

### **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/>

### **Pregnancy**

- Planned Parenthood 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  
<http://www.thehelpline.org/>

### **Self-Injury**

- SAFE (Self-Abuse Finally Ends)  
800-DONT-CUT (800-366-8288)  
<http://www.selfinjury.com/>