



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

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

Crisis Text Line (Sponsored Through NAMI-National Alliance on Mental Illness)

Text NAMI to 741-741; Text HOME to 741-741

Free 24/7 Crisis Support Via text Message

National Suicide Hotline

Phone: 1-800-273-8255

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

Online Chat Available

24/7 toll free support available

National Domestic Violence Hotline

Phone: 800-799-7233

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

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



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: 1-800-273-8255, Press 1

Text: 838255

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

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

Chat Available; 24/7 Free Confidential Support Available

Nami Helpful Resources

Website: <https://www.nami.org/Find-Support/NAMI-HelpLine/Top-25-HelpLine-Resources>

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/

International Association for Suicide Prevention

Website: 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>