

National Mental Health Resources

Please note that this resource list is intended to serve as a reference guide only — the services & providers listed are not endorsed by Lines for Life.

**CONSTRUCTION
SUICIDE
PREVENTION
PARTNERSHIP**

Hotlines

National Suicide and Crisis Lifeline: <https://988lifeline.org>

Dial or text : 988
24/7

A free, confidential service for people who are suicidal or experiencing a mental health crisis at the time of their call. Third parties are welcome to call to assist someone in need. Veterans can access the Veterans Crisis Line by calling the National Suicide Prevention Lifeline and pressing 1.

Crisis Text Line : <https://www.crisistextline.org>

Text HOME to 741741
24/7

For those in crisis and needing support, the Crisis Text Line offers the ability to text with trained Crisis Counselor volunteers. Their website offers additional information on what to expect when you send in a text.

SAMHSA's National Helpline: <https://www.samhsa.gov/find-help/national-helpline>

1-800-662-4357
24/7

SAMHSA's Helpline provides free and confidential referral services in both English and Spanish to those going through a mental health or substance use challenge and their loved ones. Call takers connect callers to local treatment facilities, support groups, and community-based organizations.

RAINN National Sexual Assault Hotline : <https://rainn.org>

800-656-4673
24/7

The RAINN National Sexual Assault Hotline provides confidential support, resources, and next steps for survivors of sexual assault. There is also the option to chat through their website, where extra security steps have been taken to protect the privacy and confidentiality of those who reach out.

National Teen Dating Abuse Hotline : <https://www.loveisrespect.org>

1-866-331-9474
Text loveis to 22522
24/7

Love Is Respect offers support to teens who are experiencing or think they may be experiencing dating abuse of any kind. Teens can reach out through calls, text, or chat on their website. Anyone who uses their services can find what to expect on their site. There are also specific services for deaf and hard of hearing folks and Native Americans.

Hotlines (continued)

The Trevor Project: <https://www.thetrevorproject.org>

1-866-488-7386
Text START to 678678
24/7

The Trevor Project offers text, call, and chat support to youth who identify as LGBTQ. On their website, they also offer an online community space for young LGBTQ people and resources on mental health, suicide, and sexuality.

The Trans Lifeline: <https://translifeline.org>

877-565-8860
24/7

The Trans Lifeline offers support to those who identify as trans in their moments of need. All call takers at the Trans Lifeline identify as trans and are there to provide resources and support to callers. In addition, the organization also offers a friend and family line for those supporting a trans person in their life. They also periodically provide a limited number of microgrants to assist those in the process of legally changing their names.

SAGE LGBTQ+ Elder Hotline: <https://www.sageusa.org>

877-360-5428
24/7

The LGBTQ+ Elder Hotline supports older adults who identify as LGBTQ+ by connecting them to responders who are trained in crisis intervention and can offer resources. Call takers also identify as LGBTQ+ and can offer peer support with their lived experience. They also offer many other resources for folks, such as SAGEConnect, a buddy system for older adults to receive weekly phone calls.

Vets4Warriors Hotline: <https://www.vets4warriors.com>

1-855-838-8255
24/7

Vets4Warriors offers support to the military, veterans, and their families via call, email, and chat. This line is not a crisis line, but their call takers are veterans and members of the military community who are there to assist with problems before they reach crisis levels. They also offer follow-up services to provide continued support to those who need it.

Search for Help

Psychology Today: <https://www.psychologytoday.com/us>

Search for therapists, psychiatrists, treatment centers, and support groups by location. Users can also add additional filters for criteria like insurance, specialty, and some identities. The website also provides specific information and articles on different types of mental health challenges.

SAMHSA Behavioral Health Treatment Services Locator: <https://findtreatment.samhsa.gov>

This search engine allows users to search for mental health and substance use facilities by location. There are many different filters to narrow down the search.

Find Treatment: <https://www.findtreatment.gov>

This search engine allows users to search for substance use facilities by location. There are many different filters to narrow down the search.

VA Find Local Treatment: <https://www.mentalhealth.va.gov/get-help/local-care.asp>

This site offers several search engines to find mental health facilities, PTSD programs, and vet centers throughout the United States for veterans through the VA.

Inclusive Therapists: <https://www.inclusivetherapists.com>

Inclusive Therapists enables people to search for therapists in their area by many different search criteria. Therapists can be filtered by many different types of identities, languages, spiritual practices, and cultures. There is also the option to submit your criteria and therapists who fit what you are looking for will reach out to you.

Therapy for Black Girls: <https://therapyforblackgirls.com>

Therapy for Black Girls connects Black women to qualified therapists in their area. They also offer a guide to getting started with therapy, a podcast, and an online community for Black women.

Search for Help (continued)

Therapy for Black Men: <https://therapyforblackmen.org>

Therapy for Black Men connects users to Black therapists in their area. They also provide access to life coaches, articles, resources, and sometimes even give out financial assistance for Black men seeking therapy.

Therapy for Latinx: <https://www.therapyforlatinx.com>

Therapy for Latinx allows users to search for therapists that are culturally competent in serving the Latinx community. There are options to filter by different identities, languages, issues, and even the accessibility of the therapist's office.

Additional Reading and Resources for Loss Survivors

American Association of Suicidology: Resources for Suicide Loss Survivors

- <https://suicidology.org/resources/suicide-loss-survivors/>

SAVE: Grief After Suicide

- <https://save.org/what-we-do/grief-support/>

Suicide Prevention Lifeline: Loss Survivors

- <https://suicidepreventionlifeline.org/help-yourself/loss-survivors/>

AFSP: I've Lost Someone

- <https://afsp.org/ive-lost-someone>