

If you or a loved one is experiencing a mental health crisis or needs assistance, please reference the list of contacts below.

MENTAL HEALTH RESOURCES



IN AN EMERGENCY

Call 911

*Go to your nearest
Emergency Room*

*Call 988, National
Suicide Hotline
or use their live chat
option*



CRISIS HOTLINES

*Suicide Prevention Lifeline
call 988*

*CARES Line
1-800-345-9049*

*National Hopeline
1-800-442-HOPE*

*LGBT Youth Help Center
1-800-246-7743*

*Trans Lifeline
1-877-565-8860*

*Child Abuse & Neglect
1-800-25-ABUSE*

*Substance Abuse Helpline
1-800-662-HELP*

*National Domestic
Violence Helpline
1-800-799-SAFE*



TEXT LINES

*Text home to
741741*

*Text answer to
839863*



ONLINE HELP

*988lifeline.org
erikaslighthouse.org/*

nimh.nih.gov

imalive.org

teenhelp.com

lgbthotline.org

translifeline.org

samhsa.gov

