



# National Resource and Referral List

## DIAL 211 OR VISIT 211.ORG

211 provides individuals and families in need with a shortcut through what can be a bewildering maze of health and human service agency phone numbers. Calls to 211 are routed by the local telephone company to a local or regional calling center.

The 211 center’s referral specialists receive requests from callers, access databases of resources available from private and public health and human service agencies, match the callers’ needs to available resources, and link or refer them directly to an agency or organization that can help.

| CRISIS RESOURCES   | CONTACT   |
|--|---|
| <b>988 Suicide &amp; Crisis Lifeline</b><br>Lifeline provides 24/7, confidential support to anyone in suicidal crisis or emotional distress. Callers will get connected with a trained crisis counselor. <i>If you believe that someone is in immediate danger, you may also contact 911 for help.</i> | Call or Text 988<br><a href="http://988lifeline.org">988lifeline.org</a>                                  |
| <b>Crisis Text Line</b><br>Crisis Text Line is available to assist in any crisis 24/7. A live, trained crisis counselor receives the text and responds, all from a secure online platform.   | Text HOME to 741741<br><a href="http://crisistextline.org">crisistextline.org</a>                         |
| <b>Veterans Crisis Line</b><br>The Veterans Crisis Line is a free, confidential resource that connects veterans 24/7 with a trained responder. The service is available to all veterans and those who support them, even if they are not registered with the VA or enrolled in VA healthcare.          | Send a Text to 838255<br><a href="http://veteranscrisisline.net">veteranscrisisline.net</a>               |
| <b>Disaster Distress Helpline</b><br>The disaster distress helpline provides immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. The helpline is free, multilingual, confidential, and available 24/7.                     | Call or Text 800-985-5990<br><a href="http://Disasterdistress.samhsa.gov">Disasterdistress.samhsa.gov</a> |

| SUBSTANCE USE AND RECOVERY RESOURCES   | CONTACT   |
|--|---|
| <b>SAMHSA’s National Helpline</b><br>Substance Abuse and Mental Health Services Administration Helpline provides free information and referral assistance to local treatment facilities, support groups, and community-based organizations 24/7. | 800-662-HELP (4357)<br><a href="http://findtreatment.samhsa.gov">findtreatment.samhsa.gov</a> |
| <b>Narcotics Anonymous</b>   | <a href="http://na.org">na.org</a>  |
| <b>Alcoholics Anonymous</b>  | <a href="http://aa.org">aa.org</a>  |
| <b>Cocaine Anonymous</b>   | <a href="http://ca.org">ca.org</a>  |
| <b>Crystal Meth Anonymous</b>  | <a href="http://crystalmeth.org">crystalmeth.org</a>  |



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| <b>Marijuana Anonymous</b>   | <a href="http://marijuana-anonymous.org">marijuana-anonymous.org</a>                                   |
| <b>Al-Anon</b>   | <a href="http://al-anon.org">al-anon.org</a>   |
| <b>Addiction Center</b><br>A guide to recovery and addiction where callers can find rehab for yourself or a loved one by speaking with a treatment provider 24/7. This is a free and confidential service. | Call 855-936-3180<br><a href="http://addictioncenter.com">addictioncenter.com</a>                      |
| <b>Overdose Lifeline</b>   | <a href="http://overdoselifeline.org">overdoselifeline.org</a>   |
| <b>Red Cross First Aid for Opioid Overdoses</b>  | <a href="http://redcross.org/take-a-class/opioidoverdose">redcross.org/take-a-class/opioidoverdose</a> |
| <b>Get Narcan and Learn More About Opioids</b>   | <a href="http://narcan.com">narcan.com</a>   |
| <b>Get Naloxone Now</b>  | <a href="http://getnaloxonenow.org">getnaloxonenow.org</a>   |

| <b>ABUSE, DOMESTIC VIOLENCE, SEXUAL ASSAULT RESOURCES</b>   | <b>CONTACT</b>  |
|---|---|
| <b>National Child Abuse Hotline</b><br>Counselors are available 24/7 for reporting of child abuse, and to talk through child abuse situations if you have questions or need additional support. <i>If you believe that a child is in immediate danger, please contact 911 for help.</i>   | 800-4-A-CHILD<br>(800-422-4453)<br><a href="http://childhelpline.org">childhelpline.org</a>                         |
| <b>National Human Trafficking Hotline</b><br>The National Human Trafficking Hotline connects victims and survivors of sex and labor trafficking with services and supports to get help and stay safe. Their online Referral Directory is made up of anti-trafficking organizations and programs that offer emergency, transitional, or long-term services to victims and survivors. | 888-373-7888<br>Text HELP to 233733<br><a href="http://humantraffickinghotline.org">humantraffickinghotline.org</a> |
| <b>National Domestic Violence Hotline</b><br>The National Domestic Violence Hotline is confidential, 24/7 line that offers services in more than 170 languages. The hotline provides crisis intervention, safety planning, information, and referrals to agencies in all 50 states.   | 800-799-SAFE (7233)<br><a href="http://thehotline.org">thehotline.org</a>   |
| <b>National Sexual Assault Hotline (Rape, Abuse, and Incest Nat'l Network)</b><br>RAINN is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers across the country.  | 800-656-HOPE (4673)<br><a href="http://rainn.org">rainn.org</a>   |
| <b>Teen Dating Abuse Helpline</b><br>The National Teen Dating Abuse Helpline offers one-on-one service from peer advocates to teens, youth, and young adults who are experiencing teen dating abuse, violence, stalking, and/or sexual assault. The helpline  | 866-331-9474<br>Text LOVEIS to 22522<br><a href="http://loveisrespect.org">loveisrespect.org</a>                    |



