

## Mental Health Resources & Support

*The information provided here is to serve as a guide directing you to resources. This does not replace the relationship between you & your doctors or other healthcare professionals. Never delay seeking advice or dialing emergency services.*

### **Crisis Services: Help is available.**

If you need urgent assistance in the US, **call 911**.

For immediate text support 24/7, reach out to the [Crisis Text Line](#) by texting **COALITION** to **741741** to connect with a Crisis Counselor for free 24/7 from the U.S or Canada. In the UK text HOME to 85258 and if in Ireland text HOME to 086 1800 280.

In the US you can also call the [National Suicide Prevention Lifeline](#) at **1-800-273-8255**. It's free and it's highly confidential, unless it's essential to contact emergency services to help you or your friend stay safe. Nacional de Prevención del Suicidio 1-888-628-9454

In the US you can also call the [Disaster Distress Helpline](#) at **1-800-985-5990**. This service is dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories.

To search for international crisis services visit the [International Association for Suicide Prevention: \(IASP\)](#). [Here](#) you can find crisis services international.

*More Crisis Services available [here](#).*

### **Screening Tool:**

#### **[Mental Health America](#)**

For **an online screening** that provides a quick snapshot of your mental health [click here](#). If your results indicate you may be experiencing symptoms of a mental illness, consider sharing that with someone. A mental health provider (such as a doctor or a therapist) can give you a full assessment and talk to you about options for how to feel better.

### **To search for Mental Health Professional Services or info on where to start looking for support:**

#### **[Anxiety and Depression Association of America](#)**

To search for a **licensed mental health provider** [click here](#). The licensed mental health providers listed specialize in anxiety, depression, OCD, PTSD, and related disorders.

To find a listing of clinicians who provide **tele-mental health services**, provided by state and their specialty areas, [click here](#).

#### **[Headstrong:](#)**

If you are a **veteran of family member of a veteran** in need of support [click here](#) to learn more.

#### **[The National Alliance on Mental Illness](#)**

The **NAMI HelpLine** is a free service that provides **information, referrals and support** to people living with a mental health condition, family members and caregivers, mental health providers and the

public. Contact them at **800-950-6264**, Monday through Friday from 10 a.m. to 6 p.m., ET, or write to [info@nami.org](mailto:info@nami.org). Learn more [here](#).

## Lesbian, Gay, Bisexual, Transgender, Queer & Questioning (LGBTQ)

### **The Trevor Project**

If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the **TrevorLifeline** now at **1-866-488-7386** (this service is available 24/7)

To view resources specially tailored to LGBTQ youth [click here](#).

The Trevor Project also offers a networking site for LGBTQ youth under 25 and their friends and allies [here](#).

## Support Groups

### **Depression and Bipolar Support Alliance (DBSA)**

[Click here](#) to learn more about DBSA online support groups that give people living with depression and bipolar disorder a safe, welcoming place to share experiences, discuss coping skills, and offer each other hope

The Balanced Mind Parent Network was created to connect parents from across the world who are raising a child living with a mood disorder. The family-focused community provides reliable information to parents about mood disorders, treatment, school accommodations, research, and more.

[Click here](#) to learn more.

### **National Alliance on Mental Illness (NAMI)**

[Click here](#) to find a support group for people living with mental illness. Support groups allow people learn from each other's experiences, share coping strategies, and offer each other encouragement and understanding.

## Youth & Young Adults

### **Active Minds**

Active Minds has chapters of passionate advocates, stigma fighters, and educators for mental health in high schools and colleges. [Click here](#) to learn more.

### **Bring Change to Mind**

Bring Change to Mind offers a High School Program that gives teens a platform to share their voices and raise awareness around mental health. [Click here](#) to learn more.

### **Child Mind Institute**

[Click here](#) for resources that can help you make good decisions for your child with mental health or learning challenges.

### **The Jed Foundation**

[Click here](#) to view The Jed Foundation's Mental Health Resource Center which provides essential information about common emotional health issues and shows teens and young adults how they can support one another, overcome challenges and make a successful transition to adulthood.

### **The Steve Fund**

[Click here](#) to view The Steve Fund Knowledge Center which contains resource and expert information about the mental health and emotional well-being of students of color.

## **General Resources**

### **American Foundation for Suicide Prevention**

Click [here](#) to find resources for suicide prevention for you or someone you know.

### **Brian & Behavior Research Foundation**

To view information on to better understand the causes and develop new ways to treat brain and behavior disorders, [click here](#).

### **Suicide Awareness Voices of Education (SAVE)**

[Click here](#) to search for support groups across the country.

### **Join Lift**

Even small adjustments in your life can lead to measurable improvements in your overall wellbeing. LIFT can help provide simple guidance, easy ways to track your progress and support to cheer you along the way. Lift focuses on three primary areas: Learn, Connect and Track. The difference between some hope and no hope is huge. Learn more [here](#).

### **National Council for Behavioral Health**

Mental Health First Aid is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. [Click here](#) to learn more about the training that gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.