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Guide for National and Local Mental Health Resources

Crisis Text Line

Text HOME to 741741

Crisis Text Line is the free, nationwide, 24/7 text message service for people in crisis. Text HOME to 741741 in the US. Text with a trained Crisis Counselor from anywhere in the US.

National Association for Anorexia Nervosa

630-577-1330

A non-profit (501 c 3) corporation that seeks to prevent and alleviate the problems of eating disorders, including anorexia nervosa, bulimia nervosa and binge eating disorder. ANAD advocates for the development of healthy attitudes, bodies, and behaviors.

National Domestic Violence Hotline

800-233-4357

The National Domestic Violence Hotline is a 24-hour confidential service for survivors, victims and those effected by domestic violence, intimate partner violence and relationship abuse. The Hotline advocates are available at 1-800-799-SAFE and through online chatting at www.TheHotline.org. All calls are free and confidential.

National Suicide Prevention Lifeline

800-273-8255

The National Suicide Prevention Lifeline is a United States-based suicide prevention network of 161 crisis centers that provides a 24/7, toll-free hotline available to anyone in suicidal crisis or emotional distress. After dialing 1-800-273-TALK, 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.

Trevor Lifeline

866-488-7386

The Trevor Lifeline is the only nationwide, around-the-clock suicide prevention and crisis intervention lifeline for LGBTQ youth. The Trevor Lifeline is a free and confidential service that offers hope and someone to talk to, 24/7.

Veteran's Crisis Hotline

800-273-8255

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call 1-800-273-8255 and Press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year.