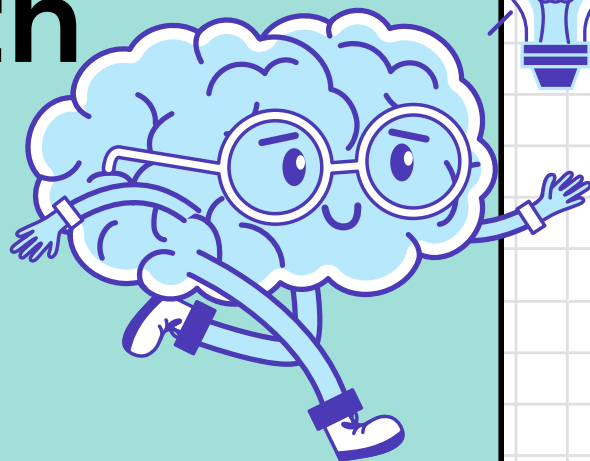


Mental Health Resources - General



These mental health resources are available to help when needed. Some resources are only available in the United States. Underlined words are hyperlinked directly to the website.

National Suicide Prevention Lifeline: **1-800-273-8255**

A 24/7, free, confidential support lifeline for those experiencing a crisis.

Better Help:

This online service connects people to professional therapists and aims to make therapy accessible, affordable and convenient.

[betterhelp.com](https://www.betterhelp.com)

SAMHSA's National Helpline: 1-800-662-4357

A free, confidential, 24/7, referral and information service for individuals and families facing mental and/or substance use disorders. In English and Spanish.

TalkSpace:

A service that connects people with online mental health treatment options that meet their needs.

[talkspace.com/](https://www.talkspace.com/)

Crisis Text Line: Text HOME to 741741 (US and Canada)

Free 24/7 support for mental health crises, available over text or WhatsApp.
UK: Text 85258; Ireland: Text 50808

Amwell:

This service provides 24/7 online doctor and therapist visits, no appointments necessary.

[amwell.com/cm/](https://www.amwell.com/cm/)

Magellan Healthcare Crisis Line: 1-800-327-7451

A 24/7, toll-free crisis line that addresses mental health and emotional well-being concerns. Calls are answered by certified, licensed mental health professionals.

COVID Coach:

This app provides strategies and resources to help with mental health during the pandemic.

ptsd.va.gov/appvid/mobile/COVID_coach_app.asp

The Disaster Distress Helpline: 1-800-985-5990

A 24/7, toll-free, confidential, multilingual national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.

PTSD Coach:

An app that provides education about PTSD, professional care and support resources, and tools to help manage daily stresses of PTSD. Also available in an online format.

ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp