**Crises Response Protocol for Suicide Ideation and Attempts**

**Appalachian State University**

For faculty and staff of Appalachian State University

Developed with support from the Garrett Lee Smith Campus Suicide Prevention Grant #1U79SM061440-01

*These guidelines are intended to assist faculty, professional staff, administrators and other University employees with addressing student related crises. While some campus officials play more active roles in responding to student crises, it is important for all University faculty and professionals to have a working knowledge of these guidelines. Although the University strives to respond in a consistent manner, the specific facts and circumstances of any crisis may lead the University to adjust the actions suggested in these guidelines.*

*Acknowledgements:*

*College of the Holy Cross*

*Daytona Beach Community College*

*Michigan State University
Pensacola State College
Postvention: A Guide for Response to Suicide on College Campuses
University at Albany, State University of New York*

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**Introduction and Purpose**

**Introduction**

Suicide, and the threat of suicide, is an issue every college campus in America faces. Suicide is the third leading cause of death for adolescents and young adults, accounting for over 1,000 college student deaths a year. Among those aged 15-24 years old, for every one death by suicide, there are approximately 100-200 suicide attempts.

If you are confronted with a student contemplating or threatening suicide, be assured that there are knowledgeable and well-trained Appalachian State University staff members ready to assist the at-risk student and you.

Here is how to respond:

**Call for assistance by following the Suicide Prevention and Response Protocol on the following pages.**

**Purpose**

When a student in the University community is facing a crisis, the entire University can be affected. Therefore, it is critical that a basic framework exist to enhance coordinated efforts that protect the safety and well-being of the student in crisis and each member of the campus community. The primary goals of these crisis response strategies are:

1. To provide support and assistance to the student in crisis and to ensure their safety and the safety of others.

2) To respond, as confidentiality regulations permit, to persons or groups such as:

* The student’s parents, legal guardians, and/or significant others;
* The student’s friends, roommates, suitemates, and hall residents;
* Various University offices that may provide services and support to the student and other affected members of the University community;
* The University and surrounding communities, as appropriate.
1. To address system-wide issues surrounding the crisis.
* Restore the environment to pre-crises stability
1. To work toward the prevention of similar crises in the future
* Reduce imitation, contagion, and ripple effect

Appalachian State University seeks to manage crises in the community compassionately and to respect the needs of individuals to respond in their own ways, while also attempting to restore the community to a state of equilibrium as quickly as possible.

Please keep in mind that the strategies listed in this document are not all-inclusive. As additional needs for specific intervention strategies arise, the University will work towards making these additions or modifications.

**Risk Factors and Warning Signs**

*Detecting early signs of a crisis can prevent potential harm to self or others by getting students the help they need quickly.*

**Risk Factors***Risk factors are characteristics that make it more likely that an individual will consider, attempt, or die by suicide. Someone who has these characteristics may not be actively suicidal, attempt suicide or die by suicide, but they are at higher risk for dying by suicide than someone who does not possess these characteristics.*

Bullying

Self-Harm

Previous Suicide Attempt

Family History of Suicide

Job or Financial Loss

Relational or Social Loss

Mental Disorders

Substance Abuse Disorders

Hopelessness

Impulsive Tendencies

Aggressive Tendencies

History of Trauma or Abuse

Easy Access to Lethal Means

Lack of Social Support

Stigma Associated with Seeking Help

Barriers to Accessing
Mental Health Care

Knowing Someone Who
 has Died By Suicide

**Warning Signs***Warning signs are behaviors that signal, “I’m in trouble. I need help right now.” Keep in mind that the presence of warning signs does not constitute a definitive diagnosis of suicide, but these are red flags and show that the student is currently struggling and does need help. Warning signs should never be ignored. If a student is acting in a way that is not how they normally act, you should check in on them. If you notice any of these warning signs, take action. Talk to the student.*

Talking about wanting to die or kill oneself

Looking for a way to kill oneself

Feel hopeless

Having no reason to live

Feel trapped

In unbearable emotional pain

Feel like a burden

Increased use of substances

Anxious

Showing rage

Wanting to seek revenge

Extreme mood swings

Communication about suffering via social media

Falling grades

Sleeping too much or too little

Withdrawing and isolating

Agitated

Reckless behavior

**Emergency Contact Resources**

**IS SOMEONE IN IMMINENT DANGER?**

***Imminent Danger*: Risk of death is high.** They **have a plan** and **access to a lethal means**, are **planning to make an attempt very soon**, or are **currently in the process of making an attempt.**

