

Mental Health Resources

Crisis Text Line: Text HOME to 741741; message is sent out via a secure platform to a live, trained crisis counselor; free and confidential

National Eating Disorders Association (NEDA) Helpline: call (800) 656-HOPE / (800) 810-7440 (TTY); for support, resources, and treatment options regarding disordered eating

National Suicide Prevention Lifeline: Call 800-273-8255; 24/7 toll-free number; available to anyone in suicidal crisis or emotional distress

National Suicide Prevention Lifeline (for deaf / hard of hearing): Can chat via online platform; TTY users can utilize preferred relay service or dial 711 then 800-273-8255

National Teen Dating Abuse Hotline: call 866-331-9474 or visit loveisrespect.org; 24/7 text, phone, and live chat services; support regarding healthy dating / identifying red flags about relationships

Rape, Abuse, and Incest National Network (RAINN): call 1-800-656-4673; sexual assault telephone hotline

SAMHSA's National Helpline: call 1-800-662-HELP (4357); free / confidential hotline for individuals facing mental and/or substance use disorders, to find referrals to resources; available 24/7

The Trevor Project: call 1-866-488-7386; text START to 678-678; chat available online; crisis intervention and suicide prevention services for LGBTQ+ youth

Trans Lifeline: call 877-565-8860; trans-led organization that aims to connect trans folks to resources they need