HOTLINES and ONLINE RESOURCES

Emergencies
Dial 911.

Hotlines

Texas Abuse and Neglect Hotline
Report suspected abuse and neglect.
1-800-252-5400
TxAbuseHotline.org

Texas Runaway Hotline
Counseling, services, and referrals for runaway youth and their families.
1-888-580-HELP (1-888-580-4357)
www.TexasRunaway.org

Texas Youth Hotline
Services and counseling for youths and family members in times of stress.
1-800-210-2278
www.TexasYouth.org

Texas Adoption Resource Exchange
Find children in need of adoption.
1-800-233-3405
AdoptChildren.org

Texas Poison Control Center Network
Don't wait for the victim to look or feel sick—call poison control. Always call 911 if a victim is collapsed or not breathing.
1-800-222-1222
www.poisoncontrol.org

Parenting Skills

National Parent Hotline
(1-855-4A PARENT or 1-855-427-2736)

Texas Adoption Resource Exchange
Find children in need of adoption.
1-800-233-3405
AdoptChildren.org

Car Safety: Look Before You Lock
Online education about vehicle safety for children

Family Compass
Parenting and family programs in the Dallas area.

Texas Education Agency
Life skills classes and resources for teen parents.
Child Development Information

**Born Learning**
Information for parents, grandparents, and caregivers to make learning fun.
www.bornlearning.org

**Texas Early Childhood Intervention**
Support for families with children with disabilities and developmental delays.
1-800-628-5115

**Infant Sleeping Death Prevention**
Get information and tips on how to put an infant to sleep safely.
BabyRoomToBreathe.org

**Water Safety for Kids**
Information and tips on how to protect children from drowning.
www.watchkidsaroundwater.org

**Texas Baby Moses Hotline**
Information on the Baby Moses Law, which protects parents from criminal prosecution when they deliver an unharmed child to a designated emergency infant-care provider.
1-877-904-SAVE (1-877-904-7283)

**Food / Clothing / Housing**

**Catholic Charities**
Food, housing, and educational programs that help strengthen families.

**The Salvation Army**
Emergency services including food, shelter, and clothing, and rehabilitation aimed at self-sufficiency.

**Women Infant and Children (WIC)**
Nutrition help for low-income pregnant and breastfeeding women and for infants and children up to age five.
1-800-WIC-FOR-U (1-800-942-3678)
www.texasswic.org

**2-1-1 Texas (Texas Information and Referral Network)**
Dial 2-1-1. No matter where you live in Texas, you can dial 2-1-1 and find out about resources in your local community. It’s the number to call when you don’t know who to call.

**Your Texas Benefits**
Apply for food, medical, and cash benefits.
YourTexasBenefits.com

**Jobs / Childcare**

**Goodwill Industries**
Help for people with disabilities and barriers to employment to get training and find jobs.
Jobs
Texas Workforce Commission
Job readiness training and job search programs, and assistance with child care vouchers.
1-800-822-7526
www.twc.state.tx.us

Child Care

Texas Child Care Search
Search for regulated child-care facilities to keep your children safe.
1-800-862-5252
www.txchildcaresearch.org

Texas Attorney General
Child Support Division
Services for parents who wish to obtain or provide support for their children.
1-800-252-8014
www.oag.state.tx.us/cs/

Drugs / Alcohol

Texas Substance Abuse Hotline
1-877-9-NO-DRUG (1-877-966-3784)
The Partnership for a Drug-Free Texas

Drug and Alcohol Information

Texas Substance Abuse Hotline
Mental health and substance abuse services.
1-877-9-NO-DRUG (1-877-966-3784)
www.dshs.state.tx.us/mhsa-sa-help

Alcoholics Anonymous®
Group support to recover from alcoholism.
1-212-870-3400
www.aa.org

Alanon and Alateen
Support for friends, family, and teens of alcoholics.
1-888-4AL-ANON (1-888-425-2666)
www.al-anon.alateen.org

Narcotics Anonymous
Support for those who suffer from drug addiction.
1-818-773-9999
www.na.org
### Stress / Anxiety / Depression / Counseling

#### Mental Health Crisis Hotlines

**Texas Runaway Hotline**
Counseling, services, and referrals for runaway youth and their families.
1-888-580-HELP (1-888-580-4357)
www.TexasRunaway.org

**Texas Youth Hotline**
Services and counseling for youths and family members in times of stress.
1-800-210-2278
www.TexasYouth.org

**Texas Suicide Prevention**
Get in touch with your local crisis line for other ways to help.
Please call 1-800-273-TALK (8255)
www.texas-suicideprevention.org

### Family Violence

**Texas Council on Family Violence**

**National Domestic Violence Hotline**
1-800-799-7233

**Texas Abuse and Neglect Hotline**
Report child abuse and neglect.
1-800-252-5400
www.txabusehotline.org

**Childhelp® National Child Abuse Hotline**
The 24/7 hotline offers crisis intervention, information, literature, and referrals.
1-800-4-A-Child (1-800-422-4453)
www.childhelp.org

**National Domestic Violence Hotline**
24-hour support through advocacy, safety planning, resources, and hope to everyone affected by domestic violence.
1-800-799-SAFE (1-800-799-7233)
www.thehotline.org

### Legal Assistance

**Texas Attorney General**

**Child Support Division**
Services for parents who wish to obtain or provide support for their children.
1-800-252-8014
www.oag.state.tx.us/cs/

**Texas Law Help**
Civil legal information for Texans who cannot afford legal help.
www.texaslawhelp.org