Counseling: Important Links

https://988lifeline.org/

Call 988. The National Suicide prevention Lifeline is a 24 hour, toll-free suicide prevention hotline. You will be routed to the closest possible crisis center in your area. WIth more than 130 crisis centers across the country, their mission is to provide immediate assistance to anyone seeking mental health services. Call for yourself or someone you care about. Your call is free and confidential. Web Chat is also available.

https://www.crisistextline.org/

ext HOME to 741741. Crisis Text Line is a free, 24/7, confidential text message service for people in crisis.

https://childmind.org/

The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain and empower parents, professionals and policymakers to support children when and where they need it most.

http://homeworkla.org/

Free Online tutoring, Test Prep, Job Search Assistance, and Resources

https://www.nami.org/Home

A national resource for individuals and families facing the challenges of mental illness, providing free mental health family-based education, family and peer support and grassroots advocacy.

Counseling: Important Links

https://adaa.org/

A national recourse for information on various situations triggering anxiety and depression.

https://www.anxietycanada.com/

A leader in developing online, self-help, and evidence-based resources on anxiety and anxiety disorders. The site provides information to help you understand anxiety, as well as resources and tools to help you manage anxiety.