

Nationwide Mental Health Resources

24/7 Crisis & Support Hotlines

- 988 Suicide & Crisis Lifeline – Access via call or text; connects to local crisis centers, free and confidential
- Crisis Text Line (text “HOME” to 741741) – 24/7 text-based crisis counseling en.wikipedia.org.
- SAMHSA National Helpline (1-800-662-HELP) – Free, confidential support for mental health and substance use nimh.nih.gov+8samhsa.gov+8verywellmind.com+8.
- Disaster Distress Helpline (1-800-985-5990) – Support for emotional distress related to disasters
- NAMI HelpLine (1-800-950-NAMI) – Peer-delivered emotional support, information, and referrals www.NAMI.org.

Identity-Specific & Youth Helplines

- The Trevor Project – 24/7 crisis support for LGBTQ+ youth via call, text, or chat www.trevorproject.org
- Trans Lifeline – Peer-to-peer support for trans people www.translifeline.org – (877) 565-8860
- LGBT National Hotline (1-888-843-4564) – Emotional support tailored to LGBTQ individuals – www.LGBThotline.com
- National Runaway Safeline (1-800-RUNAWAY) – Support for youth experiencing homelessness or crisis
- Teen crisis via Crisis Text Line – Youth-focused, discreet text HOME to 741741

Specialized Support Lines

- NEDA Helpline (1-800-931-2237) – For individuals affected by eating disorders
- RAINN (1-800-656-HOPE) – Confidential support for survivors of sexual assault
- National Domestic Violence Hotline (1-800-799-SAFE) – Help for domestic violence survivors – www.thehotline.org
- Childhelp National Child Abuse Hotline (1-800-422-4453) – Crisis support for child abuse – www.childhelphotline.com
- Veterans Crisis Line (1-800-273-TALK) – Support tailored for veterans and service members

Peer Support & Community Networks

- **NAMI (National Alliance on Mental Illness)** – Free support groups, education, and classes – www.NAMI.org
- **Active Minds** – Peer-driven mental health awareness in schools and communities – www.activeminds.org
- **Compeer** – Local mentorship and friendship for individuals with mental illness – www.compeer.org
- **To Write Love on Her Arms (TWLOHA)** – Hope-focused outreach for depression, self-harm, and relapse recovery – www.twloha.org
- **National Action Alliance for Suicide Prevention** – Offers toolkits, awareness campaigns, and community resources www.theactionalliance.org

Information, Education & Training

- NIMH “Help for Mental Illnesses” – Educational resources, brochures, treatment guides – nimh.nih.gov
- MentalHealthFirstAid.org – Online resources and guides on responding to mental health crises
- Mental Health America (MHA) – Affiliate network, screening tools, and resource finder mhanational.org
- SAMHSA’s Resource Center – Evidence-based toolkits, webinars, and public education campaigns
- USA.gov Mental Health Guide – Links to federal, state, and local mental health services and initiatives

When to Reach Out to What

- Immediate emotional crisis? Use 988, Crisis Text Line, or Disaster Distress Helpline.
- Eating disorders, abuse, or sexual assault? Choose NEDA, RAINN, Domestic Violence Hotline, or Childhelp.
- Need community connection or peer-based support? Check NAMI, Active Minds, Compeer, or TWLOHA.
- Looking for reliable info or self-education? Explore NIMH, MHA, SAMHSA, or Mental Health First Aid.