

# National Help Lines



## Essential Community Services

- Dial 211 (in most areas)
- [www.211.org](http://www.211.org)

## “I am hungry.”

- Feeding America Food Pantry Network  
<https://www.feedingamerica.org/find-your-local-foodbank>
- Ample Harvest Food Pantry Network  
<https://ampleharvest.org/find-food/>
- Society of St. Vincent de Paul  
<https://www.svdpusa.org/>

## “I feel like I have no hope.”

- Suicide Prevention | 800-273-8255
- Christian Counselors | 800-526-8673
- Christian Counselors (Alt) | 941-388-6868

## “I suspect human trafficking”

- 1-888-373-7888
- Text "BEFREE" or "HELP" to 233733
- Find local agency support by clicking  
<https://humantraffickinghotline.org/training-resources/referral-directory>

## “I or someone I know has been abused.”

- National Sexual Assault Hotline  
800-656-HOPE (4673)
- United States Elder Abuse Hotline  
866-363-4276
- National Child Abuse Hotline  
800-4-A-CHILD (422-4453)

## “I have a problem with drugs.”

- Drug Abuse National Helpline  
800-662-4357
- Alcohol Treatment Referral Hotline  
800-252-6465

## “I need shelter or a place to sleep.”

- Homeless shelter directory  
<http://homelessshelterdirectory.org/>
- Society of St. Vincent de Paul  
<http://www.svdpusa.org/>

## “I need help paying my bills.”

- Society of St. Vincent de Paul  
<http://www.svdpusa.org/>

## “I need help with a pregnancy.”

- National Life Center Pregnancy Hotline  
800-848-LOVE
- America’s Crisis Pregnancy Helpline  
800-67-BABY-6
- Several Sources Foundation  
800-NO-ABORT
- Pregnancy Centers List  
[www.pregnancycenters.org](http://www.pregnancycenters.org)

## “I am a teen and I need help.”

- Teenline | 888-747-TEEN
- Girls and Boys Town | 800-448-3000
- National Runaway Safeline  
800-RUNAWAY
- National Runaway Switchboard  
800-621-4000

## “Help me find a Catholic Church.”

- Find Catholic parish nearby, by city or zip code at [www.masstimes.org](http://www.masstimes.org)

## Basics about Catholicism

- Choose God Now [www.choosegodnow.com](http://www.choosegodnow.com)
- Catholic Audio [www.stpaulse.com/mp3s](http://www.stpaulse.com/mp3s)
- Catholic Answers [www.catholic.com](http://www.catholic.com)
- EWTN | [www.ewtn.com/catholicism](http://www.ewtn.com/catholicism)  
Click Catholic Q & A in the footer