

**MENTAL HEALTH AND WELLNESS RESOURCE LIST**

CRISIS RESOURCES	CONTACT
988 Suicide & Crisis Lifeline provides 24/7, confidential support to anyone in suicidal crisis or emotional distress. Callers will get connected with a trained crisis counselor. If you believe that someone is in immediate danger, you may also contact 911 for help.	Call or Text 988 988lifeline.org
Crisis Text Line is available to assist in any crisis 24/7. A live, trained crisis counselor receives the text and responds, all from a secure online platform.	Text HOME to 741741 crisistextline.org
The Veterans Crisis Line is a free, confidential resource that connects veterans 24/7 with a trained responder and provides veterans and their loved ones with immediate crisis support. The service is available to all veterans and those who support them, even if they are not registered with the VA or enrolled in VA healthcare.	Call 988, then press 1; Chat online; or Send a Text to 838255 veteranscrisisline.net
Disaster Distress Helpline provides immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. The helpline is free, multilingual, confidential, and available 24/7.	Call or Text 800-985-5990 Disasterdistress.samhsa.gov
SUBSTANCE USE AND RECOVERY RESOURCES	CONTACT
SAMHSA's National Helpline (Substance Abuse and Mental Health Services Administration) provides free information and referral assistance to local treatment facilities, support groups, and community-based organizations 24/7.	800-662-HELP (4357) findtreatment.samhsa.gov
Narcotics Anonymous	na.org
Alcoholics Anonymous	aa.org
Cocaine Anonymous	ca.org
Crystal Meth Anonymous	crystalmeth.org
Marijuana Anonymous	marijuana-anonymous.org
Al-Anon is a mutual support group for those whose lives have been affected by the alcohol use of another. Al-Anon can help you, even if your loved one with alcohol use disorder does not seek help.	al-anon.org
Addiction Center offers a guide to recovery and addiction where callers can find rehab for yourself or a loved one by speaking with a treatment provider 24/7. This is a free and confidential service.	Call 855-936-3180 addictioncenter.com
Overdose Lifeline	overdoselifeline.org

Red Cross First Aid for Opioid Overdoses	redcross.org/take-a-class/opioidoverdose
Get Narcan and Learn More About Opioids	narcan.com
Get Naloxone Now	getnaloxonenow.org
ABUSE, DOMESTIC VIOLENCE, SEXUAL ASSAULT RESOURCES	CONTACT
National Child Abuse Hotline Counselors are available 24/7 for reporting of child abuse, and to talk through child abuse situations if you have questions or need additional support. If you believe that a child is in immediate danger, please contact 911 for help.	800-4-A-CHILD (800-422-4453) childhelpline.org
National Human Trafficking Hotline connects victims and survivors of sex and labor trafficking with services and supports to get help and stay safe. Their online Referral Directory is made up of anti-trafficking organizations and programs that offer emergency, transitional, or long-term services to victims and survivors.	888-373-7888 Text HELP to 233733 humantraffickinghotline.org
National Domestic Violence Hotline is confidential, 24/7 line that offers services in more than 170 languages. The hotline provides crisis intervention, safety planning, information, and referrals to agencies in all 50 states.	800-799-SAFE (7233) thehotline.org
National Sexual Assault Hotline (Rape, Abuse, and Incest Nat'l Network), a.k.a. 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.	800-656-HOPE (4673) rainn.org
National Teen Dating Abuse Helpline offers one-on-one service from peer advocates to teens, youth, and young adults who are experiencing teen dating abuse, violence, stalking, and/or sexual assault. The helpline operates 24/7 and offers translation services. Assistance via online chat services is available 4pm - 12pm CT.	866-331-9474 Text LOVEIS to 22522 loveisrespect.org
1 In 6 helps men who have had unwanted or abusive sexual experiences live healthier, happier lives. They also serve family members, friends, partners, and service providers by providing information and support resources on the web and in the community.	1-800-656-4673 (HOPE) 1in6.org
LGBTQ RESOURCES	CONTACT
Trevor Project offers a suite of 24/7 crisis intervention and suicide prevention programs to LGBTQ youth, including TrevorLifeline, TrevorText, and TrevorChat as well as the world's largest safe space social networking site for LGBTQ youth, TrevorSpace.	1-866-4-U-TREVOR (488-7386) thetrevorproject.org
Trans Lifeline is a peer support and crisis hotline serving the trans community with support and resources needed to survive and thrive. It is the first transgender crisis hotline to exist in the United States as well as Canada. It is also the only suicide hotline whose operators are all trans.	877-565-8860 translifeline.org

