

q. òb
National Sexual Assault Hotline

<ch]bY'cdYfUHfX'VmF5 BB'fF UdYž5Vi gY/ ' bWgh'BUh]cbU'BYtk cf_É'hUh
gYfj Yg'dYcd'Y'UZYWfX'VmgYI i U'j]c'YbWf"
, \$\$!*) *(*+' '

National Domestic Violence Hotline

H\fc i [\ 'h\]g' \ch]bYž fci [\ 'h\]g' \ch]bYž Ub' UX] cWWhY' WUb' dfcj]XY' `cWU'
gYfj]Wf' fYgci fWf'g' f]gUZY' \ci gY' g\Y'hYfgž hfUbgdcfhU]cbž WUgYk cf_
Ugg]ghUbWfÉUbX'Wf]g]g]bhYfj Ybh]cb"
, \$\$!+- - !+&' '

National Suicide Prevention Lifeline

Dfcj]XYg' Wf]g]g' gi]WfXY']bhYfj Ybh]cbž gY'Z\Ufa' WÉi bgY']b [' UbX' Ugg]ghUbWfž
UbX' `cWU' `a YbhU' \YU'h\ 'fYZYffU'g"
, \$\$!&+' !, &)

Trans Lifeline

<ch]bY'ghUZYX'VmhfUbg[YbXYf'dYcd'Y'Zcf'hfUbg[YbXYf'dYcd'Y'hc'fYgdc bX
hc'k \UhYj Yf'gi ddcfhbYYXg'Uf]gY"
d hÉ.ğ

- 7ci bgY']b ['GYfj]Wf]g
- GYW f]hmi9gWÉfhg
- 5WUXYa]Wgi ddcfhgYfj]Wf]g
- 9i hfUW ff]W'Uf/ 'Gfi XYbhCf[Ub]nUh]cb'5gg]ghUbWf
- Bc'7cbhUWfCfXYfg
- 5gg]ghUbWf'fYdcfh]b ['Wf]a]bU'VY\Uj]cf'hc'h\Y'HYI Ug'HYWf'Dc']Wf
8YdUfha Ybhic'f'ch\Yf'`cWU'`Uk'YbZcfWfa YbhU[YbWf