

# RESOURCE LIST

Below, you'll find a list of resources to support you or a loved one in caring for your mental health and well-being. This list includes crisis support resources, Mental Health America resources, and other wellness resources.

## Crisis and immediate support resources

**988 Suicide & Crisis Lifeline** provides free, 24/7, and confidential emotional support to people in suicidal crisis or emotional distress. Call or text 988 to be connected with a trained crisis counselor. Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, 988 Lifeline counselors are available to support you. [988lifeline.org](https://www.988lifeline.org)

**Crisis Text Line** provides free, 24/7, confidential, text-based mental health support and crisis intervention for people experiencing stress, anxiety, loneliness, bullying, substance use, self-harm, suicidal thoughts, and more. Text "HOME" to 741-741 to be connected with a crisis counselor. [crisistextline.org](https://www.crisistextline.org)

**211 Helpline** can connect you with information about local resources and services in your community. It is free, and available 24/7. If you need assistance finding food, paying housing bills, accessing free childcare, or other essential services, dial 211 to speak to someone who can help. 211 is run by the United Way. [211.org](https://www.211.org)

**Caregiver Action Network's Help Desk** offers free, confidential support to caregivers and is staffed by experts who can help support you on your caregiving journey. Contact the Caregiver Help Desk by dialing 855-227-3640. [caregiveraction.org/helpdesk](https://www.caregiveraction.org/helpdesk)

**Childhelp National Child Abuse Hotline** provides free, 24/7, and confidential support for those concerned about or affected by child abuse. If you or a child you know is being hurt or doesn't feel safe at home, call or text 1-800-422-4453 or start an online chat at [childhelp.org](https://www.childhelp.org).

**Disaster Distress Helpline** is a national hotline dedicated to providing year-round disaster crisis counseling. This toll-free, multilingual, crisis support service is available 24/7 to all residents in the U.S. and its territories who are experiencing emotional distress related to natural or human-caused disasters. [samhsa.gov/find-help/helplines/disaster-distress-helpline](https://www.samhsa.gov/find-help/helplines/disaster-distress-helpline)

**National Domestic Violence Hotline** provides free, 24/7, and confidential support to survivors of domestic violence so they can live their lives free of abuse. If you're experiencing domestic violence, looking for resources or information, or are questioning unhealthy aspects of your relationship, call 1-800-799-SAFE (1-800-799-7233) or text "START" to 88788. [thehotline.org](https://www.thehotline.org)

**Naseeha Mental Health** is a mental health helpline that answers calls from around the world from Muslims and non-Muslims. Call 1-866-627-3342 for 24/7 help. [naseeha.org](https://www.naseeha.org)

**Partnership to End Addiction helpline** provides free and confidential support to anyone playing a supportive role in the life of a child who is struggling with substance use. Text CONNECT to 55753 to contact a specialist or schedule a call at [drugfree.org/article/helpline-get-one-on-one-help/](https://drugfree.org/article/helpline-get-one-on-one-help/).

**Physician Support Line** is a national, free, and confidential support line service made up of 600+ volunteer psychiatrists to provide peer support for other physicians and American medical students. Call 1-888-409-0141 or visit [physiciansupportline.com](https://physiciansupportline.com).

**StrongHearts Native Helpline** is a free, 24/7, confidential, anonymous, and culturally appropriate domestic and sexual violence helpline for Native Americans and Alaska Natives. Call or text 1-844-7NATIVE (1-844-762-8483) or chat with an advocate online at [strongheartshelpline.org](https://strongheartshelpline.org).

**Teen Line** provides free and anonymous support, resources, and hope to youth through a hotline of professionally trained teen counselors, and works to de-stigmatize and normalize mental health through outreach programs. Call 800-852-8336 or Text "TEEN" to 839863. [didiirsch.org/teenline](https://didiirsch.org/teenline)

**The Trevor Project** offers free, 24/7, and confidential crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer, and questioning youth. Contact a trained counselor at 1-866-488-7386, text "START" to 678-678, or start an online chat at [thetrevorproject.org/get-help](https://thetrevorproject.org/get-help).

**Trans Lifeline Hotline** is a free, confidential, and anonymous peer support phone service run by trans people for trans and questioning peers. Call 1-877-565-8860 for U.S. and 1-877-330-6366 for Canada. [translifeline.org/hotline](https://translifeline.org/hotline)

**Veterans Crisis Line** connects veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Open 24/7 – dial 988 then press 1, or text 838255. [veteranscrisisline.net](https://veteranscrisisline.net)

**Warmlines** are peer-run phone lines for people who need support but are not in crisis. Warmlines are staffed by people with lived experience of mental health challenges, and are free to call, confidential, and focused on prevention. To find a warmline in your state, visit [warmline.org](https://warmline.org).

