



## **YOU ARE NOT ALONE**

We believe that everyone who is experiencing distress should be informed and connected to supportive resources. We have done extensive research to compile the premier hotlines and resources for support nationwide. Hope you find this list helpful! Share with others who may benefit from these resources!

### **Nationwide Resources Hotline**

**211** is the go-to nationwide help hotline connecting individuals to local resources. Most states have a 211 line. Callers are connected to a variety of resources ranging from mental health services to employment to shelters. 211 is a free and confidential service. The hotline is available 24/7. Resources provided through the 211 hotline include: services at government and community agencies, clinical and hospital settings, among a variety of other fields, and in multiple languages. For more information visit: [211.org](http://211.org).

**SAMHSA's National Helpline**, 1-800-662-HELP (4357) or TTY: 1-800-487-4889 is a confidential, free, 24/7, 365-day-a-year information service in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

### **Issue Specific Hotlines**

#### **Suicide Prevention Line 1-800-273-8255**

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

#### **Crisis Text Line Text: HOME to 741741**

Every texter is connected with a crisis counselor, a real-life human being trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving.

#### **LGBT Youth Talkline 1-800-246-7743**

The Lesbian, Gay, Bisexual and Transgender (LGBT) youth Talkline provides telephone, online private one-to-one chat and email peer-support. Available Monday through Friday from 4 pm to 12 am and Saturdays from 12 to 5 pm.

#### **The National Gay, Lesbian, Bisexual and Transgender Hotline 1-800-843-4546**

The Lesbian, Gay, Bisexual and Transgender (LGBT) national hotline provides telephone, online private one-to-one chat and email peer-support. Available Monday through Friday from 4 pm to 12 am and Saturdays from 12 to 5 pm.

#### **National Sexual Assault Hotline 1-800-656-4673**

National sexual assault hotline available 24/7.



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### **Trans Lifeline 1-800-565-8860**

Hotline staffed by transgender people for transgender people available 18 hours a day every day of the week. Times: 8 to 2 am (pacific time), 9 to 3 am (mountain time), 10 to 4 am (central time), 11 to 5 am (eastern time).

### **9-11 Call 911**

Emergency line for emergencies that need immediate attention. An emergency is any situation that requires immediate assistance from the police, fire department or ambulance. Examples include: desire to harm self or others a fire, a crime, a car crash, a medical emergency.

## **NAVIGATING MENTAL HEALTH RESOURCES**

There are a plethora of services embedded in non-traditional settings not always advertised. Here are some additional ways to find mental health resources.

**Community health clinics.** Many community health clinics have mental health therapists. If someone is uninsured, many clinics provide a sliding scale fee (a reduced fee based on income). Depending on funding streams and certifications, some clinics can't turn people away for inability to pay if someone is not able to afford the sliding scale fee or are uninsured (they may however tell you they don't have availability if they are at full capacity but can place you on waiting list or refer you somewhere else).

**Schools.** There is a growing mental health movement in schools, which means many schools districts have therapists placed right in the schools so students can access services while there. In many cases, not just students receive services but families are engaged in family therapy if their child is receiving services.

**Universities.** Some universities have a student services center with counselors. Interested individuals can go to the school's student center and find out if these services are available. If they are not available, if the school has a psychology, counseling or social work program, they may be able to connect individuals with services in their community.

**Nonprofits organizations.** Some organizations that provide direct services have mental health services or can refer you somewhere else. To find out local non-profits in a particular area, call 211.

**Government agencies.** Most government agencies have information of local mental health resources in their community. To get connected to a local government agency, visit [usa.gov/local-governments](https://www.usa.gov/local-governments).

**Churches.** Many direct services organizations promote their services through local churches. Find out who your local church is connected to. And some churches are even opening spaces for healing and community services from qualified experts. Learn what resources your locals churches have to offer.

**Private practice** therapists can also be found in websites such as **Psychology Today**, [psychologytoday.com](https://www.psychologytoday.com). You can scan for services based on city, insurance types, among other search fields. If you don't have insurance, when scanning for therapists look out for those listing a sliding scale fee. If you don't see information about sliding scale fees listed, you can still call your selected therapist and inquire about discounted rates or pro bono hours.



**HOPE**  
CENTER FOR WELLNESS

**Culturally Sensitive Services.** These specialty websites help connect prospect clients with culturally based therapists:

- **Therapy for Latinx**, [therapyforlatinx.com](http://therapyforlatinx.com);
- **Latinx Therapy**, [latinxtherapy.com](http://latinxtherapy.com);
- **Latinx Therapists Action Network**, [latinxtherapistsactionnetwork.org](http://latinxtherapistsactionnetwork.org);
- **Therapy for Black Girls**, [therapyforblackgirls.com](http://therapyforblackgirls.com) and
- **Black Therapist Network**, [blacktherapistnetwork.com](http://blacktherapistnetwork.com).

**Discounted Fees. Open Path Collective** is a network of therapists who agree to charge clients without insurance or who can't afford their co-payments discounted rates [openpathcollective.org](http://openpathcollective.org).

**ProBono.** Some cities and states like DC and Maryland have pro bono therapy networks. Do a google search for your city and state using key words “pro bono therapy”, “and your city or state name”.

**Employment Assistance Programs (EAP).** Some employers provide additional benefits to their employees through an Employment Assistance Program. These services are private and confidential and range from mental health counseling, navigation of resources, financial advice, support to caregivers, etc. If you are unfamiliar with whether your employer has EAP, visit your human resources representative or ask your supervisor.