



## National Resources

### **Nami (National Alliance on Mental Illness)**

- Educational Resources
- Information on Local Support Groups and Services

Phone: 1-800-950-6264

Email: [info@nami.org](mailto:info@nami.org)

Website: <https://www.nami.org/>

HelpLine (*Help/Support Services Monday through Friday 10AM-10PM ET*)

Text "HelpLine" to 62640

Email: [helpline@nami.org](mailto:helpline@nami.org)

Phone: 1-800-950-6264

Online Chat Feature Available via Website

### **Crisis Services** (Sponsored Through NAMI-National Alliance on Mental Illness)

Text or Call 988

Text HOME to 741-741

Free 24/7 Crisis Support Via text Message

### **National Suicide Hotline**

Phone: 1-800-273-8255

Text or Call: 988

Website: <https://suicidepreventionlifeline.org/>

Online Chat Available

24/7 toll free support available



### **National Domestic Violence Hotline**

Phone: 800-799-7233

Text "START" to 88788

Website: <http://www.thehotline.org/>

- Support for those experiencing domestic violence or seeking resources and information.
- Confidential 24/7 support via telephone call
- Online Chat Available

### **National Sexual Assault Hotline**

Phone: 800-656-4673

Website: <https://www.rainn.org/>

Crisis Chat Support Available

24/7 free support and access to free services for those in need.

### **Veterans Crisis Line**

Phone: 988, then Press 1

If calling from overseas (off-base), visit web page for direct number: [Veterans Crisis Line](#)

Text: 838255

Website: <https://www.veteranscrisisline.net/>

<https://www.mentalhealth.va.gov/>

Chat Available; 24/7 Free Confidential Support Available

### **Nami Helpful Resources**

Website: [NAMI HelpLine](#)

NAMI Resource Directory: [HelpLine-Resource-Directory.pdf](#)

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### **Free Apps to Help with a Variety of Symptoms**

Article on many free apps that are out there which help with cognitive distortions, mindfulness, stress management, anxiety, etc:

<https://greatist.com/grow/resources-when-you-can-not-afford-therapy>



# International Resources

## **World Health Organization – Mental Health**

Information on Mental Health

Website: [http://www.who.int/mental\\_health/en/](http://www.who.int/mental_health/en/)

## **International Association for Suicide Prevention**

Website: [http://www.iasp.info/resources/Crisis\\_Centres/](http://www.iasp.info/resources/Crisis_Centres/)

## **Now Matters Now (Suicide Prevention Support)**

Website: <http://www.nowmattersnow.org/help-line>

Text/ Chat options Available for US, Canada, United Kingdom, Australia and New Zealand

## **Recovery and Mental Health- International Support Lines**

Website: <http://recoveryandmentalhealth.tumblr.com/hotlines>

## **Suicide Hotlines-International List**

Website: <http://www.suicide.org/international-suicide-hotlines.html>