

STEPP Support Resources

If you are feeling overwhelmed or unsafe, confidential support is available.

Immediate danger

- Call 911

Immediate emergency services

tel:911

Talk or text with trained counselors

- Call or text 988

Suicide & Crisis Lifeline

tel:988

- Text HOME to 741741

Crisis Text Line

sms:741741?body=HOME

Support for domestic violence

- Call 1-800-799-7233

National Domestic Violence Hotline

tel:18007997233

- Open thehotline.org

National Domestic Violence Hotline chat

<https://www.thehotline.org>

Study team contact

- Email mysteps@jh.edu

Contact the STEPP study team

<mailto:mysteps@jh.edu>