National Resource and Referral List

DIAL 211 OR VISIT 211.ORG

211 provides individuals and families in need with a shortcut through what can be a bewildering maze of health and human service agency phone numbers. The 211 center's referral specialists receive requests from callers, access databases of resources available from private and public health and human service agencies, match the callers' needs to available resources, and link or refer them directly to an agency or organization that can help.

CRISIS RESOURCES	CONTACT
988 Suicide & Crisis Lifeline Lifeline provides 24/7, confidential support to anyone in suicidal crisis or emotional distress. Callers will get connected with a trained crisis counselor. *If you believe that someone is in immediate danger, you may also contact 911 for help.*	Call or Text 988, Chat services available at 988lifeline.org For Hard of Hearing or ASL Users, Call 988 Videophone
Crisis Text Line Crisis Text Line is available to assist in any crisis 24/7. A live, trained crisis counselor receives the text and responds, all from a secure online platform.	Text HOME to 741741 crisistextline.org
Veterans Crisis Line The Veterans Crisis Line is a free, confidential resource that connects veterans 24/7 with a trained responder. The service is available to all veterans and those who support them, even if they are not registered with the VA or enrolled in VA healthcare.	Call 988, then press 1 veteranscrisisline.net
Disaster Distress Helpline The disaster distress helpline provides immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. The helpline is free, multilingual, confidential, and available 24/7.	Call or Text 800-985-5990 Disasterdistress.samhsa.gov
The Trevor Project The Trevor Project offers a suite of 24/7 crisis intervention and suicide prevention programs to LGBTQ youth, including TrevorLifeline, TrevorText, and TrevorChat as well as the world's largest safe space social networking site for LGBTQ youth, TrevorSpace.	866-4-U-TREVOR (488-7386) thetrevorproject.org

SUBSTANCE USE AND RECOVERY RESOURCES	CONTACT
SAMHSA's National Helpline Substance Abuse and Mental Health Services Administration Helpline provides free information and referral assistance to local treatment facilities, support groups, and community-based organizations 24/7.	800-662-HELP (4357) findtreatment.samhsa.gov

Narcotics Anonymous	na.org
Alcoholics Anonymous	aa.org
Cocaine Anonymous	ca.org
Crystal Meth Anonymous	crystalmeth.org
Marijuana Anonymous	marijuana-anonymous.org
Al-Anon Al-Anon Family Groups, founded in 1951, is an international mutual aid organization for people who have been impacted by another person's alcoholism.	al-anon.org
Addiction Center A guide to recovery and addiction where callers can find rehab for yourself or a loved one by speaking with a treatment provider 24/7. This is a free and confidential service.	Call 855-936-3180 addictioncenter.com
Overdose Lifeline Non-profit dedicated to reducing the stigma of substance use disorder and preventing opioid overdose deaths through education, advocacy, and access to life-saving resources**.**	overdoselifeline.org
Get Narcan and Learn More About Opioids The official site for NARCAN® Nasal Spray, provides clear information on how Narcan works, along with step-by-step guides to help you recognize the signs of an overdose and safely administer the medication.	narcan.com
Get Naloxone Now Get Naloxone Now is an online resource to train people to respond effectively to an opioid overdose emergency.	getnaloxonenow.org

ABUSE, DOMESTIC VIOLENCE, SEXUAL ASSAULT RESOURCES	**CONTACT**
National Child Abuse Hotline Counselors are available 24/7 for reporting of child abuse, and to talk through child abuse situations if you have questions or need additional support*. If you believe that a child is in immediate danger, please contact 911 for help.*	800-4-A-CHILD (800 422-4453) childhelphotline.org
National Human Trafficking Hotline The National Human Trafficking Hotline connects victims and survivors of sex and labor trafficking with services and supports to get help and stay safe. Their online Referral Directory is made up of anti-trafficking organizations and programs that offer emergency, transitional, or long- term services to victims and survivors.	888-373-7888 Text HELP to 233733 humantraffickinghotline.org

National Domestic Violence Hotline The National Domestic Violence Hotline is confidential, 24/7 line that offers services in more than 170 languages. The hotline provides crisis intervention, safety planning, information, and referrals to agencies in all 50 states.	800-799-SAFE (7233) thehotline.org
National Sexual Assault Hotline (Rape, Abuse, and Incest National Network) RAINN is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers across the country.	800-656-HOPE (4673) rainn.org
Teen Dating Abuse Helpline The National Teen Dating Abuse Helpline offers one-on-one service from peer advocates to teens, youth, and young adults who are experiencing teen dating abuse, violence, stalking, and/or sexual assault. The helpline operates 24/7 and offers translation services. Assistance via online chat services is available 4pm-12pm CT.	866-331-9474 Text LOVEIS to 22522 loveisrespect.org
1 in 6 Offers free, confidential support for men who have experienced sexual abuse or assault, including anonymous online chat and peer support groups. They provide trauma-informed resources, educational materials, and tools for survivors, loved ones, and professionals.	800-656-4673 (HOPE) 1in6.org

LGBTQ (Lesbian, Gay, Bisexual, Trans, Queer/Questioning) RESOURCES	CONTACT
PFLAG The first and largest organization for LGBTQ+ people, their families, and allies**.** Offers local support groups**,** educational materials, and advocacy tools to help families affirm and support their LGBTQ+ loved ones.	202-467-8180 pflag.org
Trans Lifeline The Trans Lifeline is a peer support and crisis hotline serving the trans community with support and resources needed to survive and thrive. It is the first transgender crisis hotline to exist in the United States as well as Canada. It is also the only suicide hotline whose operators are all trans.	877-565-8860 translifeline.org
LGBT National Help Center Offers free and confidential peer-support hotlines for all ages, including youth and seniors. Services include phone support, online chat, and resources for coming out, gender identity, and mental health.	888-843-4564 glnh.org
The Trevor Project The Trevor Project offers a suite of 24/7 crisis intervention and suicide prevention programs to LGBTQ youth, including TrevorLifeline,	866-4-U-TREVOR (488-7386) thetrevorproject.org

TrevorText, and TrevorChat as well as the world's largest safe space social networking site for LGBTQ youth, TrevorSpace.	

