

RESOURCE LIST

Below, you'll find a list of resources, including hotlines, partner organizations, and expert information from Mental Health America to help you or a loved one as you work on your mental well-being.

Crisis and Immediate Support Resources

988 Suicide & Crisis Lifeline: The Lifeline provides 24/7, free, and confidential support to people in distress – you don't need to be suicidal to reach out. Call 1-800-273-8255 to be connected with a crisis counselor. Crisis counselors who speak Spanish are available at 1-888-628-9454.

988 Textline: When you text 988, you will complete a short survey letting the crisis counselor know a little about your situation. You will be connected with a trained crisis counselor in a crisis center who will answer the text, provide support, and share resources if needed.

Crisis Text Line: If you prefer texting to talking on the phone, text HELLO to 741-741 to be connected with a crisis counselor who will help you get through your big emotions.

2-1-1: If you need assistance finding food, paying housing bills, accessing free childcare, or other essential services, visit 211.org or dial 211 to speak to someone who can help. Run by the United Way.

BlackLine: BlackLine provides a space for peer support, counseling, witnessing, and affirming the lived experiences of those who are most impacted by systematic oppression with an LGBTQ+ Black femme lens. Call 1-800-604-5841.

Caregiver Help Desk: Contact Caregiver Action Network's Care Support Team by dialing 855-227-3640. Staffed by caregiving experts, the Help Desk helps you find the right information you need to help you navigate your complex caregiving challenges. Caregiving experts are available 8 a.m. – 7 p.m. ET.

Childhelp National Child Abuse Hotline: If you or a child you know is being hurt or doesn't feel safe at home, you can call or text 1-800-4-ACHILD (1-800-422-4453) or start an online chat at [childhelp.org](https://www.childhelp.org) to reach a crisis counselor. They can help you figure out next steps to work through what is happening and stay safe.

Disaster Distress Helpline: A crisis line to support individuals when natural or man-made traumatic events occur, such as floods, earthquakes, and terrorist acts. The Helpline will provide information, support, and counseling. Call 1-800-985-5990.

Domestic Violence Hotline: If you're experiencing domestic violence, looking for resources or information, or are questioning unhealthy aspects of your relationship, call 1-800-799-7233 or go to thehotline.org to virtually chat with an advocate.

Naseeha: Naseeha is a Mental Health Helpline that answers calls from around the world from Muslims and non-Muslims. Call 1-866-627-3342 for 24/7 help.

Physician Support Line: The Physician Support Line is available at 1-888-409-0141 every day from 8 a.m. – 1:00 a.m. ET. Physician Support Line is a national, free, and confidential support line service made up of 600+ volunteer psychiatrists to provide peer support for other physicians and American medical students.

Project LETS: Project LETS offers a Trans Lifeline to provide support to individuals in crisis or approaching a crisis without police involvement to prevent ongoing systemic disparities for trans populations. Phone: 877-565-8860.

StrongHearts Native Helpline: Call 1-844-762-8483. The StrongHearts Native Helpline is a confidential and anonymous culturally appropriate domestic violence and dating violence helpline for Native Americans, available every day from 7 a.m. – 10 p.m. CT.

Teen Line: The Teen Line provides support, resources, and hope to young people through a hotline of professionally trained teen counselors, and outreach programs that destigmatize and normalize mental health. Call 800-852-8336 nationwide (6 p.m. – 10 p.m. PST) or text TEEN to 839863 (6 p.m. – 10 p.m. PST).

The Trevor Project: The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer and questioning youth. Trained counselors are available 24/7 to youth in crisis, feeling suicidal, or in need of a safe judgment-free person to talk to. Call 1-866- 488-7386, text START to 678-678, or start an online chat at thetrevorproject.org/get-help.

Trans Lifeline: Dial 1-877-565-8860 for US and 877-330-6366 for Canada. Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers.

The Partnership for Drug-free Kids Helpline: Call 1-855-378-4373 if you are having difficulty accessing support for your family or a loved one struggling with addiction faces care or treatment challenges. The Partnership for Drug-free Kids' specialists can guide you. Support is available in English and Spanish, from 9 a.m. – midnight ET on weekdays and noon–5 p.m. ET on weekends.

Veterans Crisis Line: This 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. Open 24/7 call, 1-800-273-8255.

