Crisis & Support Resources

Free, confidential help for young people, families, and the adults who care for them.

If there is immediate danger or a life-threatening emergency, call 911.

NATIONAL RESOURCES

Take It Down (NCMEC)	Free service to help stop the sharing of intimate images taken when someone was under 18. (This is a service, not the federal TAKE IT DOWN Act.) takeitdown.ncmec.org
National Center for Missing & Exploited Children	**1-800-THE-LOST (1-800-843-5678)** Report online child exploitation: CyberTipline.org missingkids.org
National Human Trafficking Hotline	**1-888-373-7888 · Text 233733** Report suspected trafficking or seek support, 24/7. humantraffickinghotline.org
988 Suicide & Crisis Lifeline	**Call or text 988** Mental health and suicide crisis support, 24/7. 988lifeline.org
National Runaway Safeline	**1-800-RUNAWAY (1-800-786-2929)** Support for runaway and homeless youth. 1800runaway.org

REGIONAL RESOURCES — NORTH CAROLINA

NC Human Trafficking Commission	Statewide education, coordination, and trafficking resources. nccourts.gov/commissions/human-trafficking-commission
Charlotte Metro Human Trafficking Task Force	Regional collaboration, education, and information about trafficking in the Charlotte metro area. charlottehttf.org
Community Resources (NC 211)	**Dial 211** Local housing, food, and other social service referrals. nc211.org
Regional Behavioral Health Center	**866-272-7826** Expands access to crisis and residential services for children, teens, and adults.

WHEN SHOULD I REACH OUT?

Reach out when a young person faces threats, exploitation, abuse, unsafe housing, overwhelming distress, or a situation that feels beyond your ability to manage safely. You do not need to wait until a crisis becomes an emergency.