

Resources & Hotlines

Some of the topics and questions included in this survey may be upsetting. We asked questions about these topics because they are not well studied among people with muscular dystrophy. A better understanding of these topics may lead to interventions that improve the quality of life for people living with muscular dystrophy in the future.

We have included a list of resources that may be helpful to you if the survey questions caused any distress. Some resources on the list have experienced counselors who will listen and talk to you about how you are feeling. The other resources may provide access to other services or resources that may be helpful.

General Distress

988 Suicide & Crisis Lifeline

<https://988lifeline.org/>

Live chat services available via website.

Mobile phone: call or text 988

Spanish: call 988 and press 2 or

text AYUDA to 988

English and Spanish Service

Available 24/7

For individuals who are depressed, going through a hard time, need to talk, or contemplating suicide.

Financial Distress

North Carolina Department of Health and Human Services

Customer Service Center

1-800-662-7030

Infertility

RESOLVE Hotline

1-866-NOT-ALONE (866-668-2566)

<https://resolve.org>

For those experiencing infertility. The Helpline is a voicemail system where a message can be left on any topic related to infertility and family building options. Calls are returned within 1-3 days.

Pregnancy Loss

Star Legacy Foundation National Telephone Grief Support Line

<https://starlegacyfoundation.org/>

1-952-715-7731, ext. 1

English and Spanish Service

For those who have experienced stillbirth or neonatal loss. Support line is staffed by professionals who have personal experience with pregnancy and infant loss.

National Maternal Mental Health Hotline

<https://mchb.hrsa.gov/national-maternal-mental-health-hotline>

Call or text: 1-833-TLC-MAMA (1-833-852-6262)

Health Resources and Services

Administration

English and Spanish Service

Available 24/7

For pregnant and new moms experiencing perinatal depression or anxiety.

Drug Use

SAMSHA National Helpline

<https://www.samhsa.gov/find-help/national-helpline>

1-800-662-HELP (4357)

English and Spanish Service

Available 24/7

For individuals and family members facing mental and/or substance use disorders.

Sexual and Reproductive Health

Rape, Abuse and Incest National Network (RAINN)

<https://www.rainn.org>

1-800-656-HOPE (4673)

Live chat services available via website.

Spanish and English Service

Available 24/7

For those who have experienced sexual assault.

National Women's Health Information Center

<http://www.womenshealth.gov/>

1-800-994-WOMAN (9662)

Spanish and English Service (other languages available)

Open Monday - Friday, 9 a.m. - 6 p.m. ET

American Sexual Health Association (ASHA)

<https://www.ashasexualhealth.org/>

1-919-361-8488

Monday - Friday, 9 a.m. - 6 p.m. ET

English Service only

Planned Parenthood

<https://www.plannedparenthood.org>

1-800-230-PLAN (7526)

Spanish and English Service