**UNCERTAIN**

**YES**

**Call the Police:**

**On-Campus:
(828) 262-8000**

**Off Campus:
9-1-1**

**Police will notify appropriate party.**

**Call the Police:**

**On-Campus:
(828) 262-8000**

**Off Campus:
9-1-1**

**NO**

**Call the Counseling and Psychological Services Center**

**During
Business Hours:**

**(828) 262-3180**

**For assistance after hours or on weekends, call (828) 262-3180**

**and select the option to speak with the counselor on call.**

***\*The Counseling and Psychological Services Center emergency on call system is in operation only when classes are in session. On-call services are unavailable during university breaks, such as over Thanksgiving break and winter break. For assistance when class is not in session, call the Daymark Crises Line: (828) 262-4357 or the National Suicide Prevention Lifeline: 1-800-273-TALK [8255] to facilitate connection to local mental health services. University Police are available 24/7/365, even when classes are not in session.\****

**How to Respond to an At-Risk Student**

*Take every complaint or reference to suicide very, very seriously. Apply the A.P.P.S. Intervention [Approach/Acknowledge, Probe, Promote Hope, Share Referrals].*

**Judgment**

Any staff member involved in a crisis at the University must use his/her own best judgment regarding how to respond.

**Training is available.**

Visit [preventsuicide.appstate.edu](http://preventsuicide.appstate.edu/) to find out when the next in-person training is being offered or to schedule a private session for your department or student group.

**Access online training by:**

* Visiting: [kognitocampus.com/login](https://www.kognitocampus.com/login/?pb=k)
* Creating a new account
* Faculty/Staff/Family enrollment key: appstate592
* Student enrollment key: appstate828

Questions which should be addressed include:

1) Which issues require immediate action?

2) What else should be done for the student in crisis?

3) Who else may be affected, and what support is available for them?

4) Who should be notified?

These questions must be answered quickly in an emergency. Guidance on answering many of these questions is presented in the following pages. When in doubt, consult with other professionals.

**Approach** the student. **Acknowledge** their pain. Be specific about the things you have noticed that have led you to start this conversation. Was it past behavior? Have they said things that have you worried? Is their class performance suddenly deteriorating? Make sure to have this conversation in a private place and give yourself plenty of time to talk to the at-risk student.

**Probe**. Ask questions about what is going on in the student’s life. If you think suicide is on the student’s mind, the best way to help the student is by asking them directly about suicide. Ask “Are you thinking about suicide” or “Have you thought about killing yourself?” Make sure you ask about suicide. If you ask someone who is suicidal if they are thinking about “hurting” themselves, they may say no. “Hurting yourself” and “killing yourself” are two very different things. If the student is thinking about suicide, ask questions that will get you the following information:

• Is there a suicide plan? • Is there a means to carry out the plan? • Is there a timeframe? •

If the student has a plan and access to a lethal means, is planning to make an attempt very soon, or is currently in the process of making an attempt, this student is in imminent danger and should not be left alone. Get the student help immediately by calling 9-1-1.

**Promote Hope** by listening to the student. Try not to interrupt them and be willing to sit with them as they talk about the reasons why they want to die. Let them get all those reasons out, and then listen as they come up with their own reasons to live. Do not tell the student what you think their reasons for living should be, as what you think are reasons to live may be stressors to the student. While listening, do not rush to judgment. Let them know they are not alone and that help is available.

**Share Referrals**. Have your resources on hand. While arranging for help, stay with the student. Do not leave them alone. Form a safety net. Ask the student if there is anyone else they feel comfortable talking to about this (parents, siblings, aunts, uncles, grandparents, cousins, friends, priests, professors, mentors or coaches). For a list of resources you can refer the student to, see Appendix A.

If the student has a weapon, remove yourself from the area and call 9-1-1, and then inform University Police immediately (828) 262-8000.

Recognize the limits of your expertise and responsibility. Help is available from one of the professional counselors in the Counseling and Psychological Services Center (828) 262-3180. If after hours, call (828) 262-3180 and select the option to speak with the counselor on call.

