

# EXTERNAL RESOURCES FOR EMPLOYEES



## NATIONAL CRISIS VENDORS

### 988 Suicide and Crisis Lifeline

- Dial 988
- 24/7 confidential crisis support
- Web: [988lifeline.org](https://www.988lifeline.org)

### Crisis Text Line

- Text "SAVE" to 741-741
- Free, confidential, 24/7
- Web: [crisistextline.org](https://www.crisistextline.org)

### Veterans Crisis Line

- Dial 988 then Press 1
- 24/7 Confidential crisis support
- Web: [veteranscrisisline.net](https://www.veteranscrisisline.net)

## LOCAL RESOURCES

### United Way 211

- Local crisis centers, mental health and social service centers can also be found through your local United Way 211 information and referral services
- Web: [211unitedway.org](https://www.211unitedway.org)

### Behavioral Health Treatment Services Locator (SAMHSA)

- A confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance use/addiction and/or mental health problems
- Phone: 1-800-662-HELP (4357)
- Web: [findtreatment.samhsa.gov](https://www.findtreatment.samhsa.gov)

## INFORMATIONAL ORGANIZATIONS

### National Alliance on Mental Illness

- Topic: Mental health and illness
- Advocacy, education, and support programs for mental illness
- Web: [nami.org](https://www.nami.org)

### Mental Health America

- Topic: Mental health and illness
- Information on mental health and wellness, prevention support services, and intervention and recovery information
- Web: [mhanational.org](https://www.mhanational.org)

### SAVE

- Topic: Suicide Prevention
- Educational programs, training and consulting, grief support, resources, and opportunities to raise awareness of suicide
- Web: [save.org](https://www.save.org)

## ONLINE THERAPY APPS

### BetterHelp

- Provides online professional counseling services
- Web: [betterhelp.com](https://www.betterhelp.com)

### Talkspace

- Provides online professional counseling services
- Web: [talkspace.com](https://www.talkspace.com)

