

Mindingyourmind.org

National Suicide Prevention Lifeline: 800-273-8255

Crisis Text Line: Text CONNECT to 741741

- [American Academy of Child and Adolescent Psychiatry](#)
- [American Association of Suicidology](#)
- [American Foundation for Suicide Prevention](#)
- [American Psychiatric Association](#)
- [American Psychological Association](#)
- [Center for Disease Control: Suicide](#)
- [Center for Disease Control: Youth Risk Behavioral Surveillance System](#)
- [Crisis Text Line](#) TEXT HOME 741-741 in the US, 686-868 in Canada. Free, 24/7, confidential text message service for people in crisis.
- [Mental Health America](#)
- [NAMI \(National Alliance on Mental Illness\)](#)
- [National Council for Suicide Prevention](#)
- [National Institute of Mental Health](#)
- [National Institute on Alcohol Abuse and Alcoholism](#)
- [National Institute on Drug Abuse](#)
- [National Institute on Drug Abuse for Teens](#)
- [National Strategy for Suicide Prevention \(PDF\)](#)
- [Resource Center to Promote Acceptance](#)
- [Samaritans USA](#)
- [Stop Bullying](#)
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)
- [Suicide Prevention Resource Center](#)
- [Teen Line](#) CALL 310.855.4673 TEXT TEEN to 839863 Provides personal teen-to-teen education and support before problems become a crisis, using a national hotline, current technologies, and community outreach.
- [Trans Lifeline](#) US: (877) 565-8860 CANADA: (877) 330-6366 Trans Lifeline is dedicated to the well-being of transgender people. The hotline is staffed by transgender people for transgender people, with volunteers ready to respond to whatever support needs members of the trans community might have.
- [Trevor Lifeline](#) 866-488-7386 The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

Additional Information:

- [The Advocacy Alliance](#)
- [The Balanced Mind Foundation](#)
- [Bring Change 2 Mind](#)
- [The Depression Portal](#) The Depression Portal is here to educate, inform, and support those needing knowledge about depression.

- [Eating Disorder Resources for College Students](#) Find Help for Anorexia, Bulimia & Binge Eating on Campus
- [Eating Disorders at School](#) How to Spot the Signs & Where to Get Help for College Students
- [Feeling Blue Suicide Prevention Council](#)
- [Half of Us](#)
- [The Jason Foundation](#)
- [The Jed Foundation](#)
- [Let's Erase the Stigma \(LETS\) Educational Foundation](#)
- [Minds on the Edge](#)
- [Open Minds Open Doors](#)
- [Reach Out](#)
- [SAFE Alternatives \(Self Abuse Finally Ends\)](#)
- [Sources of Strength](#)
- [Teen Central](#)
- [To Write Love On Her Arms](#)
- [Yellow Ribbon Suicide Prevention Program](#)