You don't have to do this alone.

10 free, nationwide (U.S.) contacts for safety, housing, food, work and legal help. In immediate danger? Call 911.

SAFETY	**National Domestic Violence Hotline** **Call 1-800-799-7233 · Text START to 88788** 24/7, free and confidential. Safety planning and local shelter referrals. www.thehotline.org
CHILDREN	**Childhelp National Child Abuse Hotline** **Call or text 1-800-422-4453** 24/7 crisis counselors for children and worried parents. www.childhelp.org
CRISIS	**988 Suicide & Crisis Lifeline** **Call or text 988** 24/7 emotional support when everything feels like too much. 988lifeline.org
SAFETY	**RAINN Sexual Assault Hotline** **Call 1-800-656-4673** 24/7 confidential support and connection to local services. www.rainn.org
HOUSING · FOOD · BILLS	**211 by United Way** **Dial 211** Finds local help with rent, shelter, food, utilities and childcare. www.211.org
HOUSING	**DomesticShelters.org** **Online shelter search** Search domestic violence shelters and programs by ZIP code. www.domesticshelters.org
FOOD	**Feeding America Food Bank Finder** **Online locator** Find your nearest food bank and pantry. www.feedingamerica.org/find-your-local-foodbank
FOOD	**SNAP Food Benefits (USDA)** **Apply through your state** Monthly grocery benefits. Find your state's application. www.fns.usda.gov/snap/state-directory
WORK	**CareerOneStop / American Job Centers** **Call 1-877-872-5627** Free job search help, training and resume support from the U.S. Dept. of Labor. www.careeronestop.org
LEGAL	**WomensLaw.org** **Online & email hotline** Plain-language info on protective orders, custody and divorce by state. www.womenslaw.org

Tip: if someone monitors your phone or computer, use a library or friend's device and clear your browser history.