## MHA resources

**MHA Affiliate Network:** Mental Health America affiliates provide public education, information and referral, support groups, rehabilitation services, and socialization and housing services to those confronting mental health problems and their loved ones. Many affiliates also provide family advocate services to parents of children with serious emotional disturbances, mentorship or peer support for adults recovering from mental health conditions, and professional education to those working in the mental health field. They serve as local leaders in supporting and developing consumer-run initiatives and primary prevention programs, including those in schools. To find the MHA affiliate nearest you, search at [mhanational.org/affiliates](https://mhanational.org/affiliates).

**MHA screening:** Online screening at [mhascreening.org](https://mhascreening.org) is one of the quickest and easiest ways to determine if you're experiencing symptoms of a mental health condition. MHA's free, anonymous, and clinically-validated screenings help people explore their mental health and connect with personalized information and resources.

**Young leaders initiatives:** MHA's young leaders initiatives empower young advocates (ages 18-25) to expand their reach, grow their skills, and drive change in their communities. Through supporting youth-led leadership development, policy, and research, MHA is cultivating the next generation of mental health leaders. Young people power all of these programs, where individuals, initiatives, and knowledge converge to transform youth mental health. Learn more about MHA young leaders initiatives at [mhanational.org/youth-leadership](https://mhanational.org/youth-leadership).



[mhanational.org](https://mhanational.org)

Contact us

[info@mhanational.org](mailto:info@mhanational.org)

Instagram, Facebook, Threads  
[@mentalhealthamerica](https://www.instagram.com/mentalhealthamerica)

X/Twitter  
[@mentalhealtham](https://twitter.com/mentalhealtham)

## Wellness resources

**AAKOMA Project** builds the consciousness of youth of color and their caregivers on the recognition and importance of mental health, empowers youth and their families to seek help and manage mental health, and influences systems and services to receive and address the needs of youth of color and their families. Learn more at [aakomaproject.org](http://aakomaproject.org).

**Alliance for a Healthier Generation** works with schools, youth-serving organizations, businesses, communities, and families to support whole child health. Their programs offer a number of resources, webinars, and learning opportunities for people who have a passion for supporting happy and healthy children. [healthiergeneration.org](http://healthiergeneration.org)

**American Foundation for Suicide Prevention** is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education, and advocacy to take action against this leading cause of death. [afsp.org](http://afsp.org)

**Anxiety and Depression Association of America (ADAA)** is an international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through the alignment of science, treatment, and education. [adaa.org](http://adaa.org)

**Asian Counseling and Referral Services (ACRS)** promotes the health and well-being of Asians and Native Hawaiians/Pacific Islanders (A&NH/PIs) and other communities by providing and advocating for responsive community-based services. [acrs.org](http://acrs.org)

**Asian Mental Health Collective** aspires to make mental health services easily available, approachable, and accessible to Asian communities worldwide. [asianmhc.org](http://asianmhc.org)

**Black Emotional and Mental Health Collective (BEAM)** is a national training, movement-building, and grantmaking institution that is dedicated to the healing, wellness, and liberation of Black and marginalized communities. [beam.community](http://beam.community)

**Black Girls Can Heal** is an online community and coaching program dedicated to helping women break the cycles of unavailable partnerships, unhealthy relationships, and feeling not enough via evidence-based and real, actionable tools. [blackgirlsheal.org](http://blackgirlsheal.org)

**Black Men Heal** provides access to mental health treatment, psycho-education, and community resources to men of color. [blackmenheal.org](http://blackmenheal.org)

**Calathea Wellness** helps first-generation Latine professionals embrace their bicultural identity to elevate their confidence, deepen their connections, and amplify their individual and professional fulfillment. [calatheawellness.com](http://calatheawellness.com)

**Caregiver Action Network (CAN)** is the nation's leading family caregiver organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. Individuals can reach out to the Caregiver Help Desk for guidance and support. [caregiveraction.org](http://caregiveraction.org)

**Cook Center for Human Connection** brings together the best organizations, programs, and products to prevent suicide, provide mental health support, and enhance human connections essential for people to thrive. [cookcenter.org](http://cookcenter.org)

**Estoy Aquí** offers innovative training programs to providers in the helping professions who want to learn about the socio-cultural aspects of mental health in Latine and Black communities. [estoy-aqui.org](http://estoy-aqui.org)

**Faces and Voices of Recovery** works to change the way addiction and recovery are understood and embraced through advocacy, education, and leadership. [facesandvoicesofrecovery.org](http://facesandvoicesofrecovery.org)

**Future of SEL** helps people develop mindful work habits, make better business decisions, and build positive relationships to retain talent and create well spaces for all so that owners, leaders, and employees are living and leading well. [futureofsel.com](http://futureofsel.com)

