



**PRESS PAUSE, INC.**  
THE HUMAN GRACE COLLECTIVE

**Relax, Relate, Release Resources & Hidden Disability Crisis Support Products:**

<https://www.showmegrace.org/services-1>

**Emergency:** 911

**Suicide & Crisis Lifeline:** 988, if you need a bit longer, ask for a warm line transfer for continued deescalation

**Crisis Text Line:** Text "DESERVE" TO 741-741

**Essential Local And Community Services:** 211, <https://www.211.org/>

**Lifeline Crisis Chat (Online Live Messaging):** 988, [chat.988lifeline.org](https://chat.988lifeline.org)

**LGBT Hotline:** 1-888-843-4564

**National Council On Alcoholism & Drug Dependency Hope Line:** 1-800-622-2255

**National Crisis Line - Anorexia And Bulimia:** 1-800-233-4357

**National Domestic Violence Hotline:** 1-800-799-7233

**National Eating Disorders Association (NEDA):** 866-662-1235,  
<https://www.nationaleatingdisorders.org/>

**Planned Parenthood Hotline:** 1-800-230-PLAN (7526)

**Self-Harm Hotline:** 1-800-366-8288

**TransLifeline:** 877-565-8860, <https://www.translifeline.org>

**TREVOR Crisis Hotline:** 1-866-221-7044

**Veterans Crisis Line:** [www.veteranscrisisline.net](http://www.veteranscrisisline.net)

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