



National Resource Guide

Mental Health & Wellness Support Resources

Hotlines & Immediate Support	National Suicide Prevention Lifeline (24/7)	800-273-8255
	SAMHSA National Helpline - Treatment & Referral Service (24/7)	800-662-4357
	Crisis Textline (24/7)	741741
	Poison Control Center Hotline (24/7)	800-222-1222
	The TREVOR Project Hotline - Queer Crisis (24/7)	866-488-7386
	Trans Lifeline (7 am - 1 am PST)	877-565-8860
	LGBT National Youth Talk Line (M-F, 1-9 pm PST)	800-246-7743
	Pride Institute - LGBTQ Drug Dependency & Mental Health Helpline (24/7)	800-547-7433
	RAINN Sexual Assault Hotline (24/7)	800-656-4673
	National Domestic Violence Hotline (24/7)	800-799-7233
	National Eating Disorders Association Helpline (M-Th, 11 am - 9 pm ET)	800-931-2237
	National AIDS Hotline - STD Information & Resources (5 am - 5 pm PST)	800-342-2437

Websites & Additional Resources	National Suicide Prevention Lifeline https://suicidepreventionlifeline.org/
	SAMHSA National Helpline - Treatment & Referral https://www.samhsa.gov/find-treatment
	Mental Health America - Find Therapy https://www.mhanational.org/finding-therapy
	The TREVOR Project - Queer Crisis Support https://www.thetrevorproject.org/
	National Queer and Trans Therapists of Color Network https://www.nqttcn.com/directory

Your Local Resources	Mobile Crisis Unit / Alternatives to 911
	BIPOC Resources
	LGBTQ+ Resources
	Community-Based Organizations & Support
	Sliding Scale Therapy