**Generations United** works to improve the lives of children, youth, and older people through intergenerational collaboration, public policies, and programs for the enduring benefit of all. [gu.org](http://gu.org)

**Here App** is a free, safe, and anonymous space where teens can freely speak to their peers about everyday issues and their overall mental health. Teen Advisors are trained to support their peers through a wide range of experiences, including anxiety, depression, relationships, family issues, school, and more. Teen Advisors are supervised by licensed mental health professionals. [hereapp.org](http://hereapp.org)

**The Human Animal Bond Research Institute (HABRI)** advances, through science, education, and advocacy, the vital role of the human-animal bond in the health and well-being of people, pets, cultures, and communities. [habri.org](http://habri.org)

**Health Equity Collaborative** seeks to eliminate health disparities through a holistic and intersectional approach to healthcare. [healthequitycollaborative.org](http://healthequitycollaborative.org)

**Human Rights Campaign (HRC)** is focused on mobilizing those who envision a world strengthened by diversity, where our laws and society treat all people equally, including LGBTQ+ people and those who are multiply marginalized. [hrc.org](http://hrc.org)

**imi** is a series of guides designed with and for LGBTQ+ teens to help explore and affirm their identity. Guides are free, backed by science, and help teens learn practical methods to cope with sexual and gender minority stress in ways that are helpful, relevant, inclusive, and joyful. [imi.guide](http://imi.guide)

**Inclusive Therapists** works to make the process of finding a therapist simpler and safer, centering the needs of BIPOC and LGBTQIA2S+ intersections (QTBIPOC). Their mission prioritizes the voices and expressions of neurodivergent and disabled communities of color. [inclusivetherapists.com](http://inclusivetherapists.com)

**Informed Immigrant** is a digital hub and offline network offering the most up-to-date and accessible information and guidance for the undocumented immigrant community. [informedimmigrant.com](http://informedimmigrant.com)

**Inspire** is a vital community of more than two million patients and caregivers in a carefully designed environment where it feels comfortable and safe to open up about personal health experiences and share sensitive health information. These genuine connections instill hope and drive greater understanding. [inspire.com](http://inspire.com)

**Institute for Muslim Mental Health** promotes Muslim Americans' mental health through research, resource development, training, and advocacy. [muslimmentalhealth.com](http://muslimmentalhealth.com)

**International OCD Foundation (IOCDF)** is the leading authority on obsessive-compulsive disorder (OCD) and related disorders. The largest 501(c)3 nonprofit organization in this space, IOCDF is dedicated to serving a broad community of individuals around the world, along with their family members, loved ones, mental health professionals, and researchers. [iocdf.org](http://iocdf.org)

**The Kids Mental Health Foundation** is driven to create a world where mental health is a vital part of growing up, where children's mental health is as important as their physical health, and where we teach grown-ups the skills to help kids face and manage life's challenges through free resources. [kidsmentalhealthfoundation.org](http://kidsmentalhealthfoundation.org)

**Latinx Parenting** is a bilingual organization rooted in children's rights, social and racial justice, and antiracism, the individual and collective practice of nonviolence and reparenting, intergenerational and ancestral healing, cultural sustenance, and the active decolonization of oppressive practices in our families. [latinxparenting.org](http://latinxparenting.org)

**Latinx Therapy** is a national directory for Latinx Therapists in private practice. Latinx Therapy works to destigmatize mental health in the Latinx community by providing a bilingual podcast, a national directory, and culturally grounded workshops and services. [latinxtherapy.com](http://latinxtherapy.com)

**Mental Health Coalition (MHC)** was formed to catalyze like-minded communities to work together to destigmatize mental health and empower access to vital resources and necessary support for all. The MHC connects individuals to a range of different resources from Coalition members. [thementalhealthcoalition.org](http://thementalhealthcoalition.org)

**Mixed in America** aims to empower the mixed community by facilitating supportive spaces for mixed individuals to explore and unpack their identities. Mixed in America offers services for adults, children, affinity groups, schools, and businesses. Their approach is trauma-informed, holistic, inclusive, and autonomous. [mixedinamerica.org](http://mixedinamerica.org)

**Muslim Wellness Foundation** utilizes a holistic and spiritually grounded psychological approach to cultivate honest conversations and experiences wherein radical healing, belonging, and growth can flourish. [muslimwellness.com](http://muslimwellness.com)

**Mustard Seed Generation** exists to eradicate barriers to mental health that increase life dissatisfaction, family dysfunction, and suicide in the Korean American community. We provide culture-specific training to increase the mental health literacy of Korean American churches, families, and youth. [mustardseedgeneration.org](http://mustardseedgeneration.org)

