**Suicide Hotline**

- National Suicide Hotline
  800-SUICIDE (800-784-2433) (24 hours)
  [www.hopeline.com](http://www.hopeline.com)

**Sexual Assault and Rape**

- National Sexual Assault Hotline
  800-656-HOPE (24 hours)
  [www.rainn.org](http://www.rainn.org)

- California Coalition Against Sexual Assault
  Directory of crisis centers and other resources
  [http://calcasa.org/members/](http://calcasa.org/members/)

**Pregnancy**

- Planned Parentood Federation of America
  For counseling and referral
  800-230-PLAN
  [www.plannedparenthood.org/](http://www.plannedparenthood.org/)

- America’s Pregnancy Helpline
  Information on pregnancy options

**Self-Injury**

- SAFE (Self-Abuse Finally Ends)
  800-DONT-CUT (800-366-8288)