*The Counseling and Psychological Services Center emergency on call system is in operation only when classes are in session. On-call services are unavailable during university breaks, such as over Thanksgiving break and Winter break.**For assistance when class is not in session, call the Daymark Crises Line: (828) 264-4357 or the National Suicide Prevention Lifeline: 1-800-273-TALK [8255]*

**How to Respond to Suicidal Ideation or Gestures**

Suicidal ideation is a common medical term for thoughts about suicide, which may be as detailed as a formulated plan, without the suicidal act itself. Although most people who experience suicidal ideation do not die by suicide, a significant number of individuals do go on to make suicide attempts. The range of suicide ideation varies greatly from detailed planning, role playing, self-harm and attempts, which may be deliberately constructed to be discovered, or where death may be fully intended.

If a University staff member or faculty member is concerned about someone being a threat to themselves, they should follow the guidelines below. If you do not have the training or knowledge to conduct a suicide risk assessment and determine the safety of a student, consult a mental health professional. If you are unsure about what actions to take, consult with the Counseling and Psychological Services Center (828) 262-3180. If after hours, call University Police (828) 262-8000 and they will connect you to the counselor on-call. Remember, when a person's life is in danger, safety takes priority over privacy. Please note that at times, threats are vague or ambiguous and/or may be aimed at a future event or time. These threats should also be taken seriously and consultation should be sought as soon as possible.

**Guidelines**

1. Ask the following questions in order to gain a more full understanding of the scope of imminent danger:

	1. Does the student want to attempt suicide?
	2. Does the student have a plan to attempt suicide?
	3. Does the student have the means to carry out that plan?
	4. Has the student ever attempted suicide in the past?
	5. If so, what methods of attempt have been used in the past?

The answers to these questions will help drive next steps. The answers to these questions will also help inform the Counseling and Psychological Services Center or another mental health provider of the depth of the situation. If the student has a plan and access to a lethal means, is planning to make an attempt very soon, or is currently in the process of making an attempt, this student is in imminent danger and should not be left alone. Get the student help immediately by calling 9-1-1.

1. **Residence life staff** having this conversation should follow the guidelines laid out in the Residence Hall Crises Management Manual section 2.22.
2. If the student is not in imminent danger, ask the student if they would like to speak to a counselor, and if they agree, contact the **Counseling and Psychological Services Center** **(828) 262-3180**. During regular office hours, the student can be walked over to the Counseling and Psychological Services Center, but it is recommended that you call first, if possible.

If it is after hours or weekends, and the student would like to speak to a counselor, contact the counselor on-call by calling the **(828) 262-3180** and selecting the option to speak with the counselor on call.

If the student does not want to speak to anyone else, consult with a colleague and/or call the counselor on-call to consult about next steps. The **Counseling and Psychological Services Center (828) 262-3180** is available to consult with anyone concerned with a student in the Appalachian State community. Convey to the student that their safety is of the utmost importance, and you want to make sure you are providing all the assistance you can, which includes reaching out for help. Follow the recommendation of the **Counseling and Psychological Services Center.**

1. If the student is taken to the hospital, notify the **Dean of Students Office (828) 262-8284** so that a follow up visit can occur at the hospital. If after hours, call the **University Policy Department (828) 262-8000** and request to speak to the **Dean of Students On-Call Staff Person.**
	1. **Dean of Students** **staff** should create a case in the University’s care and concern database and follow-up as appropriate with additional information to key individuals as necessary.
2. If the student lives on campus, alert the **University Housing Coordinator On-Call at (828) 773-3635** about the concern.
3. While arranging for help, do not leave the student alone. Stay with the student until help arrives.
4. In all circumstances of clear and imminent danger, **call the police for an immediate response**. If on-campus, call the **University Police Department at (828) 262 - 8000.** If off-campus, **call 911**.
5. Always remember that, when in doubt, consult with a professional.

**How to Respond to Suicide Attempts**

The stress of the college experience and the normal developmental issues of young adulthood place some students under emotional pressure that occasionally manifests in an attempt by the student to take his or her own life. It is the philosophy and practice of the University to assist students with the stress and developmental issues of college and to render assistance to students by helping them resolve these issues. Among other offices, the University staffs and maintains the Counseling and Psychological Services Center. It is charged with the responsibility for assisting students in need of counseling and psychotherapy.

The University is also aware that, when a student attempts suicide, other people in the University community are affected by this act. In a residence hall this would include those students who live in the same living unit with the student who attempted suicide. Significant others, roommates, teammates, and instructors are also affected by the attempted suicide of a student. The University has an interest in supporting others in the University community with the emotional stress and crisis atmosphere that accompanies attempted suicides**.** The **Counseling and Psychological Services Center** and the **Dean of Students Office** reaches out to individuals and groups that are most affected by the attempt. This usually takes the form of facilitating discussions of affected groups such as residence halls, circles of friends, classmates or academic departments. The Counseling and Psychological Services Center is available upon request for postvention processing and debriefing following any significant event. Individuals are encouraged to seek help, if they desire it, in the Counseling and Psychological Services Center. Appalachian State University provides many resources located on the **appcares.appstate.edu** website which includes support resources on and off-campus. The **Office of Counseling for Faculty and Staff** is also available for employees who may need assistance after a significant event.

**Guidelines**

1. Upon learning that a student is attempting suicide, **the police should be notified immediately (9-1-1)** by telephone (issues of confidentiality do not apply when a person’s life is in danger - In many instances, a suicide attempt constitutes a medical emergency (e.g. bleeding from self-injury, confusion, or coma from drug overdose). If the suicide attempt is occurring on campus, contact the **University Police Department (828) 262-8000.**

If the attempt occurs on campus and is discovered by residence hall staff, staff should follow the guidelines laid out in the Residence Hall Crises Management Manual section 2.22.
2. **University Police** will notify:
	1. **Medical emergency personnel** as needed
	2. The **Counseling and Psychological Services Center (828) 262-3180** or their on-call counselor. If the Counseling and Psychological Services Center is closed University Police will notify **Daymark (877) 492-2785**
	3. **The Chief of Police**
	4. **The Dean of Students Office** on-call staff person
3. **Medical emergency personnel** will transport the student to the hospital.

In some cases, in order to ensure the student’s safety or that of other members of the campus community, a police officer may be required to take the student into custody and direct the person’s transport to the hospital for evaluation. These circumstances include violence, serious injury, or conduct likely to result in immediate serious harm to the student or others.

If the student is not experiencing a medical emergency, but is experiencing emotional crises, the counselor on-call or Daymark will conduct an evaluation. If hospitalization is warranted, a police officer may provide transportation.
4. The **Dean of Students Office** will go to the hospital and render assistance as needed. When appropriate, the Dean of Students Office will contact the family of the student who attempted suicide and support will be given to family members and significant others at the hospital as needed. The Dean of Students Office will coordinate their activities and involvement with the Crises Team at the hospital.
5. If the student is hospitalized, the **Dean of Students Office** will do the following:
	1. Gather as much information as possible, including the current condition of the student and the precipitating event that lead to hospitalization, whether the student is in the ER and what their room number is, whether anyone such as friends or family is currently with the student, whether family, friends, faculty or anyone else has been notified of the hospitalization, and how the student was transported to the hospital.
	2. Gather available information from available resources and online databases to get a full picture of student status.
	3. Check student’s FERPA access before having any conversations with parents.
	4. If visiting the hospital, take business cards. Check in with the hospital’s Crises Team before going to the room so that they will be aware you are there to see the student. If the student is able to converse, assess the student’s needs, and offer to send out a faculty notification. If the parents are on their way, find out when they will arrive to meet them at the hospital if necessary. If the student is able to converse, assess the student’s needs, and offer to send out a faculty notification.
	5. If the student is hospitalized outside the Boone area, make a call to the treating hospital to see if it is possible to speak to the student.
6. The **Dean of Students Office** will report all relevant information regarding the attempted suicide, including contacts with significant others, through University’s care and concern database and case notes sharing as appropriate with University Housing, the Counseling and Psychological Services Center and others.
7. If **Counseling and Psychological Services Center** deems it advisable to, on behalf of the student, communicate with the **Dean of Students** **Office,** the **Counseling and Psychological Services Center** will have the student sign a release of information and facilitate that communication.
8. The **Dean of Students** **Office** will discuss academic options with the student.

If the student decides that it is in their best interest to leave school, the **Dean of Students Office** shall assist the student with navigating the withdrawal process.

If the student decides to remain at the University, the student will be encouraged to be engaged in psychotherapy. **The Counseling and Psychological Services Center** will work with other University departments to reintegrate the student into the campus environment and to develop with the student appropriate support mechanisms. Additional support is provided and discussed at CARE Team meetings.
9. If appropriate the **Dean of Students Office** or the **Vice Chancellor of Student Development** will contact the **Chancellor and Executive Vice Chancellor** and the **Office of Multicultural Student Development, the Office of Disability Services, or other offices** as appropriate, so that further support can be provided.

