

Mental Health Resource Page



Website: nami.org

Helpline: **1-800-950-6264**

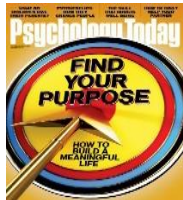
NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

PROJECT HEALTHY MINDS

Website: projecthealthyminds.com

Text: **HOME to 741741 for free 24/7 crisis counseling**

The mission of Project Healthy Minds is to confront the mental health crisis and close the treatment gap by focusing on the barriers that prevent people from getting support.



Website: psychologytoday.com

Psychology Today is the world's largest mental health and behavioral science destination online. It's *Find A Therapist* page is widely recommended and allows users to narrow the search with filters based on the mental health problem, symptoms, gender, etc. as well as the provider's accepted payment options.

STRENGTH AFTER

Website: strengthafterdisaster.org

Helpline: **1-800-985-5990**

Strength After shares stories and helps people cope with the emotional distress experienced after a disaster such as fire, hurricane, or pandemic. Provides a 24/7 Disaster Distress Helpline.



Website: teentalk.ca

Teen Talk is a Youth Health Education Program. We provide services for youth from a harm reduction, prevention education perspective. We focus on sexuality, reproductive health, body image, substance use awareness, mental health, issues of diversity and anti-violence issues. We adhere to the belief that by providing youth with accurate, non-judgmental information they can make healthier decisions and choices for themselves!



Website: thetrevorproject.org

Crisis Line: **1-866-488-7386**

Text: **START to 678-678 to reach a crisis counselor**

The Trevor Project is an organization focused on suicide prevention efforts among lesbian, gay, bisexual, transgender, queer, and questioning youth, they offer a toll-free telephone number where confidential assistance is provided by trained providers.



Website: 988lifeline.org

Dial: 988

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.