

NATIONAL MENTAL HEALTH RESOURCES

Taking care of your mental health is just as important as your physical health. Whether you're feeling overwhelmed, dealing with anxiety or depression, or simply need someone to talk to, you're not alone. There are many trusted national resources available to support you—confidentially and without judgment. If you're struggling, help is always within reach.



National Crisis Line

- Call or Text 988
- Chat 988lifeline.org
- TTY Users, dial 711 then 988
- 1-800-273-TALK (8255)



General Resources

- Mental Health America: mhanational.org
- Find a Provider - National Council: bit.ly/National-Council
- National Empowerment Center: power2u.org
- NAMI - National Alliance on Mental Illness: nami.org



Depression & Suicidal Thoughts

- American Association of Suicidology: suicidology.org
- American Foundation for Suicide Prevention: afsp.org
- Mental Health America (Depression Screening): bit.ly/Screening-Depression
- Suicide Prevention and Resource Center: sprc.org



Anxiety Disorders

- Anxiety and Depression Association of America: bit.ly/Understanding-Anxiety
- E-couch: ecouch.com.au
- Freedom from Fear: freedomfromfear.org



Substance Use Disorders

- CDC smokefree.gov
- National Council on Alcoholism and Drug Dependence, Inc.: ncadd.org
- Start Your Recovery: startyourrecovery.org
- Substance Use & Mental Health Services Admin.: samhsa.gov
- DrugScreening.org



Eating Disorders

- National Association of Anorexia: anad.org
- Nervosa and Associated Disorders: anad.org
- National Eating Disorder Association: nationaleatingdisorders.org
- National Institute of Mental Health: nimh.nih.gov



Help Lines

- American Psychiatric Association: 1-888-35-PSYCH (77924)
- APA Public Education Line: 1-800-964-2000



Support Groups

- Eating Disorders Anonymous: bit.ly/EatingDisorders-Anonymous
- American Self-Help Clearing House: mentalhelp.net/selfhelp
- Depression and Bipolar Support Alliance: bit.ly/support-alliance



Local Resources

- FindHelp.org

Connects you with free or reduced-cost resources for support with a variety of needs like care, education, food & goods, health, housing, legal, financial, work, and transit.