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| operates 24/7 and offers translation services. Assistance via online chat services is available 4pm-12pm CT.  |   |
| <b>1 In 6</b><br>1 in 6 helps men who have had unwanted or abusive sexual experiences live healthier, happier lives. They also serve family members, friends, partners, and service providers by providing information and support resources on the web and in the community. | 1-800-656-4673 (HOPE)<br><a href="http://1in6.org">1in6.org</a> |

| <b>LGBTQ (Lesbian, Gay, Bisexual, Trans, Queer/Questioning) RESOURCES</b>  | <b>CONTACT</b>  |
|--|---|
| <b>The Trevor Project</b><br>The Trevor Project offers a suite of 24/7 crisis intervention and suicide prevention programs to LGBTQ youth, including TrevorLifeline, TrevorText, and TrevorChat as well as the world’s largest safe space social networking site for LGBTQ youth, TrevorSpace.                                       | 1-866-4-U-TREVOR (488-7386)<br><a href="http://thetrevorproject.org">thetrevorproject.org</a> |
| <b>Trans Lifeline</b><br>The Trans Lifeline is a peer support and crisis hotline serving the trans community with support and resources needed to survive and thrive. It is the first transgender crisis hotline to exist in the United States as well as Canada. It is also the only suicide hotline whose operators are all trans. | 877-565-8860<br><a href="http://translifeline.org">translifeline.org</a>                      |
| <b>LGBT National Hotline</b><br>The LGBT National Hotline line provides support and free & confidential services to anyone who identifies as part of the LGBTQIA+ community. Everyone who offers support is a part of the LGBTQIA+ community. Calls are never outsourced or answered by any other organizations.                     | 888-843-4564<br><a href="http://glnh.org">glnh.org</a>  |
| <b>TrevorSpace for LGBTQ+ Teens</b><br>Join active discussions on TrevorSpace to ask tough questions and get advice and support in an affirming international community for LGBTQ young people ages 13-24.   | 954-765-6024<br><a href="http://qchatspace.org">qchatspace.org</a>                            |

| <b>VETERAN RESOURCES</b>  | <b>CONTACT</b>  |
|---|---|
| <b>Veterans Crisis Line</b><br>The Veterans Crisis Line is a free, confidential resource that connects veterans 24/7 with a trained responder. The service is available to all veterans and those who support them, even if they are not registered with the VA or enrolled in VA healthcare. | Dial 988, then press 1<br>Send a Text to 838255<br><a href="http://veteranscrisisline.net">veteranscrisisline.net</a> |
| <b>U.S. Department of Veterans Affairs Mental Health Resources</b>  | <a href="http://mentalhealth.va.gov">mentalhealth.va.gov</a>  |



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| The VA has a variety of mental health resources, information, treatment options, and more — all accessible to Veterans, Veterans' supporters, and the general public.  |  |
| <b>Vets 4 Warriors</b><br>Vets 4 Warriors is a 24/7 confidential peer support network/phone/text line for veteran and military communities. They provide immediate, free, and long-term peer support to the entire military community, including anyone who has ever worn the uniform, as well as the family members and the caregivers who love and support them. | 855-838-8255<br><a href="http://vets4warriors.com">vets4warriors.com</a>         |
| <b>Military OneSource</b><br>Military OneSource is a free service provided by the Department of Defense to service members and their families to help with a broad range of concerns, including possible mental health problems. Available 24/7.   | 800-342-9647<br><a href="http://militaryonesource.mil">militaryonesource.mil</a> |

| FIRST RESPONDER RESOURCES                         | CONTACT  |
|---|--|
| ShatterProof FHE Health First Responders Program  | <a href="http://fherehab.com">fherehab.com</a>   |
| International Association of Firefighters         | <a href="http://iaff.org">iaff.org</a>   |
| Copline   | 800-267-5463<br>(800-COPLINE)<br><a href="http://cpline.org">cpline.org</a>                                      |
| First Responder Support Network                   | <a href="http://frsn.org">frsn.org</a>   |
| First Responder Center for Excellence             | <a href="http://firstrespondercenter.org">firstrespondercenter.org</a>   |
| International Critical Incident Stress Foundation | <a href="http://icisf.org">icisf.org</a>   |
| Code Green  | <a href="http://codegreencampaign.org">codegreencampaign.org</a>   |
| Share The Load                                    | <a href="http://www.nvfc.org/programs/share-the-load-program/">www.nvfc.org/programs/share-the-load-program/</a> |