Warmlines: Warmlines are staffed by trained peers who have been through their own mental health struggles and know what it's like to need someone to talk to. For more information on warmlines, visit screening.mhanational.org/content/need-talk-someone-warmlines

Your Life, Your Voice Hotline: The Boys Town National Hotline is open 24 hours a day, 365 days a year to support teens and caregivers with a variety of mental health topics such as anxiety, suicidal ideation, and relationships. The hotline is staffed by trained Boys Town counselors and is accredited by the American Association of Suicidology (AAS). Spanish-speaking counselors and translation services for more than 100 languages also are available. The speech- and hearing-impaired can contact this service at hotline@boystown.org. Call 1-800-448-3000 or text VOICE to 20121 to get started.

MHA Resources

Affiliate Network: Mental Health America affiliates provide public education, information and referral, support groups, rehabilitation services as well as socialization and housing services to those confronting mental health problems and their loved ones. Many also provide family advocate services to parents of children with serious emotional disturbances, mentorship or peer support for adults recovering from mental health conditions, and professional education to those working in the mental health field. They serve as local leaders in the support and development of consumer-run initiatives and primary prevention programs, including those in schools. To find the affiliate nearest you, search at arc.mhanational.org/find-affiliate.

MHA's Peer Bridger Program: MHA launched a program providing texting support for people with mental health and addiction needs. The program is free for those living in the United States. The text line operates from 10 a.m. to midnight 12 a.m. ET, Monday through Friday (excluding holidays).

If you're interested in trying our texting line, you can text HELLO to 571-487-7456. If you'd like, you can also share your "name" (real or made up) and what's on your mind. There's no right or wrong way to start.

MHA Screening: Online screening at mhascreening.org is one of the quickest and easiest ways to determine if you're experiencing symptoms of a mental health condition. Our screens are free, confidential, and scientifically validated.

Young Leaders Initiatives: Mental Health America's youth programs empower aspiring and established young advocates to ignite their communities and build a mentally healthy future for all. Through leadership development, policy, and research, we're cultivating the next generation of mental health leaders. Young people power all of our programs, where individuals, initiatives, and knowledge converge to transform youth mental health. We provide young leaders with the tools they need to drive change in their communities. Our programs help young people expand their reach, grow their skills, and get connected to the greater ecosystem of mental health advocacy. Learn more about MHA young leaders at mhanational.org/young-leaders.



Mental Health America

mhanational.org

Contact us

info@mhanational.org

Instagram, Facebook, Threads
[@mentalhealthamerica](https://www.instagram.com/mentalhealthamerica)

X/Twitter
[@mentalhealtham](https://twitter.com/mentalhealtham)

Partner Organizations

AAKOMA Project builds the consciousness of youth of color and their caregivers on the recognition and importance of mental health empowers youth and their families to seek help and manage mental health, and influences systems and services to receive and address the needs of youth of color and their families. aakomaproject.org

Alliance for a Healthier Generation works with schools, youth-serving organizations, businesses, communities, and families to promote health equity environments that support whole-child health. These programs and initiatives offer resources, webinars, and learning opportunities for people who have a passion for supporting happy and healthy children. healthiergeneration.org

Anxiety and Depression Association of America (ADAA) is an international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through the alignment of science, treatment, and education. adaa.org

Asian Counseling and Referral Services (ACRS) promotes social justice and the well-being and empowerment of Asian Americans and Pacific Islanders and other underserved communities – including immigrants, refugees, and American-born – by developing, providing, and advocating for innovative, effective, and efficient community-based multilingual and multicultural services. acrs.org

Asian Mental Health Collective aspires to make mental health services easily available, approachable, and accessible to Asian communities worldwide. asianmhc.org

Black Emotional and Mental Health Collective (BEAM) is a national training, movement-building, and grantmaking institution that is dedicated to the healing, wellness, and liberation of Black and marginalized communities. beam.community

Black Girls Can Heal is an online community and coaching program dedicated to helping women break the cycles of unavailable partnerships, unhealthy relationships, and feeling not enough to provide via evidence-based and real, actionable tools. blackgirlsheal.org

Black Men Heal provides access to mental health treatment, psycho-education, and community resources to men of color. blackmenheal.org

Calathea Wellness helps first-generation Latine professionals embrace their bicultural identity to elevate their confidence, deepen their connections, and amplify their individual and professional fulfillment. calatheawellness.com

Caregiver Action Network (CAN) is the nation's leading family caregiver organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. Individuals can reach out for guidance and support to their dedicated Caregiver Help Desk. caregiveraction.org

