



Mental Health Resources

If you or someone you care about feels overwhelmed with emotions like sadness, depression, or anxiety, or wants to harm him or herself or others, call 911 or one of the national crisis resources below.

Suicide Prevention

National Suicide Prevention Lifeline

1-800-273-TALK (1-800-273-8255)

TTY: 1-800-799-4889

www.suicidepreventionlifeline.org

This is a crisis hotline that can help with many issues, not just suicide. For example, anyone who feels sad, hopeless, or suicidal; family and friends who are concerned about a loved one; or anyone interested in mental health treatment referrals can call the Lifeline. Callers are connected with a professional nearby who will talk with them about what they are feeling or concerns for other family and friends. Call the toll-free Lifeline, 24 hours/day, 7 days/week.

Mental Health and Substance Abuse Support

Substance Abuse and Mental Health Services Administration (SAMHSA)

Resources: www.samhsa.gov/find-help

1-800-662-HELP (4357)

Text your zip code to: 435748 (HELP4U)

TTY: 1-800-487-4889

This confidential, free, 24-hour-a-day, 365-days-a-year, information service, in English and Spanish, for individuals and family members facing behavioral health or substance use disorders provides referrals to local treatment facilities, support groups, and community-based organizations.

Behavioral Health: <https://findtreatment.samhsa.gov>

SAMHSA provides information on mental health services and treatment centers through an online service locator. You can search by your location, whether they provide services for youth, payment options (private insurance, cash, or something else), languages spoken, etc.

Substance Abuse: www.findtreatment.gov

SAMHSA provides information on substance abuse treatment centers through an online service locator. You can search by your location for a treatment facility near you.

Disaster Distress

Substance Abuse and Mental Health Services Administration (SAMHSA)

Disaster Distress Helpline

1-800-985-5990

Text TalkWithUs to 66746 to connect with a trained crisis counselor

www.samhsa.gov/find-help/disaster-distress-helpline

SAMHSA's 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.

Veterans

Veteran Crisis Line

1-800-273-TALK (8255) Press 1

TTY: 1-800-799-4889

Text: [838255](tel:838255) or chat online

www.veteranscrisisline.net

Access to free, confidential support 24/7, 365 days a year. The Veterans Crisis Line serves Veterans, service members, National Guard and Reserve members, and those who support them.

Suicide Prevention and Crisis Intervention for LGBTQ Youth

The Trevor Project

Call 866-488-7386 or chat online

Text [START](tel:START) to 678-678

www.thetrevorproject.org

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