

MENTAL HEALTH RESOURCES

National Mental Health Crisis Lines

National Suicide Prevention Lifeline at 1-800-273-TALK (8255) (press 1 for veterans, 2 for Spanish) is a United States-based suicide prevention network of 161 crisis centers that provides a 24/7, toll-free hotline for anyone in suicidal crisis or emotional distress. After dialing 1-800-273-TALK (8255), the caller is routed to their nearest crisis center to receive immediate counseling and local mental health referrals. The Lifeline supports people who call for themselves or someone they care about.

Veteran Crisis Line (through the VA) Dial 1-800-273-8255 and Press 1 to talk to someone. Send a text message to 838255 to connect with a VA responder. Support for Deaf or Hard of Hearing: 1-800-799-4889

SAMSHA Disaster Distress Helpline, 1-800-985-5990, is a 24/7, 365-day-a-year, national hotline for crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call **1-800-985-5990** or text **TalkWithUs to 66746** to connect with a trained crisis counselor.

National Mental Health Treatment Resources

National Alliance on Mental Illness (NAMI) Information Helpline provides information and referral services. 1-800-950-NAMI (6264)

National Council for Behavioral Health can assist you in finding a local provider of behavioral health services and support. www.theNationalCouncil.org (click on “Find a Provider”)

National Substance Use Disorder Treatment Resources

SAMHSA’s National Helpline provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations. 1-800-662-HELP (4357) and <http://findtreatment.SAMHSA.gov>

National Council for Behavioral Health can assist you in finding a local provider of behavioral health services and support. www.theNationalCouncil.org (click on “Find a Provider”)

National Gay, Lesbian, Bisexual, Transgender Support Resources

GLBT National Help Center offers a variety of chat lines for LGBTQIA+ adults, youth at 1-888-843-4564 and www.glnh.org.

GLBT National Youth Talkline offers free and confidential peer support for the LGBTQIA+ and questioning community ages 25 and younger at 1-800-246-PRIDE (1-800-246-7743) and www.glnh.org/talkline.

Trevor Project Crisis Line for LGBTQ Youth is the leading national organization providing crisis intervention and suicide prevention services to LGBTQ young people under 25 at 1-866-4-U-TREVOR (488-7386) and <http://www.thetrevorproject.org/>. Youth can also text with a counselor by texting START to 678678.

Minority Mental Health

Minority Mental Health

Resources: <https://www.minorityhealth.hhs.gov/omh/content.aspx?ID=9447>

Minority Mental Health Disparities and Educational

Information: <https://www.psychiatry.org/psychiatrists/cultural-competency/education/mental-health-facts>

National Domestic Violence, Abuse, and Sexual Assault Resources

National Child Abuse Hotline 1-800-4-A-CHILD (1-800-422-4453)

National Domestic Violence Hotline 1-800-799-SAFE (7233) and 1-800-787-3224 (hearing impaired line)

National Sexual Assault Hotline 1-800-656-HOPE (4673)

RAINN (Rape, Abuse & Incest National Network) 1-800-656-HOPE (4673) and www.rainn.org

Veterans Resources

Veteran Crisis Line (through the VA) Dial 1-800-273-8255 and Press 1 to talk to someone. Send a text message to 838255 to connect with a VA responder. Support for Deaf or Hard of Hearing: 1-800-799-4889

Supportive Services for Veteran Families (organization that houses homeless vets in permanent housing) www.va.gov/homeless/SSVF/

Self-Help Resources

NAMI Peer Support and Family Support Groups call the Helpline at 1-800-950-NAMI (6264) or go to www.nami.org

Depression and Bipolar Support Alliance 1-800-273-TALK or text DBSA to 741-741 or go to www.dbsalliance.org

Alcohol Anonymous www.aa.org/pages/en_US/find-aa-resources

Narcotics Anonymous 1-888-GET-HOPE (438-4673) (Hopeline) www.na.org/meetingsearch

United Church of Christ Mental Health Resources

UCC Health and Wholeness in the Midst of COVID19:

<https://www.ucc.org/health-and-wholeness-in-the-midst-of-covid-19>

UCC Mental Health Network: <http://mhn-ucc.blogspot.com>