

The American Foundation for Suicide Prevention <https://afsp.org/>

Are you in a crisis? Call or text [988](tel:988) or text [TALK to 741741](tel:TALKto741741)

¿Estás en una crisis? Llama o envía un mensaje de texto al [988](tel:988) o envía un mensaje de texto con [AYUDA al 741741](tel:AYUDAal741741)

Suicide prevention resources

Find resources for suicide prevention for you or someone you know. We also provide additional resources supporting [diverse communities](#), [the LGBTQ community](#), [the military](#), and [suicide loss survivors](#).

Emergency resources

[911](tel:911)

Crisis services

24/7 Crisis Hotline: 988 Suicide & Crisis Lifeline

988lifeline.org

If you or someone you know is struggling or in crisis, help is available. Call or text [988](tel:988) or chat 988lifeline.org. Veterans, press 1 when calling.

[Crisis Text Line](#)

Text [TALK to 741-741](tel:TALKto741741) to text with a trained crisis counselor from the Crisis Text Line for free,

24/7

[Veterans Crisis Line](#)

Send a text to [838255](tel:838255)

[Vets4Warriors](#)

[SAMHSA Treatment Referral Hotline \(Substance Abuse\)](#)

[1-800-662-HELP \(4357\)](tel:1-800-662-HELP(4357))

[RAINN National Sexual Assault Hotline](#)

[1-800-656-HOPE \(4673\)](#)

[National Teen Dating Abuse Helpline](#)

[1-866-331-9474](#)

[The Trevor Project](#)

[1-866-488-7386](#)

Also visit your:

- Primary care provider
- Local psychiatric hospital
- Local walk-in clinic
- Local emergency department
- Local urgent care center

Finding mental health care

<u>American Psychiatric Association</u>
<u>American Psychological Association</u>
<u>National Association of Social Workers</u>

<u>FindTreatment.gov</u>
<u>FindTreatment.gov/ES</u> (en español)
<u>Veterans Affairs</u>

Additional resources by mental health condition

Addiction

<u>Substance Abuse and Mental Health Services Administration</u>
<u>National Institute on Drug Abuse</u>
<u>Narcotics Anonymous</u>
<u>Alcoholics Anonymous</u>
<u>Physicians for Responsible Opioid Prescribing (PROP)</u>
<u>National Council of Problem Gambling</u>
<u>National Institute on Alcohol Abuse and Alcoholism</u>
<u>Start Your Recovery</u>
<u>Detox Local's Drug Withdrawal and Detox Guide</u>
<u>Addictionresource.net</u>
<u>Narcotics Anonymous</u>

Anxiety disorders

[National Education Alliance for Borderline Personality](#)

[Teen's Health](#)

[Anxiety Disorders Association of America](#)

Autism

[Autism Crisis Support Resources overview](#)

[988 Information for the Autism Community](#)

[Autism Resource for Warning Signs of Suicide: Considerations for the Autism Community](#)

[Warning Signs of Suicide for Autistic People](#)

Bipolar disorder

[Depression and Bipolar Support Alliance](#)

[National Education Alliance for Borderline Personality](#)

[National Maternal Mental Health Hotline](#)

[Teen's Health](#)

Borderline personality

[BPDVideo](#)

[National Education Alliance for Borderline Personality](#)

Self-Injury

[Teen's Health](#)

[Self Abuse Finally Ends](#)

Depression

[Depression and Bipolar Support Alliance](#)

[National Education Alliance for Borderline Personality](#)

[National Maternal Mental Health Hotline](#)

[Families for Depression Awareness](#)

[Teen's Health](#)

[American Psychiatric Foundation](#)

[National Alliance on Mental Illness](#)

[HeadsUpGuys](#)

Eating disorders

[Teen's Health](#)

[Overeaters Anonymous](#)

[National Association of Anorexia Nervosa and Associated Disorders](#)

[National Eating Disorders Association](#)

[Eating Disorders Anonymous](#)

[Proud2Bme](#)

[Understanding Eating Disorders](#)

[National Alliance for Eating Disorders](#)

Emotional health

[Love is Louder](#)

[Half of Us](#)

[American Psychiatric Foundation](#)

[Active Minds](#)

[OK2TALK](#)

[Make The Connection](#)

[Inspire USA Foundation](#)

[National Dialogue on Mental Health](#)

[Each Mind Matters](#)

[Befrienders Worldwide](#)

[Veterans Affairs Training](#)

[Veterans Affairs Mental Health Toolkit](#)

[Veterans Affairs Mental Health](#)

Maternal mental health

[National Maternal Mental Health Hotline, 1-833-852-6262 \(1-833-TLC-MAMA\)](#)

[Postpartum Support International HelpLine \(1-800-944-4773\)](#)

Schizophrenia

[Schizophrenia.com](#)

[National Alliance on Mental Illness](#)

Stress

[Veterans United](#)

[Stress Management-HelpGuide.org](#)

[Teen's Health](#)

Suicide prevention

[988 Suicide & Crisis Lifeline](#)

[988 Lifeline Chat and Text](#)

[American Association of Suicidology](#)

[Crisis Text Line](#)

[The Dougy Center – The National Center for Grieving Children and Families](#)

[How to Talk to a Child about a Suicide Attempt in Your Family \(Rocky Mountain MIRECC\)](#)

[The Jason Foundation](#)

[The Jed Foundation](#)

[Man Therapy](#)

[Mental Health America](#)

[National Action Alliance for Suicide Prevention](#)

[Now Matters Now](#)

[Parents, Families, Friends, and Allies United with LGBTQ People \(PFLAG\)](#)

[Safety Planning Tools](#)

[SAVE](#)

[The Society for the Prevention of Teen Suicide](#)

[StopBullying.gov](#)

[Suicide Prevention Resource Center](#)

[Teen's Health](#)

[The Trevor Project](#)

[The Tyler Clementi Foundation](#)

[Veterans Crisis Line](#)

[Wounded Warrior Project](#)