

[National Suicide Prevention Lifeline \(NSPL\)](#)

Phone: 1-800-273-8255

The Suicide Prevention Lifeline is available 24 hours a day, 7 days a week. This free and confidential service will provide crisis resources for you or your loved ones. Their website also offers a live chat for anyone in need.

Below is a list of additional mental health resources:

[Crisis Text Line \(741-741\)](#)

TEXT: TALK to 741-741

The Crisis Text Line serves anyone, in any type of crisis, and it is available 24 hours a day, 7 days a week. Their trained Crisis Counselors are available for coping with any painful emotion for which you need support.

[#AloneTogether](#)

Ways to take care of yourself and others while we do our part to stop the spread of the virus.

[The American Foundation for Suicide Prevention \(AFSP\)](#)

1-888-333-2377

The American Foundation for Suicide Prevention raises awareness, funds research, and provides support and resources to those affected by suicide.

[Anxiety and Depression Association of America \(ADAA\)](#)

240-485-1001

For information on the symptoms, treatment, and prevention of anxiety and depression.

[Concussion Legacy Foundation](#)

Concussion and CTE Resources

[Depression and Bipolar Support Alliance \(DBSA\)](#)

1-800-826-3632

For information online or in-person support for those with bipolar disorder and depression.

[My3 App](#)

Define your network and your plan to stay safe.

[National Eating Disorders Association](#)

1-800-931-2237

[Now Matters Now](#)

Now Matters Now provides skills and support for coping with suicidal thoughts.

[Psychology Today](#)

Provides a national directory of therapists, psychiatrists, group therapy, and other options.

[RAINN](#)

1-800-656-4673

National Sexual Assault Hotline.

[Seize The Awkward](#)

Provides tips and tools to help young adults reach out to their friends about their mental health.

[Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)

1-800-662-4357

Provides referrals to mental health care, substance abuse, and dual diagnosis treatment at a low cost/sliding scale.

[Talkspace](#)

Online, on-demand digital therapy.

[The Trevor Project](#)

1-866-488-7386

The Trevor Project provides confidential support for lesbian, gay, bisexual, transgender, and questioning (LGBTQ) young people. Their phone hotline is available 24 hours a day, 7 days a week.

[TWLOHA](#)

Connect to mental health resources in your community.

[Veteran's Crisis Line](#)

1-800-273-8255 | TEXT: 838255

The Veterans Crisis Line is available for veterans in crisis and their families and friends who are in need of support. Their hotline, text message service, and online chat are available 24 hours a day, 7 days a week to provide confidential support to those facing a crisis.

Above all, help is available. If there is any question as to who can help start the process, your primary care physician is available to answer questions and provide referrals.