**Follow Up**
**Any member of the University involved in the intervention of the suicide attempt** may call the **Counseling and Psychological Services Center** to consult about how to best help the student following the attempt or to cope with their own emotions.

If hospitalization occurred, the **Dean of Students Office** should create a case in the University’s care and concern database around the incident that resulted in the hospitalization. Make sure housing is notified if the student lives in the residence halls, and make them aware of any possible discharge date so that a wellness check can be done. Gather student’s class schedule and information to send out a faculty notification on the student’s behalf. Continue to touch base with student, and family, as needed. Make sure the **Counseling and Psychological Services Center** is aware that a student has been hospitalized for mental health reasons and provide them with any details around the mental health concern.

**How to Respond to a Student Death by Suicide**

All students at Appalachian State University are equally valued. Because all student deaths impact our community, whether that death be accidental, due to illness, or the result of self-inflicted injury, Appalachian State University responds to and recognizes all student deaths in a consistent manner. This Student Death Protocol can be found here:

[http://preventsuicide.](http://preventsuicide. appstate.edu/filecabinet/29)

[appstate.edu/filecabinet/29](http://preventsuicide. appstate.edu/filecabinet/29). Faculty, staff and employees at Appalachian State University are encouraged to read and abide by this protocol. No one student is more important or less important than another, and having a consistent approach to responding to all deaths is an important part of upholding this value.

**Confidentiality Concerns**

University staff members who respond to crises must remain aware that students have a right to privacy and that, in some instances, they may not wish to have information shared with others. The Family Educational Rights and Privacy Act (FERPA) protects the privacy of student education records. Once observations become written (electronically or on paper) they become FERPA Protected, unless these records are written by and remain in custody of the police. University police records are subject to Public Records Laws: [http://www.ncga.state.nc.us/EnactedLegislation/Statutes
/HTML/ByChapter/Chapter\_132.html](http://www.ncga.state.nc.us/EnactedLegislation/Statutes/HTML/ByChapter/Chapter_132.html)

As outlined in Appalachian State University’s Policy Statement on FERPA [ASU Policy Manual Section 4.7.1 – 4.7.3:

[http://policy.appstate.edu/Policy\_Statement\_on\_the\_Family\_Educational\_](http://policy.appstate.edu/Policy_Statement_on_the_Family_Educational_Rights_and_Privacy_Act_of_1974%2C_as_Amended)

[Rights\_and\_Privacy\_Act\_of\_1974,\_as\_Amended](http://policy.appstate.edu/Policy_Statement_on_the_Family_Educational_Rights_and_Privacy_Act_of_1974%2C_as_Amended)] staff may disclose FERPA information without consent when the disclosure is to Appalachian State University officials (e.g. a person employed by the University in an administrative, supervisory, academic, research or support staff position, including health and medical staff, a person employed by University Police) who have a legitimate educational interest in the records. An official has a legitimate educational interest if that official is performing a task specific to their position description, performing a task related to the discipline or education of a student, providing a service or benefit to the student or student’s family (e.g. healthcare, counseling, job placement, financial aid) or maintaining the safety and security of the campus.

More information about FERPA: <http://www.registrar.appstate.edu/admin/ferpafaculty.html>

Questions or concerns about FERPA should be directed to the University Registrar **(**828) 262-2050 or by e-mail at registrar@appstate.edu or the Office of General Counsel (828) 262-2751.

In any situation, it is always best to attempt and obtain the student’s permission to release information.

**Appendix A**

**Local Resources**

**Campus Resources**

**Counseling and Psychological
Services Center**

*Free and Confidential Counseling for
Currently Enrolled Students,*

*Consultation for Faculty and Staff*
1st Floor - Miles Annas Student
Support Building

[counseling.appstate.edu](https://counseling.appstate.edu/)
(828) 262-3180
Walk-In Hours
Monday – Friday, 8:30am - 11am, 1pm - 4pm

**University Police Department**

*Emergencies and After Hours Support*Rivers Street Parking Deck

[police.appstate.edu](http://police.appstate.edu/)
(828) 262-8000

**Download the Appcares Mobile App**
*Free app available on iPhone and Android.
Easily locate on-campus and off-campus
resources. Search ‘appcares’ in the app store.*[appcares.appstate.edu](http://appcares.appstate.edu/)Text “appcares” to 50555

