MENTAL HEALTH RESOURCES

*For life-threatening emergencies, get immediate emergency assistance by calling 911, available 24 hours a day.*

Crisis Hotlines, Warmlines, Textlines, and Helplines:

The Suicide Prevention Lifeline
Call 1-800-273-8255

The Suicide Prevention Lifeline (Spanish)
Call 1-888-628-9454

The Crisis Text Line
Text START to 741741 from anywhere in the United States, anytime, about any type of crisis.

Disaster Distress Helpline
Call 1-800-985-5990

Trevor Lifeline (for LGBTQ youth)
Call 1-866-488-7386
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Trevor Text
Text “Trevor” to 1-202-304-1200

Veterans Crisis Line
Call 1-800-273-8255, Press 1

Veterans Text Line
Text to 838255

“Warmlines”
These are phone numbers in your area where trained volunteers -- often with lived experience -- can provide support over the phone. To find a warmline, dial 211, for information on local social services. Volunteers are not trained crisis counselors.

Substance Abuse and Mental Health Services Administration (SAMHSA) Helpline
Call 1-800-662-HELP (4357) -- available 24/7 in English and Spanish.
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National Sexual Assault Hotline
Call 800-656-HOPE (4673)

The National Domestic Violence Hotline
Call 1-800-799-7233

The National Alliance on Mental Illness (NAMI) Helpline
Call 800-950-6264, Monday through Friday, 10 a.m.– 6 p.m., ET

National Eating Disorders Association Helpline
Call 1-800-931-2237 on Monday - Thursday from 9 a.m. - 9 p.m. and Friday from 9 a.m. - 5 p.m. (EST).

Other Resources:
SAMHSA Treatment Locator
Call 800-662-4357.
This is not a crisis resource; use this page to find low cost/sliding scale mental health care, substance use, and dual diagnosis treatment.
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Anxiety and Depression Association of America (ADAA)  
Call 240-485-1001.  
ADAA provides information on coping with anxiety and depression.

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)  
Call 800-233-4050.  
CHADD provides information on ADD and ADHD, including local support groups.

Depression and Bipolar Support Alliance (DBSA)  
Call 1-800-826-3632.  
DBSA provides information on bipolar disorder and depression and offers in-person and online support groups.

International OCD Foundation  
Call 617-973-5801.  
The International OCD Foundation provides information on Obsessive Compulsive Disorder.
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Schizophrenia and Related Disorders Alliance of America (SARDAA)
Call 240-423-9432.
SARDAA maintains the Schizophrenia Anonymous groups.

TARA (Treatment and Research Advancements for Borderline Personality Disorder)
Call 1-888-482-7227. The group provides information, support, education and treatment options for people with Borderline Personality Disorder.

National Eating Disorders Association
Website provides information on eating disorders, treatment options, support groups, and more. Helpline listed above.

National Center for PTSD
Website provides information to help find local mental health services and information on trauma and PTSD.

Directory of American Association of Suicidology-Accredited Crisis Centers
An online directory of crisis centers in your state.