



## Helpful Resources

### Here's a list of hotlines that may help if you are having a hard time.

Feeling Overwhelmed? There are a lot of phone numbers on this page. If you don't know where to start, we suggest dialing 2-1-1 on your phone to be connected with the national human service call center.

**National Sexual Assault Hotline** 1-800-656-HOPE (4673)

**Child Abuse National Hotline** 1-800-25ABUSE

**Elder Abuse Hotline** 1-800-252-8966

**Suicide Prevention Lifeline** 1-800-273-8255

**Homeless** 1-800-231-6946

**National Domestic Violence Hotline** 1-800-799-SAFE (7233)

**Rape, Abuse and Incest National Network** 1-800-656-HOPE (4673)

**National Teen Dating Abuse Helpline** 1-866-331-9474

**HOPE Crisis Center** 1-877-388-HOPE (4673)

**Adult Protective Services** (800) 652-1999

**Child Protective Services** (800) 652-1999

**Nebraska Family Helpline** (888) 866-8660

