



# National Social Service Resources 国家社会服务资源



## UNITED WAY/联合方式

Community and social services, such as food pantries, emergency shelter, childcare, housing, and more services to assist individuals and families. Calls are private and confidential. Assistance is provided in more than 300 languages. 211 services are also available through United Way's website

<https://www.211.org/>\*

社区和社会服务，例如食品储藏室、紧急避难所、育儿、住房、以及更多帮助个人和家庭的服务。通话是私下进行，且保密。提供了300多种语言的协助，还可通过联合方式 (United Way) 的网站<https://www.211.org/>，获得211种服务。\*

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**Interactive Website/App of National Resources:** <https://find.usahello.org/#/welcome> (available in English, Spanish and Arabic) is a free app for refugees, asylum seekers, and immigrants. The app provides information about services in local communities anywhere in the USA. Services may include immigration help, English classes, and health care.\*

**互动式网站/国家资源应用程序:** <https://find.usahello.org/#/welcome> (提供英语、西班牙语、阿拉伯语) 是为难民，寻求庇护者和移民而设的免费应用程序，提供在全美任何地方，其当地社区各项服务的信息，其中可包括移民帮助，英语课程和保健照护。\*

## MENTAL HEALTH INFORMATION AND SUBSTANCE ABUSE/心理健康信息和药物滥用

**U.S. Department of Health and Human Services (HHS) Substance Abuse and Mental Health Services Administration's (SAMHSA) toll-free telephone number for alcohol and drug information, treatment, and referral.\***

美国卫生与公共服务部 (HHS) 药物滥用和精神卫生服务管理局 (SAMHSA) 免费电话号码，提供酒精和毒品信息，治疗和转诊推荐。\*

**Behavioral Health Treatment Locator\*/ 寻找行为健康治疗网站\*:**  
<https://findtreatment.samhsa.gov/>

National Helpline/  
全国热线  
**1-800-662-HELP  
(4357)**

## HUMAN TRAFFICKING AND SEXUAL ASSAULT/人口贩运和性侵犯

**To report suspected human trafficking to Federal law enforcement: 1-866-347-2423 (866-DHS-2 ICE)**

向联邦执法部门举报可疑的人口贩运活动: 1-866-347-2423 (866-DHS-2-ICE)

**To get help from the National Human Trafficking Hotline: 1-888-373-7888 or text HELP or INFO to BeFree (233733)\***

要从全国人口贩运热线获得帮助: 1-888-373-7888或于BeFree (233733) 短信HELP或INFO\*

**1-866-347-2423  
(866-DHS-2-ICE)**

**1-888-373-7888**  
or text **HELP** or **INFO** to  
**BeFree (233733)** / 或  
于 **BeFree (233733)**  
**短信HELP或INFO**

**RAINN-National Sexual Assault Hotline. Free. Confidential. 24/7\***

**RAINN-国家性侵犯热线。免费。保密。24/7\***

**1-800-656-4673**

\* The resources listed are not affiliated, associated, authorized, endorsed by, or in any way officially connected with ICE or any of its entities. Contact information is up-to-date as of publication date.

\* 列出的资源与ICE或其任何实体没有附属关系、关联、也未授权、认可或以任何方式正式连成关系。发布日所发出的为最新的联系信息。



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### EMERGENCY DISASTER HELP/紧急灾难救援

<b>American Red Cross*</b> 美国红十字会 *	<b>1-800-733-2767</b>
<b>American Association of Poison Control Centers*</b> 美国毒物控制中心协会 *	<b>1-800-222-1222</b>
<b>Centers for Disease Control (CDC) COVID-19 Information Line for Emergency Questions and Urgent Needs for Information *</b> 疾病控制中心 (CDC) 冠状病毒疾病-19咨询热线为紧急问题和急切需要信息而设 *	<b>800-CDC-INFO (800-232-4636) TTY 888-232-6348</b>
<b>Disaster Distress Helpline (SAMHSA)*</b> 救灾热线 (SAMHSA) *	<b>1-800-985-5990</b>

### CRISIS SERVICES/危机服务

<b>LGBT Crisis- Trevor Lifeline*</b> LGBT危机 – 特雷弗生命线 *	<b>1-800-488-7386</b>
<b>National Suicide Prevention 24 Hour Hotline*</b> 全国预防自杀24小时热线 *	<b>1-800-273-TALK (8255)</b>
<b>988 Suicide &amp; Crisis Lifeline*</b> 988自杀与危机生命线 *	<b>Call or text/致电或短信 988</b>

### VICTIMS OF CRIME/犯罪受害者

<b>National Center for Victims of Crime*</b> 国家犯罪受害者中心 *	<b>1-855-484-2846</b>
<b>Victims Engagement and Services Line (VESL)</b> 受害者参与和服务热线 (VESL)	<b>1-833-383-1465</b>

### DOMESTIC VIOLENCE/家庭暴力

<b>National Domestic Violence Hotline*</b> 全国家庭暴力热线 *	<b>1-800-799-SAFE (7233)</b>
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### WOMEN'S HEALTH/妇女健康

<b>National Women's Health Information Center*</b> 国家妇女健康信息中心 *	<b>1-800-994-9662</b>
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