



# Phone Numbers for Kids to Call

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## Do you need help?



- Are you having problems at home?
- Are any of your friends having problems at home?
- Do people in your family treat you badly?
- Are you worried or scared and don't know why?



## There is help if you need it!



Call any of these national phone numbers – **they're free** – and you can get the help you need.

Call **1-800-4-A-CHILD** for **The Childhelp USA National Child Abuse Hotline**. You can call any time day or night, and an expert will be able to help you. [www.childhelpusa.org](http://www.childhelpusa.org)

Call **1-800-448-3000** for the **Boys Town National Hotline**. It's a free call for boys and girls. They handle immediate problems and refer you to local help in the United States, Canada, Puerto Rico and the Virgin Islands. [www.boystown.org](http://www.boystown.org)

Call **1-800-621-4000** for the **National Runaway Switchboard**. If you have left home because you find life too tough there, call this number. [www.nrscrisisline.org](http://www.nrscrisisline.org)

**If you think a parent is drinking too much alcohol** and you need information about what to do, call **1-800-358-2623**. You can call Monday to Friday, between 9 in the morning and 5 in the evening, Eastern Standard Time.

Call **1-800-999-9999** for **The Covenant House Nineline**. You can call any time day or night. [www.covenanthouse.org](http://www.covenanthouse.org)

Don't worry about anyone at home finding out that you called. None of these numbers will show up on a phone bill. *But if you call from a mobile phone, the call may appear on the bill.*



www.preventchildabuse.org

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