

COUNSELING FOR KIDS, TEENS, AND PARENTS

BOYSTOWN NATIONAL HOTLINE

1-800-448-3000

The Boys Town National Hotline is a 24-hour crisis, resource and referral line. Trained counselors can respond to your questions every day of the week, 365 days a year. We can help teens and parents with suicide prevention, depression, school issues, parenting troubles, runaways, physical abuse, sexual abuse, emotional abuse, chemical dependency, runaways, relationships, and more.

COVENANT HOUSE NINELINE

1-800-999-9999

Crisis counseling for children and teens, available in Spanish.

The Trevor HelpLine

1-800-850-8078

The Trevor Project operates the only nationwide, around-the-clock crisis and suicide prevention helpline for lesbian, gay, bisexual, transgender and questioning youth. If you or a friend are feeling lost or alone call The Trevor Helpline. There is hope, there is help.

1-877-YOUTHLINE

1-877-968-8454

YAH is the first and only toll free, peer to peer hotline network linking callers to community based peer counseling hotlines in the nation. Toll free to talk to a trained youth peer to peer counselor.

NATIONAL TEEN DATING ABUSE HELPLINE

1-866-331-9474

FINDING ADDITIONAL RESOURCES IN IOWA: CALL IOWA 211

Iowa 2-1-1 is dedicated to providing an easy-to-use, caring, professional source of guidance, advocacy, and 24 hours 7 days per week access to a comprehensive range of human services to Iowans. Emergency food, shelter, crisis intervention, employment assistance, and much more. To reach us, just pick up a telephone and dial 2-1-1!