

Mental Health Resources

The list below includes top-tier USA national organizations but is not exhaustive. Check your local listings for help closer to home or search online for specific needs.

For anyone (but has a focus on younger people):

<https://www.activeminds.org/blog/what-really-happens-when-you-reach-out-to-crisis-lines/>

Crisis Text Line (text BRAVE to 741741)

National Suicide Prevention Lifeline 1-800-273-8255 – Starting July 16, 2022, you can dial 988 instead.

[The Trevor Lifeline](#) for LGBTQ Youth: call 1-866-488-7386

[The Trans Lifeline](#): call 1-877-565-8860

For anyone:

<https://www.nami.org/home>

National Alliance on Mental Illness.

Call the NAMI Helpline at 800-950-6264 or chat with us M-F, 10 a.m. – 10 p.m., ET.

In a crisis, text "NAMI" to 741741 for 24/7, confidential, free crisis counseling.

<https://www.samhsa.gov/find-help/national-helpline>

Substance Abuse and Mental Health Services Administration. 1-800-662-4357

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

<https://www.211.org/get-help/mental-health>

Whether you are looking for help for yourself, worried about someone else, or looking to partner with 211, start here to learn more about available mental health and substance use resources and services.

Always call 911 first if you or someone you love is experiencing a life-threatening medical emergency or may be a danger to someone else.

Call 211 if you need assistance locating long-term mental health resources, talking through a problem, or exploring mental health treatment options. Call 211 to speak with a live person who can help.

- 211 conversations are confidential, can be made anonymously, and are available in 180 languages upon request.

- If you prefer to text, use web chat, or search for resources online, click here to find more ways to contact [your local 211](#).

Other Mental Health Hotlines

You can always call 211 to speak to someone and find local assistance, but there are also dedicated helplines available to anyone in the U.S.

- National Suicide Prevention Lifeline: 1-800-273-8255 – Starting July 16, 2022, you can dial 988 instead.
- Veterans Crisis Line: call 1-800-273-8255 and press 1, or text 838255
- Crisis Text Line: text the word 'Home' to 741741
- [The Trevor Lifeline](#) for LGBTQ Youth: call 1-866-488-7386
- [The Trans Lifeline](#): call 1-877-565-8860

<https://www.rainn.org/resources>

National Sexual Assault Hotline: Confidential 24/7 Support

Call 800-656-4673 or chat online at: <https://online.rainn.org>

RAINN is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers across the country.

- The RAINN website also has resources for Domestic Abuse, Street Harassment, and more.
- DoD Safe Helpline: a service for members of the U.S. military and their families, operated by RAINN for the [Department of Defense](#)
 - [Online chat hotline](#)
 - Telephone hotline: 877.995.5247