



National Resources for Social/Emotional Support

Trevor Lifeline

1-866-4-U-TREVOR (488-7386)

thetrevorproject.org

The Trevor Project runs the nation's only 24/7 crisis intervention and suicide prevention hotline for LGBTQ+ people ages 13 to 24. Also provides crisis peer support and public education for allies and educators.

988 National Suicide and Crisis Lifeline

Call, text or chat 988

988lifeline.org

The 988 Suicide and Crisis Lifeline provides free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

Crisis Text Line

Text HOME to 741741

www.crisistextline.org

The Crisis Text Line provides 24/7 support with a trained Crisis Counselor.

National Alliance on Mental Illness Helpline

1-800-950-NAMI (6264)

Or text "NAMI" to 62640

<https://www.nami.org/>

The NAMI helpline can provide confidential emotional support, mental health information, and resources for you, your friends, and family members.

Alternatives to Suicide (Alt2Su)

<https://wildfloweralliance.org/alternatives-to-suicide/>

Alt2Su provides a space where people can discuss navigating the experience of supporting loved ones who may have thoughts and feelings of suicide, want to die, or have survived suicide attempts.

National Domestic Violence Hotline

800-799-7233

Or text "BEGIN" to 88788

<https://www.thehotline.org/>

Helps survivors of sexual assault, harassment, and abuse to understand their rights and options.

The National Sexual Violence Resource Center

www.nsvrc.org

The NSVRC offers free and low-cost resources for survivors, friends and family, advocates and educators.

The National Coalition Against Domestic Violence

ncadv.org

The NCADV can connect you to local domestic violence resources.

National Institute on Alcohol Abuse and Alcoholism (NIAAA) Treatment Navigator

<https://alcoholtreatment.niaaa.nih.gov/>

NIAAA helps to inform and navigate alcohol treatment options for adults.

**Substance Abuse and Mental Health
Services Administration (SAMHSA)
Helpline**

1-800-662-HELP(4357)

www.samhsa.gov/find-help/national-helpline

SAMHSA's National Helpline provides free and confidential treatment referral and information service for individuals and families facing mental and/or substance abuse disorders.

**Behavioral Health Treatment Locator
<https://findtreatment.gov/>**

A free, searchable directory that offers information on treatment options and facilities for a variety of mental health and substance use disorders.

Mental Health America

<https://mhanational.org/get-help/>

Provides information on mental health, crisis support, finding a warmline, and treatment options for mental health conditions.

American Psychological Association

<https://locator.apa.org/>

American Psychologist Association provides a free, searchable directory to find local psychologists who can assist with mental health challenges.

American Psychiatric Association

<https://finder.psychiatry.org/s/>

American Psychiatric Association offers a free, searchable database to find local psychiatrists who can assist with physical and mental health concerns.