



Mental health resources



Informational organizations

Suicide Awareness Voices of Education (SAVE)

- Focus: Suicide Prevention
- Educational programs, training and consulting, grief support, resources, and opportunities to raise awareness of suicide
- Web: www.save.org

National Alliance on Mental Illness

- Focus: Mental health and illness
- Advocacy, education, and support programs for mental illness
- Web: www.nami.org

Mental Health America

- Focus: Mental health and illness
- Mental health and wellness, prevention support services, and intervention and recovery information
- Web: www.mhanational.org

The National Council for Behavioral Health

- Focus: Deliver proactive and holistic healthcare services
- Mental health services to anyone in the community who needs it regardless of their ability to pay
- Web: www.thenationalcouncil.org/providers/?region=

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National crisis vendors

The 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline)

- Call or Text 988
- Trained counsellors available 24/7
- Free and confidential
- Web: www.988lifeline.org

Crisis Text Line

- Text "Hello" to 741-741
- Trained counsellors available 24/7
- Free and confidential
- Web: www.crisistextline.org

The Trevor Project

- Call: 866-488-7386 or Text "START" to 678678
- Trained counsellors available 24/7
- Specializing in supporting the LGBTQI+ community
- Web: www.thetrevorproject.org



Local resources

United Way 211

- Local crisis centers, mental health and social service centers can also be found through your local United Way 211 information and referral services
- Web: www.211unitedway.org

Behavioral Health Treatment Services Locator (SAMHSA)

- A confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance use/addiction and/or mental health problems
- Call: 1-800-985-5990 or text TalkWithUs to 66746
- Web: www.samhsa.gov/find-help



IBEAM
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Professional counseling apps

Ginger

- Mental health services for the entire workforce
- Behavioral health coaching, therapy, psychiatry, and self-care resources
- Web: www.ginger.com

BetterHelp

- Online professional counseling services
- Web: www.betterhelp.com

Talkspace

- Online professional counseling services
- Web: www.talkspace.com



Additional Resources for Mental Health First Aiders

Mental Health First Aid USA

- Resources related to the most common mental health disorders
- Web: <https://www.mentalhealthfirstaid.org/mental-health-resources/>

Child Welfare Information Gateway's Mandatory Reporters of Child Abuse and Neglect: Summary of State Laws

- State specific legal reporting requirements and statutes
- Web: www.childwelfare.gov/systemwide/laws_policies/state/index.cfm



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