



Trusted National Resources

Mental Health & Suicide Prevention:

- **988 Suicide & Crisis Lifeline:** Call or text **988** (or chat at 988lifeline.org) for free, confidential support for people in distress or mental health crises.
- **Crisis Text Line:** Text **HOME** to **741741** to connect with a live crisis counselor 24/7.
- **NAMI Helpline:** Call **1-800-950-NAMI (6264)** or text **Helpline to 62640** for mental health information, referrals, and support from the National Alliance on Mental Illness.

Substance Use & Recovery:

- **SAMHSA's National Helpline:** Call **1-800-662-4357** for 24/7, free treatment referral and information service for mental and substance use disorders.
- **Alcoholics Anonymous (AA):** Find local and virtual meetings through Alcohol Anonymous.
- **Narcotics Anonymous (NA):** Find support networks for drug recovery through Narcotics Anonymous.

Domestic & Sexual Violence:

- **National Domestic Violence Hotline:** Call **1-800-799-SAFE (7233)** or text **START to 88788** for 24/7 support, safety planning, and resources.
- **National Sexual Assault Hotline (RAINN):** Call **1-800-656-4673** or chat online at **RAINN** for free, confidential support from a trained specialist.

Homelessness & Basic Needs:

- **211:** Call **211** or visit 211.org to connect with local community resources for housing, food, utility assistance, and emergency shelter.
- **National Runaway Safeline:** Call or text **1-800-RUNAWAY (786-2929)** for youth and young adults who are homeless, runaway, or in crisis.

Grief & Loss:

- **The Compassionate Friends:** Call **1-877-969-0010** for support after the death of a child, or visit [The Compassionate Friends](https://www.compassionatefriends.org).
- **Dougy Center:** Visit Dougy Center for grief support resources specifically tailored for children, teens, and families.
- **Grief.com:** Developed by grief expert David Kessler, this site offers articles, a podcast, and a directory to locate certified grief counselors.
- **Hospice Foundation of America:** Gold-standard of community-based grief support, whether one uses hospice care or not.

General Safety Tip: If you or someone you know ever wants to use a hotline but is terrified of trace-tracking or police dispatch, you can explicitly state at the very beginning of the call/text: *“I am experiencing heavy thoughts, but I am safe right now, I have no plan or intent to harm myself, and I just need someone to talk to.”* This establishes immediate safety boundaries with the counselor.