**Nalgona Positivity Pride** is an unconventional eating disorder awareness organization that shines a light on the often-overlooked societal factors that perpetuate unrealistic and oppressive beauty and health standards. NPP offers a vital space for BIPOC individuals to celebrate and embrace their bodies and identities. [nalgonapositivitypride.com](http://nalgonapositivitypride.com)

**National Alliance for Eating Disorders** works tirelessly to raise awareness; eliminate secrecy and stigma; promote access to care; and support those susceptible to, currently experiencing, and recovering from eating disorders. [allianceforeatingdisorders.com](http://allianceforeatingdisorders.com)

**The National Association of Anorexia Nervosa and Associated Disorders (ANAD)** is the nation's leading nonprofit offering free peer support for anyone navigating a difficult relationship with eating or body image. ANAD's community is open to everyone, regardless of identity, background, or whether or not they have a formal eating disorder diagnosis. [anad.org](http://anad.org)

**National Network for Immigrant and Refugee Rights (NNIRR)** works to defend and expand the rights of all immigrants and refugees, regardless of immigration status. [nnirr.org](http://nnirr.org)

**National Queer and Trans Therapists of Color** advances healing justice by transforming mental health for queer and trans BIPOC individuals. [nqttn.com](http://nqttn.com)

**One Sky Center** is a National Resource Center for American Indian and Alaska Native health, education, and research. It is dedicated to quality health care across Indian Country. [oneskycenter.org](http://oneskycenter.org)

**Project Heal** works to break down systemic, health care, and financial barriers to eating disorder healing. Project Heal's goal is to change the system and, in the meantime, provide lifesaving support to people with eating disorders who the system fails. Learn more at [theprojectheal.org](http://theprojectheal.org).

**Project LETS** builds peer support collectives, leads political education, develops new knowledge and language around mental distress, organizes and advocates for the liberation of our community members globally, and creates innovative, peer-led, alternatives to our current mental health system. [projectlets.org](http://projectlets.org)

**RAINN** is the nation's largest anti-sexual violence organization and operator of the National Sexual Assault Hotline. RAINN works to stop sexual violence by supporting survivors, holding perpetrators accountable, and creating safer communities. [rainn.org](http://rainn.org)

**Recovery Dharma Online (RDO)** is an independent Recovery Dharma community that works together to host safe, inclusive, and reliable Buddhist-inspired recovery meetings. [recoverydharma.online](http://recoverydharma.online)

**Rooted in Radiance** empowers historically underinvested communities in Washington, D.C. to prioritize their well-being through innovative, culturally tailored wellness programming. We offer on-site and virtual solutions focused on stress reduction, mental health, and holistic wellness, integrating meditation, breathwork, yoga, and mindfulness to support individuals and teams in achieving peak performance and lasting health. [rootedinradiance.com](http://rootedinradiance.com)

**Rural Minds** serves as the informed voice for mental health in rural America and provides mental health information and resources. [ruralminds.org](http://ruralminds.org)

**Students With Psychosis** connects students and advocates worldwide through community-building, service, and collaboration. [swwp.org](http://swwp.org)

**Therapy for Black Girls** is an online space dedicated to encouraging the mental wellness of Black women and girls. [therapyforblackgirls.com](http://therapyforblackgirls.com)

**Therapy for Latinx** was created to make finding a mental health provider as easy as possible. Search their listings to find therapists that honor who you are, provide services with dignity, and can code-switch like the best of them. [therapyforlatinx.com](http://therapyforlatinx.com)

**To Write Love on Her Arms (TWLOHA)** is a nonprofit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide. TWLOHA exists to encourage, inform, inspire, and invest directly into treatment and recovery. [twloha.com](http://twloha.com)

**TrevorSpace** is an affirming international community for LGBTQ young people ages 13-24. TrevorSpace helps young people explore their identities, get advice, find support, and make friends in a moderated community intentionally designed for them. [trevorspace.org](http://trevorspace.org)

**Well Beings** brings together partners from across the country, including youth, families, caregivers, educators, medical and mental health professionals, social service agencies, private foundations, filmmakers, corporations, and media sponsors, to create awareness and resources for better health and well-being. [wellbeings.org](http://wellbeings.org)

**WithAll** aims to serve millions of people with simple, accessible resources that work to reduce the risk of eating disorders through upstream prevention and help people break through practical barriers in pursuing recovery. [withall.org](http://withall.org)

**Yellow Chair Collective (YCC)** provides culturally relevant therapy for Asian Americans. YCC doesn't simply view therapy as addressing the problem you're facing or the symptom you're experiencing. YCC takes into account who you are as a person first and what is truly important to you. [yellowchaircollective.com](http://yellowchaircollective.com)