



STRONG, THRIVING AND RESILIENT MEN

If you or someone else is in danger, please call 911.

Below are some other national resources that you may find helpful.

These national resources both national resources that will connect you with tailored local resources.

You can also reach out to us by phone at (224) 650-7728 or email us at STARM@unl.edu if you need help accessing resources. Please remember that we are mandated reporters. This means if someone contacts the research team (via email, phone call, text, or any other method of communication) and discloses that they intend to hurt themselves or someone else and/or that a child or elder is being abused, we will need to share this information to the appropriate authorities.

So, please do not contact the research team with such disclosures unless you would like immediate assistance with receiving help and understand that we are mandated reporters. We may take up to 1 business day to respond.

CRISIS RESOURCES – FOR IMMEDIATE SUPPORT

Crisis Text Line

Text HOME to 741741

www.crisistextline.org

The Crisis Text Line provides 24/7 support.

Helpline Center

Call 211 for local and national resources.

www.helplinecenter.org

Making lives better by giving support, offering hope, and creating connections every day.

211 Helpline, Volunteer connections, Suicide, and crisis support

National Suicide Prevention Lifeline

Call or text 988

www.suicidepreventionlifeline.org

The National Suicide Prevention Lifeline provides free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Domestic Violence & Sexual Violence Support

Child Help National Child Abuse Hotline

Call or Text 1-800-422-4453

www.childhelp.org/childhelp-hotline/

Dedicated to the prevention of child abuse. They have professional crisis counselors who aid in over 170 languages, crisis intervention, referrals to thousands of emergencies, social services, and support resources.

National Sexual Assault Hotline

1-800-656-HOPE(4673)

www.rainn.org

RAINN (Rape, Abuse & Incest National Network) operates the National Sexual Assault Hotline by partnering with local sexual assault service providers across the country.

Human Trafficking Hotline

Call 1-888-373-7888

Text: BEFREE to 233733

www.humantraffickinghotline.org

Hotline for those who are being trafficked or know someone who is being trafficked to be heard and get help connecting to the necessary resources to stay safe.

Strong Heart Native Helpline

Hotline: 1-844-762-8483

www.strongheartshelpline.org

Strong Hearts Native Helpline is a 24/7 confidential and anonymous culturally appropriate domestic, dating, and sexual violence helpline for Indigenous people through peer support and advocacy at no costs, information and education about domestic violence and sexual violence, personalized safety planning and crisis intervention.

The National Coalition Against Domestic Violence

www.ncadv.org

The NCADV supports efforts to reduce domestic violence. They host conferences, advocacy webinars, and informational workshops and can connect you to local domestic violence resources.

LGBTQ2IAS+ Resources

LGBT National Help Center

Phone: 1-888-843-4564

lgbthotline.org

The LGBT National Help Center serves the LGBTQ+ community by providing free & confidential peer-supported and local resources. Text from anywhere in the United States, anytime.

Trans Lifeline

Call 1-888-373-7888

Text: BEFREE to 233733

www.humantraffickinghotline.org

Trans Lifeline's Hotline is a peer support phone service run by trans people.

Substance Abuse Resources

Substance Abuse and Mental Health Services Administration Helpline

1-800-662-HELP (4357)

www.samhsa.gov/find-help/national-helpline

SAMHSA's National Helpline provides free and confidential treatment referral and information services for individuals and families facing mental and/or substance abuse disorders.