

MENTAL HEALTH RESOURCES

National Suicide Prevention Lifeline



The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States.

Crisis Text Line



Text HOME to 741741 from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform.

Veterans Crisis Line



The Veterans Crisis Line is a free, confidential resource that connects veterans 24 hours a day, seven days a week with a trained responder. The service is available to all veterans, even if they are not registered with the VA or enrolled in VA healthcare.

Substance Abuse and Mental Health Services Administration (SAMHSA)



For general information on mental health and to locate treatment services in your area, call SAMHSA's National Helpline at 1-800-662-HELP (4357). SAMHSA also has a [Behavioral Health Treatment Services Locator](#) on its website that can be searched by location.

Health Resources and Services Administration (HRSA)



HRSA works to improve access to health care. The HRSA website has information on finding affordable healthcare, including health centers that offer care on a sliding fee scale.

See additional resources:

[HelpGuide](#)