VETERAN RESOURCES	CONTACT
Veterans Crisis Line The Veterans Crisis Line is a free, confidential resource that connects veterans 24/7 with a trained responder. The service is available to all veterans and those who support them, even if they are not registered with the VA or enrolled in VA healthcare.	Dial 988, then press 1 Send a Text to 838255 veteranscrisisline.net
U.S. Department of Veterans Affairs Mental Health Resources The VA has a variety of mental health resources, information, treatment options, and more — all accessible to Veterans, Veterans' supporters, and the general public.	877-222-8387 mentalhealth.va.gov
Vets 4 Warriors Vets 4 Warriors is a 24/7 confidential peer support network/phone/text line for veteran and military communities. They provide immediate, free, and long-term peer support to the entire military community, including anyone who has ever worn the uniform, as well as the family members and the caregivers who love and support them.	855-838-8255 vets4warriors.com
Give an Hour Offers free mental health care to veterans and their families. They connect veterans with licensed mental health professionals. Support and services are also available for family members affected by a loved one's military service.	988, then press 1 giveanhour.org
National Veterans Foundation (NVF) Provides a helpline for veterans and their families, offering crisis intervention, housing assistance, and employment resources**.** NVF works with veterans to address issues like homelessness, addiction, and mental health while providing referrals to mental health professionals.	888-777-4443 nvf.org

THERAPY AND COUNSELING RESOURCES	CONTACT
Psychology Today Offers a comprehensive therapist directory to help you find licensed professionals based on location, specialty, insurance, and therapy type	psychologytoday.com
Better Help An online platform that connects individuals with licensed therapists via text, video, or phone. Offers flexible therapy options and is accessible for people looking for alternative to in-person sessions.	betterhelp.com
Therapist Finder Resource directly for finding professionals with specific expertise in mental health disorders, behavioral issues, or family therapy.	apa.org

Talkspace Connects users with licensed therapists through text, video, or audio messaging. It's a flexible, online platform where individuals can work with a therapist at their own pace.	talkspace.com
Therapy Den A diverse and inclusive therapist directory designed to help individuals find professionals who specialize in specific areas such as LGBTQ+ issues, racial trauma, or gender identity**.**	therapyden.com
SonderMind They are a nationwide mental health provider offering both in-person and virtual therapy services. Sondermind aims to make mental health care more accessible and effective through a combination of therapy, psychiatry, and digital tools.	sondermind.com

SUICIDE PREVENTION, INTERVENTION, AND POSTVENTION RESOURCES	CONTACT
American Foundation on Suicide Prevention AFSP is dedicated to saving lives and bringing hope to those affected by suicide through research, education, and advocacy.	afsp.org
National Suicide Prevention Lifeline Offers free, confidential support 24/7 for anyone experiencing a suicidal crisis or emotional distress.	Call 988 or 988lifeline.org
National Action Alliance for Suicide Prevention Works to advance suicide prevention efforts by fostering collaboration across public and private sectors.	theactionalliance.org
The Trevor Project Provides 24/7 crisis intervention and suicide prevention services to LGBTQ+ youth, offering text, chat, and phone support.	thetrevorproject.org
The Dougy Center-The National Center for Grieving Children & Families Provides support for grieving children, teens, and families**,** offering peer support groups and resources for those dealing with loss.	dougy.org
QPR Gatekeeper Suicide Prevention Training-Beneath The Brave 2-hour suicide prevention training program to help individuals recognize warning signs and intervene effectively in a crisis.	beneaththebrave.com/qpr
The Jason Foundation Focuses on youth suicide prevention through education, awareness campaigns, and resources for parents, educators, and communities.	jasonfoundation.com
LivingWorks: Suicide Prevention Training Center Provides suicide prevention training programs**,** including workshops and certifications, to equip individuals and organizations with life-saving skills.	livingworks.net
The Jed Foundation Works to promote mental health and prevent suicide among college and university students through programs, advocacy, and resources.	jedfoundation.org

MENTAL HEALTH EDUCATION AND RECOVERY RESOURCES	CONTACT
Beneath The Brave Mental Health Training and Consulting	beneaththebrave.com
Adult Mental Health First Aid	beneaththebrave.com/mhfa
Depression and Bipolar Support Alliance	dbsalliance.org
National Alliance on Mental Illness (NAMI)	nami.org
Mental Health America	mhanational.org
Heads Up Guys	headsupguys.org
National Education Alliance for Borderline Personality	borderlinepersonalitydisorder.org
Anxiety and Depression Alliance of America	adaa.org
S.A.F.E. Alternatives (Self Abuse Finally Ends)	selfinjury.com
National Eating Disorders Association	nationaleatingdisorders.org
National Association of Anorexia Nervosa and Associated Disorders	anad.org
The National Resource Center on ADHD	chadd.org
World Federation for Mental Health	wfmh.global
National Institute of Mental Health	nimh.nih.gov
International OCD Foundation	iocdf.org
Schizophrenia and Psychosis Action Alliance	sczaction.org

GLOBAL MENTAL HEALTH RESOURCES	CONTACT
Find a Helpline	findahelpline.com
World Federation for Mental Health	wfmh.global
International Association for Suicide Prevention (IASP)	iasp.info
Global Mental Health Action Network	gmhan.org
OpenCounseling-International Hotlines	blog.opencounseling.com/suicide-hotlines