

YOU ARE NOT ALONE!

EMERGENCY CONTACTS



USA:

- **Child Sexual Abuse Hotline - 1866 FOR LIGHT (1-866-364-5444)**
- **National Child Abuse Hotline - 1-800 FOR A CHILD (1-800-422-4453)**
- **RAINN- Rape, abuse and Incest Nation Network - 1-800-656-HOPE (1-800-656-4673)**
- **NAMI - National Alliance on Mental Illness - 1-800-950-NAMI (1-800-950-6264)**
- **National Sexual Assault Hotline - 1-800-656-4673**
- **National Suicide Prevention Hotline - 1-800-273-TALK (1-800-273-8255)**
- **Domestic Abuse Hotline - 1-800-799-SAFE (1-800-799-7233)**
- **National Alcohol and Substance Abuse Information Center - 1-800-784-6776**

JAMAICA:

- **24 Hours Mental Health and Suicide Prevention Helpline - 1-888-639-5433**
- **Bureau of Gender Affairs (Offers free support for victims of domestic violence)
FEMALES (876-553-0372) and MALES (876-533-0387)**
- **U-Matter Chatline (Offers free support for young people) - Text support to (876-838-4894)**
- **SafeSpot (Offers free confidential support for mental health and behavioral health issues)
Call (876-439-5199) or (888-723-3776)**