



CRISIS RESOURCES

[BH Link](#), 975 Waterman Ave, East Providence, 401-414-LINK (5465)
24/7 crisis center and support hotline, behavioral health triage, confidential support via phone or in-person for mental health and/or substance use, voluntary, can start detox process, transportation available

[Kids Link RI](#), 855-543-5465
24/7 children's behavioral health triage service

[Crisis Textline](#), text HOME to 741741, chat via website or message on Facebook for 24/7 support

Domestic Violence Helpline, 800-494-8100, ricadv.org
24/7 statewide hotline for victims of sexual assault, sexual exploitation, domestic violence and hate crimes

[National Suicide Prevention Lifeline](#), 800-273-8255, 24/7 hotline or chat online
Press 1 for Veterans
Spanish-speaking 888-628-1454

EMERGENCY SERVICES – 911

Newport County:

Newport Mental Health Emergency Services, Middletown, 401-846-1213

Washington County:

South Shore/Gateway Emergency Services, Charlestown 401-553-1031

HELPLINES (TALK OR TEXT)

Buprenorphine 24/7 Hotline, 401-606-5456

[Co-Dependents Anonymous](#), 602-277-7991

[Connect & Breathe](#) Hotline, 866-647-1764 (Tu-Th 6-9pm and Sat 10am-2pm ET)
confidential nonjudgmental after-abortion talkline

[Exhale](#) Textline, 617-749-2948 (M-F 6pm-12am, Sat 4pm-12am, Sun 6-10pm ET)
confidential after-abortion emotional support, resources and info

[NCP Gambling](#) Helpline, 800-522-4700, 24/7 call/chat/text

[LGBTQ National Help Center](#) Hotline, 888-843-4564

[The Trevor Project](#), 866-488-7386
24/7 talk/chat/text support for LGBTQ youth

[NEDA](#) (National Eating Disorders Association) helpline 800-931-2237 (M-Th 9am-9pm ET, Friday 9am-5pm ET)

Peer Recovery Phone Support Available Daily 8am-8pm, 401-619-1343

[The Samaritans of RI](#), 800-365-4044
24-hr crisis hotline/listening line, suicide prevention resource center

VA hotline, 855-948-2311 - information on VA programs/services
24/7 Homeless Veterans Hotline, 877-424-3838

[AMOR](#) support line, 401-675-1414
24/7, bilingual (Eng/Span), connect you to network of services including mental health care, legal support, court accompaniment, community support, transportation, and interpretation

BASIC NEEDS

[United Way of RI](#), dial 211
24/7/365 free and confidential resource for assistance with housing, food, childcare and more

RI Coalition for the Homeless, rihomeless.org/looking-for-help
if you are currently experiencing homelessness or about to be homeless please call Coordinated Entry 401-277-4316, M-F 9am-9pm, Sat/Sun 2pm-9pm

RI Community Food Bank, statewide listings of member agencies providing food assistance to those in need, all our welcome
rifoodbank.org/find-food