

Respect Life
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You are not alone.

IMMEDIATE HELP

WE ARE HERE FOR YOU. GOD LOVES YOU.



If you are in crisis or need someone to talk to right now, help is available 24/7.



**SUICIDE & MENTAL
HEALTH CRISIS**
988

[988: National Suicide Prevention Lifeline](#)

For mental health emergencies and suicidal thoughts. Call or text 988 or chat online at 988lifeline.org.



**DOMESTIC
VIOLENCE SUPPORT**
800-799-7233

[National Domestic Violence Hotline](#)

24/7 confidential support for safety, support, and resources.



**SUBSTANCE
USE HELP**
844-289-0879

[The National Drug Helpline](#)

Free, confidential, 24/7 help for drug and alcohol use or addiction.



**PROBLEM
GAMBLING SUPPORT**
800-522-4700

[The National Problem Gambling Helpline](#)

Confidential, 24/7 support for anyone struggling with problem gambling.



**MENTAL
HEALTH SUPPORT**
866-903-3787

[National Mental Health Hotline](#)

Free, confidential support for mental health challenges and emotional wellbeing.



**HUMAN
TRAFFICKING HELP**
888.373.7888

[Human Trafficking Hotline](#)

24/7 help for victims or anyone who suspects human trafficking. Call 888-373-7888 or text "INFO" to 233733.



**CRISIS
SUPPORT**
741741

[Crisis Text Line](#)

Free, 24/7 support for any type of crisis. Text HOME to 741741.

CONTACT THE OFFICE OF MARRIAGE AND FAMILY LIFE



dioc/respectlife



920-272-8313



Diocese of
Green Bay

Please keep this resource or share it with someone in need.