

Finding Help: National Resources



For Local Resources, please call your county's social services number

Crisis Resources

National Suicide Prevention Lifeline.....800.273.8255, suicidepreventionlifeline.org
Crisis Text Line.....Text HOME to 741741, crisistextline.org

Community Resources

Teen Line - Youth Crisis.....310.855.4673, Text TEEN to 839863, teenlineonline.org
Veterans Crisis Line.....800.273.8255 and Press1, or Text 838255, veteranscrisisline.net
The Trevor Project (LGBTQ Youth).....866.488.7386, Text TREVOR to 202.304.1200, thetrevorproject.org
Trans Lifeline (Transgender Youth/Adults).....877.565.8860, translifeline.org

Suicide Prevention

Suicide Awareness Voices of Education.....888.511.SAVE (7283), [SAVE.org](https://save.org)
Suicide Prevention Resource Center.....877.438.7772, sprc.org
American Association of Suicidology.....202.237.2280, suicidology.org

Mental Health

National Alliance on Mental Illness (NAMI).....800.950.6264, nami.org
National Institute of Mental Health (NIMH).....866.615.6464, nimh.nih.gov
Anxiety and Depression Assoc. of America.....240.485.1001, adaa.org
Depression and Bipolar Support Alliance.....800.826.3632, dbsalliance.org

Coping With Grief

Suicide Awareness Voices of Education.....888.511.SAVE (7283), [SAVE.org](https://save.org)
The Dougy Center for Grieving Children and Families.....503.775.5683, dougy.org
The Compassionate Friends.....630.990.0010, compassionatefriends.org

Finding Treatment

Substance Abuse and Mental Health Services Administration (SAMHSA).....877.726.4727, samhsa.gov
Mental Health America.....703.684.7722, mentalhealthamerica.net
MentalHelp.....888.993.3112, mentalhelp.net
Theravive.....360.350.8627, theravive.com