



# GRACE & HOPE CONSULTING, LLC

[www.graceandhopeconsulting.com](http://www.graceandhopeconsulting.com)

850 WALNUT BOTTOM ROAD,  
SUITE 2  
CARLISLE, PA 17013



717-216-0230  
(ALSO AVAILABLE ON WHATSAPP)



[chou@graceandhopeconsulting.com](mailto:chou@graceandhopeconsulting.com)

## National Hotlines

Alcohol Abuse and Crisis Intervention:	1-800-234-0246
CDC National HIV and AIDS Hotline	(800) 232-4636
Crisis Text Line	Text HOME to 741741
Disaster Distress Helpline Online Peer Support Communities	
Disaster Distress Helpline Videophone for American Sign Language Users	
Gamblers Anonymous	
Nacional de Prevención del Suicidio:	(888) 628-9454 (SPANISH)
Narcotics Anonymous	
National Domestic Violence Hotline	(800) 799-7233
National Eating Disorder Association:	1-800-931-2237
National Elder Abuse Hotline:	1-800-252-8966
National Grad Crisis Line	(877) 472-3457
National Human Trafficking Hotline	1-888-373-7888
National Runaway Safe line	1-800-RUNAWAY ( 1-800-786-2929 )
National Sexual Assault Hotline	(800) 656-4673
National Suicide Prevention Lifeline	(800) 273-8255
National Suicide Prevention Lifeline (Options for Deaf and Hard of Hearing)	Use your preferred relay service or dial 711 then 1-800-273-8255 (TTY Users)
The Trevor Project	866-488-7386 (support to the LGBTQ young adult community)
Parent Hotline:	1-800-840-6537
Postpartum Depression	Talk to a mom who's been there: 1-800-773-6667
Stalking Hotlines:	
• Crime Victims Hotline	1-866-689-HELP (4357)
• Safe Horizon	1-800-621-HOPE (4673)
Self-Injury Hotlines	1-800-DONT-CUT (366-8288)
Substance Abuse and Mental Health Services Administration National Helpline	(800) 662-4357
Veterans Crisis Line	(800) 273-8255, PRESS 1 or Text 838255
Youth America Hotline	Counseling for Teens by Teens: 1-877-968-8454