

Mental Health Resources: Hotlines, Helplines, and Hubs

National:

24/7 National Suicide Prevention Lifeline: 1-877-273-TALK (8255)

<https://suicidepreventionlifeline.org/>

The lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

NAMI Helpline: 1-800-950-NAMI (6264)

info@nami.org

Peer counseling services 10 a.m. to 6 p.m. Monday through Friday. NAMI education, advocacy and support for individual and families affected by mental illness.

Crisis Text Line: Text HOME to 741741

www.crisistextline.org

24-hour staffed text line. Free crisis counseling.

Optum Free Help Line: 866-342-6892

Optum, a leading health and behavioral health services company, is offering a free emotional support help line.

The toll-free number will be open 24 hours a day, seven days a week, for as long as necessary. The service is free of charge and open to anyone. Specially trained Optum mental health specialists help people manage their stress and anxiety so they can continue to address their everyday needs. Callers may also receive referrals to community resources to help them with specific concerns, including financial and legal matters. Along with the toll-free help line, emotional-support resources and information are available online at www.liveandworkwell.com.

National Domestic Violence Hotline: 800-799-SAFE (7233)

Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information. Help is available in Spanish and other languages.

National Sexual Assault Hotline: 800-656-HOPE (4673)

Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Crisis chat support is available at Online Hotline. Free help, 24/7.

Substance Abuse and Mental Health Services Administration (SAMHSA)

(800) 662-HELP (4357)

www.samhsa.gov

Trevor Project :1-866-488-7386

<https://www.thetrevorproject.org/get-help-now/>

Provides crisis intervention and suicide prevention to LGBTQ people under the age of 25, via phone, chat, or text, and with online resources.

Trans Lifeline: 877-565-8860

Peer support services and resources for trans people in crisis, or needing support.

Mental Health America: mhanational.org

A non-profit organization addressing the needs of people living with mental illness and promoting mental health for all Americans. Many state and local chapters.

PFLAG: www.pflag.org

An organization for LGBTQ+ people and their families with over 400 chapters and 200,000 members and supporters.

Psych Central: <https://psychcentral.com/>

This site offers free resources including support groups, in-house therapists you can direct questions to, information on how to find an online therapist, and articles on mental health conditions.