabilities / Special Health Care Needs**

**Families Together, Inc.**
- [https://familiestogetherinc.org/](https://familiestogetherinc.org/)
- 1-800-264-6343

**Kansas Early Intervention Program**
- [http://www.ksits.org/](http://www.ksits.org/)
- 1-800-332-6262
- [http://www.kumc.edu/school-of-medicine/cchd.html](http://www.kumc.edu/school-of-medicine/cchd.html)

www.projectevers.org
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