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SECURITY

Mental Health Resources – USA

- <https://www.mhanational.org/>
- <https://www.mentalhealth.gov/>
- <https://www.nimh.nih.gov/health/find-help>
- <https://www.medicalnewstoday.com/articles/mental-health-resources>
- <https://www.betterhelp.com/>

SUICIDE PREVENTION & CRISIS HOTLINES

Suicide prevention: Call 911

National Suicide Prevention Lifeline (ENGLISH) - Phone: 1-800-273-8255 (available 24/7)

National Suicide Prevention Lifeline (SPANISH) – Phone: 1-888-628-9454 (available 24/7)

National Suicide Prevention Lifeline (for anyone hard of hearing) – dial 711 then 800-273-8255 or use the preferred relay service

Crisis counselor text line (ENGLISH) – Text TALK to 741741 or text HOME to 741741

Crisis counselor text-line (SPANISH): Text HOLA to 741741 or text 442-AYUDAME in Whatsapp to be connected with a Spanish-speaking crisis counselor.

General counselling support for deaf people and those with hearing loss: 1-800-799-4899

Online chat: <https://suicidepreventionlifeline.org/chat/> (available 24/7)

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

The Veterans Crisis Line



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This service is available to anyone, even those not registered or enrolled with the U.S. Department of Veterans Affairs.

- **Phone:** 800-273-8255 and press 1 (available 24/7)
- **Text:** 838255 (available 24/7)
- **Online chat:** <http://www.veteranscrisisline.net/get-help/chat> (available 24/7)
- **Website:** <http://www.veteranscrisisline.net/>

The Trevor Project

This service provides crisis intervention and suicide prevention for LGBTQ+ youth via hotline, online chat, texting, and an online support center:

- **Phone:** 866-488-7386 (available 24/7)
- **Text:** START to 678678 (available 24/7)
- **Online chat:** <https://www.thetrevorproject.org/get-help-now/> (available 24/7)
- **Website:** <https://www.thetrevorproject.org/>

SAMHSA's National Helpline (Substance Abuse)

The Substance Abuse and Mental Health Services Administration's (SAMHSA) national helpline offers confidential treatment referrals in both English and Spanish to people with [mental health](#) conditions, substance use disorders, or both.

- **Phone:** 800-662-4357 (available 24/7)
- **Support for deaf people and those with hearing loss:** 800-487-4889 (available 24/7)



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- **Website:** <http://www.samhsa.gov/find-help/national-helpline>

RAINN National Sexual Assault Hotline

- **Phone:** 800-656-4673 (available 24/7)
- **Online chat:** <https://bit.ly/31L6Ugm>
- **Website:** <https://www.rainn.org/>

ONLINE RESOURCES

IMAlive

IMAlive is an online crisis center offering support from volunteers trained in crisis intervention. Volunteers are ready to communicate via instant message with people in need of immediate support.

- **Website:** <https://www.imalive.org/>

7 Cups of Tea

7 Cups of Tea is an online resource that offers free, anonymous, and confidential text chat with trained listeners and online therapists and counselors.

- **Website:** <https://www.7cups.com/>

ADAA Online Support Group



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The Anxiety and Depression Association of America's (ADAA) online support group is a safe and supportive place to share information and experiences.

- **Website:** <https://adaa.org/adaa-online-support-group>

Self-Injury Outreach and Support

Self-Injury Outreach and Support are an international outreach organization offering a variety of resources for those who self-injure.

- **Website:** <http://sioutreach.org/>

S.A.F.E. Alternatives

This is a nationally recognized treatment approach, professional network, and educational resource base committed to helping people achieve an end to self-injurious behavior.

- **Phone:** 800-366-8288
- **Website:** <https://selfinjury.com/>

INTERNATIONAL HOTLINES AND RESOURCES

AASRA Suicide Prevention Hotline (India)

- **Phone:** +91-9820466726 (available 24/7)
- **Email:** aasrahelpline@yahoo.com



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- **Website:** <http://www.aasra.info/>
- **Helpline numbers by Indian state:** <http://www.aasra.info/helpline.html>

Mentally Aware Nigeria Initiative (Nigeria)

- **Text:** +234 (0)8091116264
- **Email:** help@mentallyaware.org

UMANG (Pakistan)

- **Phone:** +92 0311 7786264
- **Email:** hr@umang.com.ok
- **Website:** <http://umang.com.pk/>

Befrienders Kuala Lumpur Suicide Helpline (Malaysia)

- **Phone:** 03-76272929 (available 24/7)
- **Email:** sam@befrienders.org.my
- **Website:** <https://www.befrienders.org.my/>

Befrienders Kenya (Kenya)

- **Phone:** +254722178177
- **Email:** befriendskenya@gmail.com
- **Website:** <http://www.befrienderskenya.org>



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SAPTEL Crisis Hotline (Mexico)

- **Phone:** (55) 5259-8121 (available 24/7)
- **Website:** <http://www.saptel.org.mx/index.html>

Teléfono de la esperanza (Spain)

- **Phone:** 717 003 717
- **Website:** <https://www.telefonodelaesperanza.org/>

TelefonSeelsorge (Germany)

- **Phone:** 0800/111 0 111
- **Alternative phone:** 0800/111 0 222
- **Alternative phone:** 116 123
- **Online chat:** <https://online.telefonseelsorge.de/>
- **Website:** <https://www.telefonseelsorge.de/>

French online therapy

<https://www.therapytribe.com/online-therapy/france/>



HOW TO FIND A THERAPIST

Online resources for finding therapists include:

- the American Psychiatric Association (APA)'s [Find a Psychiatrist](#) function
- the APA's [Psychologist Locator](#)
- the Anxiety and Depression Association of America (ADAA)'s [Find a Therapist](#) service
- the U.S. Department of Veterans Affairs' [list of certified counselors](#)
- Good Therapy's [Find a Therapist](#) function
- the Black Mental Health Alliance [Find a Therapist](#) listing for those who are looking for a culturally competent mental health professional
- [Therapy for Latinx](#), which helps those who are Latinx or a person of color (POC) find culturally competent mental health professionals