

COMPLETE GUIDE TO MENTAL HEALTH RESOURCES

INSTRUCTIONS FOR URGENT CARE

If you don't think you can keep yourself safe right now, ask someone to take you to the nearest emergency room or psychiatric crisis center. Or call the National Suicide Prevention Lifeline at 1-800-273-8255 or text HOME to 741741.

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Prevention
Lifeline**
1-800-273-8255 or
text HOME to
741741

HELPLINES

A note: Many of these crisis resources could use restrictive interventions, such as wellness check by law enforcement or emergency services. There are some exceptions, including TransLifeline, which will not implement these restrictive measures unless consented. A warmline is least likely to use restrictive measures, but may still hold these policies. If contacting a crisis service, you can ask if this is a possibility at any point in your conversation.

NATIONAL SUICIDE PREVENTION CHATLINE

Text HOME to 741741 to chat with a trained crisis counselor for free anytime within the US. to share and digest.

LGBTQ+ NATIONAL HELP CENTER

Call 1-88-843-4564; open to callers of all ages. Provides peer-counseling, information, and local resources.

TRANS LIFELINE

Call 1-877-566-8860. The hotline is staffed by transgender volunteers ready to respond to whatever needs community members might have.

WARMLINES

Speaking to someone on these calls are typically free, confidential, and run by people who understand what it's like to struggle with mental health problems.

SAFE PLACE

Text "SAFE" to 4HELP (44357). National youth outreach and prevention program for youth in need of immediate help and safety.

CALL BLACKLINE

Call (800) 604-5841. Aiding BIPOC and LGBTQ+ BIPOC through abuse, crisis, and mistreatment. Call for support and to report hate crimes.

MENTAL HEALTH RESOURCES: GENERAL MENTAL HEALTH

NATIONAL ALLIANCE ON MENTAL ILLNESS

Speak with NAMI members (people living with mental illness and/or their family members) to exchange information about mental health professionals in your community.

Information on mental health, getting help, and taking action.

MENTAL HEALTH AMERICA

NATIONAL EMPOWERMENT CENTER

This resource is dedicated to spreading messages of recovery and empowerment to those struggling with mental illness. Provides information and advocacy resources.

Provides statistics pertaining to mental illnesses, including data by demographic.

NATIONAL INSTITUTE OF MENTAL HEALTH (MENTAL ILLNESS AMONG US ADULTS).

WORLD HEALTH ORGANIZATION (DISABILITY FROM MENTAL ILLNESS).

Contains information on the global impact of mental illness.

This website provides information on specific mental health disorders, as well as resources to help teens make safe plans when feeling suicidal, and helpful tips and how to relax.

REACH OUT

STRENGTH OF US

An online community designed to inspire young adults impacted by mental health issues to think positive, stay strong, and achieve goals through peer support and resource sharing.

This website reflects the lived experiences of those that have struggled with mental illness, including research-based modules with hours of recordings and analyses to offer education on different mental illnesses.

HEALTH TALK