

# 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.

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### 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.
- **<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.