

Do You

Need Help?

Important Information for Any Situation

LGBTQ+ RESOURCES

The Trevor Project: 1-866-488-7386 or text TREVOR to 1-202-304-1200

The world's largest suicide prevention and crisis intervention organization for lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ) young people.

LGBT National Hotline: 1-888-843-4564

Trans Lifeline: 1-877-565-8860

CRISIS HELPLINES



National Eating Disorders Center Helpline: 1-800-931-2237

Suicide Prevention Hotline: 1-800-273-8255

Crisis Text Line: Text: HOME to 741-741

National Domestic Violence Hotline: 1-800-799-7233



HOMELESSNESS

National Center for Homeless Education: Legal Resources

National Runaway Safeline: 1-800-RUN-AWAY

SUBSTANCE ABUSE



SAMHSA's National Hotline: Substance Abuse & Mental Health Services

startyourrecovery.org: 1-800-662-4357

Provides helpful information for people who are dealing with substance abuse issues.



MENTAL HEALTH RESOURCES

Open Path Psychotherapy Collective:

Open Path provides people in need with access to transformative and affordable mental and holistic health care. Requires membership: A lifetime membership only costs \$59, for access to a network of licensed therapists providing affordable, in-office and online psychotherapy sessions between \$30 & \$60. For couples & family sessions, between \$30 & \$80.

BEAM-Black Emotional and Mental Health Collective:

Crisis resources, wellness tools and support group information.

National Alliance on Mental Health (NAMI) Helpline:

1-800-950-6264 or text NAMI to 741741