**Dean of Students**General Academic Support

324 Plemmons Student Union
[deanofstudents.appstate.edu](http://deanofstudents.appstate.edu/)
(828) 262-8284

**Sexual Assault**Resources for Survivors of Sexual Assault
[sexualassault.appstate.edu](http://redflag.appstate.edu/)
(828) 262-2704

**Counseling for Faculty and Staff**Free and Confidential Counseling for Employees
400 University Hall Drive
[cfs.appstate.edu](http://cfs.appstate.edu/)
(828) 262-4951

**Community Resources**

**Daymark Recovery Services**
Community Mental Health Provider
132 Poplar Grove Connector # B
[daymarkrecovery.org](http://www.daymarkrecovery.org/index.php/locations/northwest/watauga-center)
(828) 264-4357
After Hours/Crises Line: (828)264-4357

**OASIS (Opposing Abuse with Service, Information and Shelter)**
Sexual Assault and Domestic Violence Assistance
225 Birch St., Suite 4
[oasisinc.org](http://oasisinc.org/)
(828) 264-1532
Crises Line: (828) 262-5035

**Finding Hope: Survivors of Suicide
Support Group**
Meets the 2nd and 4th Thursday of each month at the Hunger and Health Coalition
Cost is free
For more information, contact Kim Winbarger at (828) 262-1628 or [mamadee1989@charter.net](file:///C%3A%5CUsers%5Ccavallaroe%5CAppData%5CLocal%5CTemp%5Cmamadee1989%40charter.net)

**Hunger and Health Coalition**Provides food, pharmacy, clothing, firewood and more for free or at greatly reduced cost for qualifying individuals
[hungerandhealthcoalition.com](http://www.hungerandhealthcoalition.com)
(828) 262-1628

**United Way 2-1-1**Information and Referral Hotline
From a landline: 211
[nc211.org](http://www.nc211.org/)
888-892-1162

**Alternate Resources**

**LGBTQ Student Resources**

**LGBT Resource Center**
Provides resources, support, information, and a welcoming atmosphere for LGBT individuals and their allies
Plemmons Student Union, Room 106
[glbt.appstate.edu](http://glbt.appstate.edu/)
(828) 262-8566

**Sexuality and Gender Alliance**Strives to create an inclusive and accepting environment for all gender identities and sexual orientations on Appalachian State University’s campus and surrounding community
[saga.appstate.edu](http://saga.appstate.edu/)

**TRANSAction**
An all-inclusive group on Appalachian State University's campus for students, staff, faculty, and other community members who identify as transgender, transsexual, intersex, gender queer/variant, gender-fluid, questioning, and allies
[facebook.com/appstatetransaction](https://www.facebook.com/appstatetransaction)

**Veteran Resources**

**Student Veterans Association**
Provides a social group and support structure to help veterans adjust to, and become successful in, civilian and college life
[veterans.appstate.edu](http://veterans.appstate.edu/)

**Veterans Crises Line**
 24/7 crises counseling for veterans and their families
www.veteranscrisesline.net
1-800-273-TALK[8255] \*press 1\*
Text to 838255

**Vet Self Check**
A safe, easy way to learn whether stress and depression might be affecting you
[www.vetselfcheck.org](https://www.vetselfcheck.org/Welcome.cfm)

**Multicultural Student Resources**

**Office of Multicultural Student Development**
Resources for multicultural students
255 Plemmons Student Union
[multicultural.appstate.edu](http://multicultural.appstate.edu/)
(828) 262-6158

**National Resources**

**National Suicide Prevention Lifeline**

24/7 Crises Counseling
[suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org/)
1-800-273-TALK[8255]

**The Trevor Project**
24/7 Crises Counseling for LGBTQ Youth Online Support Forum
[thetrevorproject.org](http://www.thetrevorproject.org/)
1-866-488-7386
 **RAINN (Rape, Abuse & Incest National Network)**
24/7 Assistance
[rainn.org](https://rainn.org/)
1-800-656-HOPE[4673]

**National Eating Disorders Association**
Confidential Helpline
 [nationaleatingdisorders.org](http://www.nationaleatingdisorders.org/)
1-800-931-2237