

Resource Guide

For Immediate Help

MHA Screening

Online screening at mhascreening.org is one of the quickest and easiest ways to determine if you're experiencing symptoms of a mental health condition. Our screens are free, confidential, and scientifically validated.

988 Suicide & Crisis Lifeline

The Lifeline provides 24/7, free, and confidential support to people in distress – you don't need to be suicidal to reach out. Call 1-800-273-8255 to be connected with a crisis counselor. Crisis counselors who speak Spanish are available at 1-888-628-9454.

988 Textline

When you text 988, you will complete a short survey letting the crisis counselor know a little about your situation. You will be connected with a trained crisis counselor in a crisis center who will answer the text, provide support, and share resources if needed.

Crisis Text Line

If you prefer texting to talking on the phone, text MHA to 741-741 to be connected with a crisis counselor who will help you get through your big emotions.

Domestic Violence Hotline

If you're experiencing domestic violence, looking for resources or information, or are questioning unhealthy aspects of your relationship, call 1-800-799-7233 or go to thehotline.org to virtually chat with an advocate.

Childhelp National Child Abuse Hotline

If you or a child you know is being hurt or doesn't feel safe at home, you can call or text 1-800-4-A-CHILD (1-800-422-4453) or start an online chat at childhelp.org to reach a crisis counselor. They can help you figure out next steps to work through what is happening and stay safe.

The Trevor Project

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer and questioning youth. Trained counselors are available 24/7 to youth in crisis, feeling suicidal, or in need of a safe and judgment-free person to talk to. Call 1-866- 488-7386, text START to 678-678, or start an online chat at thetrevorproject.org/get-help.

Trans Lifeline

Dial 877-565-8860 for US and 877-330-6366 for Canada. Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers.

StrongHearts Native Helpline

Call 1-844-762-8483. The StrongHearts Native Helpline is a confidential and anonymous culturally appropriate domestic violence and dating violence helpline for Native Americans, available every day from 7 am-10 pm CT.

The Partnership for Drug-Free Kids Helpline

Call 1-855-378-4373 if you are having difficulty accessing support for your family, or a loved one struggling with addiction faces care or treatment challenges, the Partnership for Drug-free Kids' specialists can guide you. Support is available in English and Spanish, from 9 am-midnight ET weekdays and noon-5 pm ET on weekends.

Caregiver Help Desk

Contact Caregiver Action Network's Care Support Team by dialing 855-227-3640. Staffed by caregiving experts, the Help Desk helps you find the right information you need to help you navigate your complex caregiving challenges. Caregiving experts are available 8 am-7 pm ET.