

Helplines and Resources

One Call Can Make a Difference

You can get help for your child using the following national resources. You may need to call several places to determine which one best meets your needs.

National Mental Health Resources

- **1-800-237-TALK (8255)** National Suicide Prevention Lifeline: Call for 24/7, 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 for free, 24/7 crisis support in the U.S.
- **<http://findtreatment.samhsa.gov>** Find quality treatment options close to home using Substance Abuse and Mental Health Service Administration's (SAMHSA) confidential and anonymous online treatment locator.
- **1-800-662-HELP (4357)** SAMHSA's National Helpline: Call for 24/7, free and confidential information for individuals and family members facing substance abuse and mental health issues.