

I'm in need of
**immediate
support**
for myself or
someone I know



TheHiddenOpponent.org



National Suicide Prevention Lifeline
Call 988

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

Call 911
if you or someone
you know is in
immediate danger
or go to the nearest
emergency room



Crisis Text Line
Text "HELLO" to 7417

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



Trevor Project Crisis Counseling
Call 1-866-488-7386, Text "START" to 678678

Our trained counselors are here to support you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the Trevor Lifeline now. Specializing in LGBTQ youth crisis counseling.

I'm in need of
long-term
support options



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Primary Care Provider

Your primary care practitioner can be an important resource, providing initial mental health screenings and referrals to mental health specialists. If you have an appointment with your primary care provider, consider bringing up your mental health concerns and asking for help.

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Insurance Companies

If you have health insurance, a representative of your insurance company will know which local providers are covered by your insurance plan. The websites of many health insurance companies have searchable databases that allow you to find a participating practitioner in your area.



University, College, or Medical Schools

Your local college, university, or medical school may offer treatment options. To find these, try searching on the website of local university health centers for their psychiatry, psychology, counseling, or social work departments.



Online & Digital Options

Telehealth has increased in recent years, and even more now with the ongoing pandemic. Talk Space, Better Help, and MD Live are great places to start.