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If you are in crisis, reach out for help to a crisis help line. A list of crisis help lines and service providers can be found by doing a search in your online search engine, or contact any of the organizations listed below: National Suicide Hotline 800-273-TALK (800-273- 8255); National Domestic Violence Hotline 800-799-SAFE (800-799-7233); National Child Abuse Hotline 800-4-A-CHILD (800-422-4453). While we provide online services, we do not have a 24-hour hotline for medical or psychological emergencies; nor do we handle requests in crisis situations, such as if you are feeling suicidal or in need of immediate assistance due to emotional crisis. If you are in crisis, contact one of the above organizations or another resource of your choice. If you need help finding mental health services and support in your community contact an appropriate organization, such as for example: National Mental Health Association Information Center: nmha.org.

Company is only providing informational and educational self-help resources to you.

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