

## **United States**

### **Suicide prevention**

#### **National Suicide Prevention Lifeline:**

**Call 1-800-273-TALK (8255); En español 1-888-628-9454**

**Use Lifeline Chat on the web**

The Lifeline is a free, confidential crisis service that is available to everyone 24 hours a day, seven days a week. The Lifeline connects people to the nearest crisis center in the Lifeline national network. These centers provide crisis counseling and mental health referrals.

#### **Crisis Text Line**

The Crisis Text hotline is available 24 hours a day, seven days a week throughout the USA, UK, CA, and Ireland. The Crisis Text Line serves anyone, in any type of crisis, connecting them with a crisis counselor who can provide support and information.

**USA: text HOME to 741741**

### **Abuse and domestic violence**

**National Domestic Violence Hotline:** 800-799-7233

**Gay Men's Domestic Violence Project:** 800-832-1901

**STAND! For Families Free of Violence** crisis line: 888-215-5555

**Childhelp** National Child Abuse Hotline: 800-422-4453

**Darkness to Light** Child Sexual Abuse National Helpline: 866-367-5444

**Stop it Now!** Prevent child sexual abuse helpline: 888-PREVENT

**National Center for Missing and Exploited Children** Hotline: 800-843-5678

**RAINN** National Sexual Assault Hotline: 800-656- 4673

### **Addiction**

**SAMHSA's National Helpline** (substance abuse and mental health): 800-662-HELP (800-662-4357)

**Partnership to End Addiction:** 855-378-4373 or text CONNECT to 55753 to get one-on-one help to address your child's substance use

### **Bullying/Teens**

**Crisis Support Services** national helpline: 800-273-8255

**Teen Line** for youth in need of support: 800-852-8336 or text TEEN to 839863

**Boys Town** crisis hotline for girls and boys: 800-448-3000 or text VOICE to 20121

**Thursday's Child** National Helpline for teens and young adults: 800-USA-KIDS (800-872-5437)

**National Runaway Safeline** for runaway and homeless youth, teens in crisis, and concerned family/friends: 800-RUNAWAY (800-786-2929)

## **Eating disorders**

**National Eating Disorders Association Helpline**: 800-931-2237 (talk or text)

**National Association of Anorexia Nervosa and Associated Disorders (ANAD)** eating disorders helpline: 888-375-7767

**More-Love.org** Empowering parents to raise kids that are free from body hate and eating disorders

## **Mental health**

### **National Alliance on Mental Illness**

- **NAMI Helpline**: 1-800-950-6264 or text NAMI to 741-741

**Crisis Support Services** national helpline: 800-273-8255

### **Disaster Distress Helpline**:

#### **Call or text 1-800-985-5990**

The disaster distress helpline provides immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. The helpline is free, multilingual, confidential, and available 24 hours a day, seven days a week.

**Break the Cycle** 7 steps-improvement lessons to protect your family

### **Anxiety and Depression Association of America**

### **Depression and Bipolar Support Alliance**

### **Mental Health America**

### **National Institute of Mental Health**

### **Mental Health First Aid**

**S.A.F.E. Alternatives (Self-Abuse Finally Ends)** self-harm helpline: 800-DONT CUT (800-366-8288)

## **LGBTQ+**

**LGBT National Hotline**: 888-843-4564, 800-246-7743 (Youth Talkline), or 888-234-7243 (Senior Hotline)

**Trevor Lifeline** for LGBTQ youth: 866-488-7386 or text START to 678-678

**TransLifeline**: 877-565-8860

**Gay Men's Domestic Violence Project**: 800-832-1901

## **Parenting**

**National Parent Helpline**: 855-427-2736

**Crying Baby Hotline**: 866-243-2229

**Fussy Baby Warmline**: 888-431-BABY (888-431-2229)

## **Therapy**

**Psychology Today** A directory of therapists as well as a collection of articles on all things mental health

**Self-therapy Journey** An online tool for transforming your psychological issues and enhancing your self-confidence and well-being.

**Grow Therapy World** Free mental health and wellbeing online trainings

**New Beginnings Family Counseling** Articles and downloadable worksheets

**Mental Health Match** Find a licensed therapist that is best suited for your needs