Cook Center for Human Connection brings together the best organizations, programs, and products to prevent suicide, provide mental health support, and enhance human connections essential for people to thrive. cookcenter.org

Estoy Aquí offers innovative training programs to providers in the helping professions who want to learn about the socio-cultural aspects of mental health in Latine and Black communities. estoy-aqui.org

Faces and Voices of Recovery works to change the way addiction and recovery are understood and embraced through advocacy, education, and leadership. facesandvoicesofrecovery.org

Future of SEL helps people develop mindful work habits, make better business decisions, and build positive relationships to retain talent and create well spaces for all so that owners, leaders, and employees are living and leading well. futureofsel.com

Generations United works to improve the lives of children, youth, and older people through intergenerational collaboration, public policies, and programs for the enduring benefit of all. gu.org

Health Equity Collaborative seeks to eliminate health disparities through a holistic and intersectional approach to healthcare. healthequitycollaborative.org

Human Rights Campaign (HRC) is focused on mobilizing those who envision a world strengthened by diversity, where our laws and society treat all people equally, including LGBTQ+ people and those who are multiply marginalized. hrc.org

imi is a series of guides designed with and for LGBTQ+ teens to help explore and affirm their identity. Guides are free, backed by science, and help teens learn practical methods to cope with sexual and gender minority stress in ways that are helpful, relevant, inclusive, and joyful. imi.guide

Inclusive Therapists works to make the process of finding a therapist simpler and safer, centering the needs of BIPOC and LGBTQIA2S+ intersections (QTBIPOC). Their mission prioritizes the voices and expressions of neurodivergent and disabled communities of color. inclusivetherapists.com

Informed Immigrant is a digital hub and offline network offering the most up-to-date and accessible information and guidance for the undocumented immigrant community. informedimmigrant.com

Institute for Muslim Mental Health promotes Muslim Americans' mental health through research, resource development, training, and advocacy. muslimmentalhealth.com

Khalil Center is a psychological and spiritual community wellness center advancing the professional practice of psychology rooted in Islamic principles. khalilcenter.com

The Kids Mental Health Foundation is driven to create a world where mental health is a vital part of growing up, where children's mental health is as important as their physical health, and where we teach grown-ups the skills to help kids face and manage life's challenges through free resources. kidsmentalhealthfoundation.org

Latinx Parenting is a bilingual organization rooted in children's rights, social and racial justice, and antiracism, the individual and collective practice of nonviolence and reparenting, intergenerational and ancestral healing, cultural sustenance, and the active decolonization of oppressive practices in our families. latinxparenting.org

Latinx Therapy is a national directory for Latinx Therapists in private practice. Latinx Therapy works to destigmatize mental health in the Latinx community by providing a bilingual podcast, a national directory, and culturally grounded workshops and services. latinxtherapy.com

Mental Health Coalition (MHC) was formed to catalyze like-minded communities to work together to destigmatize mental health and empower access to vital resources and necessary support for all, the MHC connects individuals to a range of different resources from Coalition members. thementalhealthcoalition.org

The Mental Health Collaborative works to build resilient communities through mental health education and awareness, decreasing stigma, and opening the door to conversations about mental health. They train schools, organizations, and communities in mental health literacy – the foundational education that all of us need to promote our best mental health. mentalhealthcollaborative.org

Mixed in America aims to empower the mixed community by facilitating supportive spaces for mixed individuals to explore and unpack their identities. Mixed in America offers services for adults, children, affinity groups, schools, and businesses. Our approach is trauma-informed, holistic, inclusive, and autonomous. mixedinamerica.org

Muslim Wellness Foundation utilizes a holistic and spiritually grounded psychological approach to cultivate honest conversations and experiences wherein radical healing, belonging, and growth can flourish. muslimwellness.com

Mustard Seed Generation exists to eradicate barriers to mental health that increase life dissatisfaction, family dysfunction, and suicide in the Korean American community. We provide culture-specific training to increase the mental health literacy of Korean American churches, families, and youth. mustardseedgeneration.org

Nalgona Positivity Pride is an unconventional eating disorder awareness organization that shines a light on the often-overlooked societal factors that perpetuate unrealistic and oppressive beauty and health standards. NPP offers a vital space for BIPOC individuals to celebrate and embrace their bodies and identities. nalgonapositivitypride.com

National Alliance for Eating Disorders works tirelessly to raise awareness; eliminate secrecy and stigma; promote access to care; and support those susceptible to, currently experiencing, and recovering from eating disorders. allianceforeatingdisorders.com

National Network for Immigrant and Refugee Rights (NNIRR) works to defend and expand the rights of all immigrants and refugees, regardless of immigration status. nnirr.org

National Queer and Trans Therapists of Color advances healing justice by transforming mental health for queer and trans BIPOC individuals. ngttcn.com

National School Boards Association (NSBA) works with and through state association members to advocate for equity and excellence in public education through school board leadership. nsba.org

The National Parent Teacher Association is a network of millions of families, students, teachers, administrators, and business and community leaders devoted to the educational success of children and the promotion of family engagement in schools. pta.org.

