

MENTAL HEALTH RESOURCES

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National Suicide Prevention Lifeline

988

Call or text to reach a trained counselor within the existing lifeline network

National Suicide Prevention Lifeline (TTY)

1-800-799-4899

National Suicide Prevention Lifeline Chat

www.crisischat.org

Chat with crisis centers around the United States

The National Council for Behavioral Health

www.thenationalcouncil.org/providers/

Search for organizations that are committed to providing mental health services to anyone in the community who needs it regardless of ability to pay

National Alliance on Mental Illness Crisis HelpLine

<https://www.nami.org/help>

1-800-950-NAMI (6264)

Online Chat Available

The NAMI HelpLine can be reached Monday through Friday, 10 am – 8 pm, ET. The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals and support to people living with mental health conditions, their family members and caregivers, mental health providers and the public. HelpLine staff and volunteers are experienced, well-trained and able to provide guidance. Note: the NAMI HelpLine is not a hotline, crisis line, or suicide prevention line.

Trans Lifeline Hotline

<https://translifeline.org/>

1-877-565-8860

Trans Lifeline connects trans people to the community support and resources we need to survive and thrive.

The Trevor Project

866-488-7386 Text “START” to 678678

www.thetrevorproject.org

Trained counselors are available 24/7 to support youth who are in crisis, feeling suicidal, or in need of a safe and judgement free place to talk. Specializing in supporting the

LGBTQ+ community.

National Drug Helpline

<https://drughelpline.org/>

1-844-289-0879

The National Drug Helpline is a free, confidential, 24/7 drug and alcohol hotline that can help you start your journey towards a better future. The helpline is open to everyone. You can call the hotline to get information for yourself or a friend or family member.

Substance Abuse and Mental Health Services Administration's (SAMHSA)

Disaster Distress Helpline

1-800-985-5990 (press 2 to use Spanish)

Text "TalkWithUs" to 66746 1-800-846-8517 – TTY

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

Provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

Substance Abuse and Mental Health Services Administration

<https://www.samhsa.gov/find-treatment>

Provide information on mental health services and treatment centers through an on-line service locator. You can search by your location, whether or not they provide services for youth, payment options, languages spoken, etc.

RAINN (Rape, Abuse & Incest National Network)

www.rainn.org

800-656-HOPE(4673)

Chat online at online.rainn.org

RAINN is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers across the country. If you or someone you know has been sexually assaulted, help is available.

The RAINN app gives survivors of sexual violence and their loved ones access to support, self-care tools, and information to help manage the short- and long-term effects of sexual violence.

National Eating Disorders Association

www.nationaleatingdisorders.org/

1-800-931-2237

Text NEDA 741741

Online Chat Available

Contact the NEDA Helpline for support, resources, and treatment options for yourself or a loved one who is struggling with an eating disorder. Helpline volunteers are trained to help you find the support and information you need. Reach out today.

National Center for School Crisis and Bereavement (NCSCB)

1-877-536-2722

SchoolCrisisCenter.org

The National Center for School Crisis and Bereavement (NCSCB) at Children's Hospital Los Angeles is dedicated to supporting students, schools, and communities through crisis and loss.