



Five Mental Health Resources That Can #BeTheDifference

By Rubina Kapil on January 16, 2020

If you or someone you know is considering suicide, call 9-1-1 or National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

When you're trying to find mental health information and support, it can be overwhelming and hard to know where to start. A simple Google search of the term "mental health" alone will give you more than 1.9 million results.

Although sometimes it can be hard to find, trustworthy and reliable support is out there and can help you and your loved ones get the information you need.

These five mental health resources can #BeTheDifference when you need it most.

1. [The National Suicide Prevention Line](#). This hotline provides free, confidential support 24/7 to people in distress across the United States. Call 1-800-273-TALK (8255) for support.
2. [The SAMHSA Helpline](#). SAMHSA's National Helpline is a free, confidential information service that provides treatment and support referrals 24/7 to people facing mental illness and addictions. Call 1-800-662-HELP (4357) for support.
3. [Crisis Text Line](#). Crisis Text Line provides free, confidential support via text message 24/7 to those in crisis situations. Text HOME to 741741 for support.
4. [The Trevor Project](#). The Trevor Project provides free, confidential support 24/7 to LGBTQ youth via a helpline, text and online instant messaging system. Call 1-866-488-7386 for support.
5. [The Veterans Crisis Line](#). The Veterans Crisis line provides free, confidential support 24/7 to veterans, all service members and their family and friends in times of need. Call 1-800-273-8255 and press 1 or text 838255 for support.

For more mental health information and resources, visit the National Council for Behavioral Health's [Find a Provider site](#).

You can also [take a Mental Health First Aid course](#). Mental Health First Aid will teach you the common signs and symptoms of mental health and substance use challenges and how to respond to someone in both crisis and non-crisis situations. We know it can be hard to find support when you're struggling. Use this list as a place to start and remember that it's OK to ask for help. These organizations and the people around you are here to help in any way they can.

Share and help spread the word.

https://www.mentalhealthfirstaid.org/2020/01/five-mental-health-resources-that-can-bethedifference/?mkt_tok=eyJpIjoiT1Rjd01URTJOV05oT1RjeiIsInQiOiJ5K3A2SDRDXC9sSmI2WGtFbjU0UW83cG9mWURCK3Y0NHhJcVlrUkhyXC93bmlhUFFCZktxdk9QS1kyUnZ5VmdlRDJZdEJxbHRiU2xvditZZk84OUIEZktSYlpyUE80aTISK1dUUERqcGpmXC94TEowM2tiMlpnQ3Ywc0hSMHFBNGNkeyJ9 accessed on 1/31/2020