It's Ok to Ask for Help

National Suicide Prevention Lifeline
1-800-273-TALK(8255)
Veterans: Press 1

Text TALK to 741741
Text with a trained counselor from the
Crisis Text Line for free, 24/7

The Trevor Project
TrevorLifeline: Available 24/7 at
1-866-488-7386
TrevorText: Text START to 678-678
TrevorChat: Via thetrevorproject.org

RAINN
National Sexual Assault Hotline
Lifeline: Available 24/7 at 1-800-656-4673
Chat: Via hotline.rainn.org

American Foundation for Suicide Prevention
afsp.org

Find a Mental Health Professional
findtreatment.samsha.gov
mentalhealthamerica.net/finding-help

Seize the Awkward
Seizetheawkward.org

To Write Love On Her Arms
Connect to mental health resources in your community
twloha.com/find-help

notOK App
notokapp.com
Allows you to upload the contact info of your closet friends and family into your trusted circle. If you're feeling the need for their help, all you have to do its tap the "notOk" button. It will send a message to your trusted circle and that way they can reach out and support you, when you need it most. To learn more about the app, visit notOKapp.com.