Native Hope exists to address the injustice done to Native Americans. We share Native stories, provide educational resources, and assist Native communities. nativehope.org

One Sky Center is a National Resource Center for American Indian and Alaska Native health, education, and research. It is dedicated to quality health care across Indian Country. oneskycenter.org

Project Heal works to break down systemic, health care, and financial barriers to eating disorder healing. Project Heal's goal is to change the system and, in the meantime, provide lifesaving support to people with eating disorders who the system fails. Learn more at theprojectheal.org.

Project LETS builds peer support collectives, leads political education, develops new knowledge and language around mental distress, organizes and advocates for the liberation of our community members globally, and creates innovative, peer-led, alternatives to our current mental health system. projectlets.org

Q Chat Space provides live, chat-based discussion groups for LGBTQ+ and questioning teens ages 13-19. It is not a forum, and there is no video or audio. Everyone is chatting during the same pre-scheduled time. Q Chat Space chats are facilitated by experienced staff and volunteers from youth programs at LGBTQ+ centers across the U.S. Q Chat Space facilitators are not mental health professionals. qchatspace.org.

Radical Mental Health First Aide (RMHFA) is a framework and tool to support you as you make attempts to decenter the medical model from the way you access care, support, love or whatever words you and your community prefer. connectwithoumou.com/radical-mental-health-first-aide

Recovery Dharma Online (RDO) is an independent Recovery Dharma community that works together to host safe, inclusive, and reliable Buddhist-inspired recovery meetings. recoverydharma.online

Rooted in Radiance empowers historically underinvested communities in Washington, D.C. to prioritize their well-being through innovative, culturally tailored wellness programming. We offer on-site and virtual solutions focused on stress reduction, mental health, and holistic wellness, integrating meditation, breathwork, yoga, and mindfulness to support individuals and teams in achieving peak performance and lasting health. rootedinradiance.com

Rural Minds serves as the informed voice for mental health in rural America, and to provide mental health information and resources. ruralminds.org

Teen Talk App is a free, safe, and anonymous space where teens can freely speak to their peers about everyday issues and their overall mental health. Teen Advisors are trained to support their peers through a wide range of experiences, including anxiety, depression, relationships, family issues, school, and more. Teen Advisors are supervised by licensed mental health professionals. teentalkapp.org

Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls. therapyforblackgirls.com

Therapy for Black Men wants to break the stigma that asking for help is a sign of weakness. With a rapidly growing directory of 608 therapists and 50 coaches throughout the 50 states thus far, Therapy for Black Men provides judgment-free, multiculturally-competent care to Black men. therapyforblackmen.org

Therapy for Latinx was created to make finding a mental health provider as easy as possible. Search our listings to find therapists that honor who you are, provide services with dignity, and can code-switch like the best of them. therapyforlatinx.com

To Write Love on Her Arms (TWLOHA) is a nonprofit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide. TWLOHA exists to encourage, inform, inspire, and invest directly into treatment and recovery. twloha.com

TrevorSpace is an affirming international community for LGBTQ young people ages 13-24. TrevorSpace helps young people explore their identities, get advice, find support, and make friends in a moderated community intentionally designed for them. trevorspace.org

Well Beings brings together partners from across the country, including youth, families, caregivers, educators, medical and mental health professionals, social service agencies, private foundations, filmmakers, corporations, and media sponsors, to create awareness and resources for better health and well-being. wellbeings.org

WithAll aims to serve millions of people with simple, accessible resources that work to reduce the risk of eating disorders through upstream prevention and help people break through practical barriers in pursuing recovery. withall.org

Yellow Chair Collective (YCC) provides culturally relevant therapy for Asian Americans. YCC doesn't simply view therapy as addressing the problem you're facing or the symptom you're experiencing. YCC takes into account who you are as a person first and what is truly important to you. yellowchaircollective.com