

Resources (click on the website titles to access websites)

Crisis Hot Lines

National Suicide and Crisis Lifeline: call 988

Crisis Text Line: Text 741-741

The Trevor Hotline: Call 866-488-7368 or text 678-678

National Domestic Violence Hotline: 800-799-7233

National Sexual Assault Hotline: Call 800-656-4673

VA Crisis Hotline: Call 844-317-1136 or Call 988 (Press 1)

Websites

NIMH - National Institute of Mental Health

NAMI – National Alliance on Mental Illness

SAMHSA - Substance Abuse and Mental Health Services Administration

The feeling wheel