

SUPPORT RESOURCES

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



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



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.



Crisis Text Line Text "HELLO" to 74174

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

Trained counselors are here to support 24/7, whether you are in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk. The organization specializes in LGBTQ youth crisis counseling.

SUPPORT RESOURCES

I'm in need of long-term
support options



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



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.



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.