| FINDING THERAPY AND COUNSELING RESOURCES            | Website  |
|---|--|
| Psychology Today                                    | <a href="http://psychologytoday.com">psychologytoday.com</a>       |
| Better Help   | <a href="http://betterhelp.com">betterhelp.com</a>                 |
| Talkspace   | <a href="http://talkspace.com">talkspace.com</a>                   |
| OnlineTherapy                                       | <a href="http://onlinetherapy.com">onlinetherapy.com</a>           |
| Pride Counseling                                    | <a href="http://pridecounseling.com">pridecounseling.com</a>       |
| SonderMind  | <a href="http://sondermind.com">sondermind.com</a>                 |
| American Academy of Child and Adolescent Psychiatry | <a href="http://aacap.org">aacap.org</a>                           |
| American Psychological Association                  | <a href="http://locator.apa.org">locator.apa.org</a>               |
| Faithful Counseling                                 | <a href="http://faithfulcounseling.com">faithfulcounseling.com</a> |
| Teen Counseling                                     | <a href="http://teencounseling.com">teencounseling.com</a>         |
| 7 Cups  | <a href="http://7cups.com">7cups.com</a>                           |



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| <b>SUICIDE PREVENTION, INTERVENTION, AND POSTVENTION RESOURCES</b>      | <b>Website</b>   |
|---|--|
| American Foundation on Suicide Prevention                               | <a href="http://afsp.com">afsp.com</a>                               |
| National Suicide Prevention Lifeline                                    | Call 988 or <a href="http://988lifeline.org">988lifeline.org</a>     |
| National Action Alliance for Suicide Prevention                         | <a href="http://theactionalliance.org">theactionalliance.org</a>     |
| American Association of Suicidology                                     | <a href="http://suicideology.org">suicideology.org</a>               |
| The Trevor Project  | <a href="http://thetrevorproject.org">thetrevorproject.org</a>       |
| The Dougy Center – The National Center for Grieving Children & Families | <a href="http://dougy.org">dougy.org</a>                             |
| The Jed Foundation  | <a href="http://jedfoundation.org">jedfoundation.org</a>             |
| The Jason Foundation  | <a href="http://jasonfoundation.com">jasonfoundation.com</a>         |
| QPR Gatekeeper Suicide Prevention Training – Beneath The Brave          | <a href="http://beneaththebrave.com/qpr">beneaththebrave.com/qpr</a> |
| LivingWorks: Suicide Prevention Training Center                         | <a href="http://livingworks.net">livingworks.net</a>                 |

| <b>MENTAL HEALTH EDUCATION AND RECOVERY RESOURCES</b>             | <b>Website</b>   |
|---|--|
| Beneath The Brave Mental Health Training and Consulting           | <a href="http://beneaththebrave.com">beneaththebrave.com</a>                             |
| Adult Mental Health First Aid                                     | <a href="http://beneaththebrave.com/mhfa">beneaththebrave.com/mhfa</a>                   |
| Depression and Bipolar Support Alliance                           | <a href="http://dbsalliance.org">dbsalliance.org</a>                                     |
| National Alliance on Mental Illness (NAMI)                        | <a href="http://nami.org">nami.org</a>   |
| Mental Health America   | <a href="http://mhanational.org">mhanational.org</a>                                     |
| Heads Up Guys   | <a href="http://headsupguys.org">headsupguys.org</a>                                     |
| National Education Alliance for Borderline Personality            | <a href="http://borderlinepersonalitydisorder.org">borderlinepersonalitydisorder.org</a> |
| Anxiety and Depression Alliance of America                        | <a href="http://adaa.org">adaa.org</a>   |
| S.A.F.E. Alternatives (Self Abuse Finally Ends)                   | <a href="http://selfinjury.com">selfinjury.com</a>                                       |
| National Eating Disorders Association                             | <a href="http://nationaleatingdisorders.org">nationaleatingdisorders.org</a>             |
| National Association of Anorexia Nervosa and Associated Disorders | <a href="http://anad.org">anad.org</a>   |
| The National Resource Center on ADHD                              | <a href="http://chadd.org">chadd.org</a>   |
| World Federation for Mental Health                                | <a href="http://wfmh.global">wfmh.global</a>   |
| National Institute of Mental Health                               | <a href="http://nimh.nih.gov">nimh.nih.gov</a>   |
| International OCD Foundation                                      | <a href="http://iocdf.org">iocdf.org</a>   |
| Schizophrenia and Psychosis Action Alliance                       | <a href="http://sczaction.org">sczaction.org</a>   |