LGBT National Hotline provides support and free & confidential services to anyone who identifies as part of the LGBTQIA+ community. Everyone who offers support is a part of the LGBTQIA+ community. Calls are never outsourced or answered by any other organizations.	888-843-4564 glnh.org
TrevorSpace for LGBTQ+ Teens is a space where you can join active discussions to ask tough questions and get advice and support in an affirming international community for LGBTQ young people ages 13-24.	954-765-6024 gchatspace.org
VETERAN RESOURCES	CONTACT
Veterans Crisis Line is a free, confidential resource that connects veterans 24/7 with a trained responder. The service is available to all veterans and those who support them, even if they are not registered with the VA or enrolled in VA healthcare.	Dial 988, then press 1 Send a Text to 838255 veteranscrisisline.net
U.S. Department of Veterans Affairs Mental Health Resources (VA) has a variety of mental health resources, information, treatment options, and more — all accessible to Veterans, Veterans' supporters, and the general public.	mentalhealth.va.gov
Vets 4 Warriors is a 24/7 confidential peer support network/phone/text line for veteran and military communities. They provide immediate, free, and long-term peer support to the entire military community, including anyone who has ever worn the uniform, as well as the family members and the caregivers who love and support them.	855-838-8255 vets4warriors.com
Military OneSource is a free service provided by the Department of Defense to service members and their families to help with a broad range of concerns, including possible mental health problems. Available 24/7.	800-342-9647 militaryonesource.mil
FIRST RESPONDER RESOURCES	CONTACT
ShatterProof FHE Health First Responders Program	fhrehab.com
International Association of Firefighters	iaff.org
Copline	800-267-5463 (800-COPLINE) copline.org
First Responder Support Network	frsn.org
International Critical Incident Stress Foundation	icisf.org
Code Green	codegreencampaign.org
Share The Load	nvfc.org/programs/share-the-load-program/

FINDING THERAPY AND COUNSELING RESOURCES		CONTACT
Psychology Today		psychologytoday.com
Better Help		betterhelp.com
Talkspace		talkspace.com
OnlineTherapy		onlinetherapy.com
Pride Counseling		pridecounseling.com
SonderMind		sondermind.com
American Academy of Child and Adolescent Psychiatry		aacap.org
American Psychological Association		locator.apa.org
Faithful Counseling		faithfulcounseling.com
Teen Counseling		teencounseling.com
7 Cups		7cups.com
SUICIDE PREVENTION, INTERVENTION, AND POST-VENTION RESOURCES		CONTACT
American Foundation on Suicide Prevention		afsp.org
National Suicide Prevention Lifeline		Call 988 or 988lifeline.org
National Action Alliance for Suicide Prevention		theactionalliance.org
American Association of Suicidology		Suicidology.org
The Trevor Project		thetrevorproject.org
The Dougy Center - The National Center for Grieving Children & Families		dougy.org
The Jed Foundation		jedfoundation.org
The Jason Foundation		jasonfoundation.com
QPR Gatekeeper Suicide Prevention Training - Beneath The Brave		beneaththebrave.com/qpr
LivingWorks: Suicide Prevention Training Center		livingworks.net

MENTAL HEALTH EDUCATION AND RECOVERY RESOURCES	CONTACT
Beneath The Brave Mental Health Training and Consulting	beneaththebrave.com
Adult Mental Health First Aid	beneaththebrave.com/mhfa
Depression and Bipolar Support Alliance	dbsalliance.org
National Alliance on Mental Illness (NAMI)	nami.org
Mental Health America	mhanational.org
Heads Up Guys	headsupguys.org
National Education Alliance for Borderline Personality	borderlinepersonalitydisorder.org
Anxiety and Depression Alliance of America	adaa.org
S.A.F.E. Alternatives (Self Abuse Finally Ends)	selfinjury.com
National Eating Disorders Association	nationaleatingdisorders.org
National Association of Anorexia Nervosa and Associated Disorders	anad.org
The National Resource Center on ADHD	chadd.org
World Federation for Mental Health	wfmh.global
National Institute of Mental Health	nimh.nih.gov
International OCD Foundation	iocdf.org
Schizophrenia and Psychosis Action Alliance	sczaction.org