

Hotlines, Crisis Lines and Mental Health Resources

The following includes a comprehensive list of crisis lines, resources, and support groups across a wide range of topics.

General Crisis

[988 Suicide & Crisis Lifeline](#) (24/7): National network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress. Call 988 from any phone in the United States or connect with a counselor via [live chat](#).

[Crisis Text Line](#) (24/7): Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds from a secure online platform. Text “LISTEN” to 741.741, [chat](#), or [WhatsApp](#).

[The Boys Town National Hotline](#) (24/7): Staffed by specially trained counselors who focus on children and families and are accredited by the American Association of Suicidology. Spanish-speaking counselors and translation services for more than 100 languages also are available 24 hours a day. Call 800.448.3000 or text “VOICE” to 20101. The speech- and hearing-impaired can contact hotline@boystown.org.

[The United Way 211 Line](#) (24/7): Source of information about local resources and services. 211 is powered by people: thousands of caring, local experts are available to help, 24/7. Calls to 211 are confidential and can be anonymous. 800.233.HELP (800.233.4357) or 211.

[The National Center for Missing or Exploited Children](#) (24/7): NCMEC’s mission is to help find missing children, reduce child sexual exploitation, and prevent child victimization. 1.800.THE.LOST (1.800.843.5678).

Mental Health Information Lines

[Mental Health America](#): Provides free information. Has a referral directory to mental health providers, national directory of mental health associations. Monday – Friday, 9 am – 5 pm ET. 1.800.969.6642.

[NAMI \(National Alliance on Mental Illness\) Helpline](#): The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public. Monday – Friday, 10 am – 10 pm ET. Call 1.800.950.NAMI (1.800.950.6264), text “HELPLINE” to 62640 or email helpline@nami.org.

[National Institute of Mental Health Information Line](#): Provides information and literature on mental illness by disorder—for professionals and the general public; provides referrals to relevant voluntary health organizations. Monday – Friday, 8:30 am – 5:00 pm ET. Call 1.866.615.6464 or email nimhinfo@nih.gov.

[Panic Disorder Information Hotline](#): For many who experience panic attacks, it can be helpful to speak to someone who understands what they're going through during an attack. The compassionate staff at the panic disorder hotline can provide information about what happens during an attack and provide tips to help get through the attack. This number is available to those in crisis, as well as those who are just seeking more information about the disorder. 1.800.64.PANIC (1.800.647.2642)

Body, Food, and Eating

[National Association of Anorexia Nervosa and Associated Disorders \(ANAD\)](#): Free support services to anyone struggling with an eating disorder, disordered eating, and body image. ANAD is a support organization that is peer-run and professionally supported. Monday – Friday, 10 am – 9 pm ET. 888.375.7767.

[National Eating Disorder Association Helpline](#): Contact the NEDA Helpline for support, resources, and treatment options for yourself or a loved one who is struggling with an eating disorder. Call 800.931.2237 (M-Th 11 am-9 pm ET; F 11 am-5 pm ET), text 800.931.2237 M-Th 3 pm-6 pm ET; F 1 pm-5 pm ET), or [chat](#) (M-Th 11 am-9 pm ET; F 11 am-5 pm ET). If you are in a crisis and need help immediately, text “NEDA” to 741741 to be connected with a trained volunteer at [Crisis Text Line](#).

[Body Dysmorphic Disorder](#): The BDD Foundation's aim is to relieve the suffering for people with BDD, while advancing research, treatments and awareness of the condition.

Depression

[Anxiety and Depression Association of America](#): ADAA provides a list of support groups for those facing disorders related to anxiety and depression.

[Depression and Bipolar Support Alliance \(DBSA\)](#): Provides hope, help, support, and education to improve the lives of people who have mood disorders.

[Families for Depression Awareness](#): Helps families recognize and cope with depression and bipolar disorder to get people well and prevent suicides.

Disasters

[Natural Disaster Distress](#) (24/7): National hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or humancaused disaster. 1.800.985.5990.

Domestic Violence

[Love Is Respect](#) (24/7): Dating abuse hotline. Call 1.866.331.9474, chat, or text “LOVEIS” to 22522.

[National Deaf Domestic Violence Hotline \(NDDVH\)](#) (24/7): Deaf advocates are available to answer your call. By video phone 855.812.1001, instant messenger, or email nationaldeafhotline@adwas.org.

[National Domestic Violence Hotline](#) (24/7): Free and confidential referrals for local shelters and counseling. Call 1.800.799.SAFE (1.800.799.7233), 1.800.787.3224 (TTY), chat, or text "START" to 88788.

[StrongHearts Native Helpline](#) (24/7): A safe, confidential, and anonymous domestic and sexual violence helpline for Native Americans and Alaska Natives, offering culturally appropriate support and advocacy. 1.844.7NATIVE (1.844.762.8483) or chat.

Elder Care, Support, and Abuse Lines

[Elders Friendship Line](#) (24/7): The only accredited confidential crisis line in the country for people aged 60 years and older, and adults living with disabilities. 800.971.0016.

[Eldercare Locator](#): A public service of the U.S. Administration on Aging connecting you to services for older adults and their families. Monday – Friday, 8 am – 9 pm ET. Call 1.800.677.1116, [chat](#), or email eldercarelocator@n4a.org.

[National Center on Elder Abuse](#): A national resource center dedicated to the prevention of elder mistreatment. Please do not report cases of suspected elder abuse to the NCEA. If the situation is serious, threatening, or dangerous, call 911 or the local police for immediate help. Monday – Friday, 11:30 am – 8 pm ET. 1.855.500.ELDR (1.855.500.3537).

[Caregiver Action Network \(CAN\)](#): CAN serves a broad spectrum of family caregivers and seeks to improve the quality of life for Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age.

[Alzheimer's Association](#) (24/7): Specialists and master's-level clinicians offer confidential support and information to people living with dementia, caregivers, families, and the public. Call 800.272.3900, live chat (Monday – Friday, 8 am – 8 pm ET), or contact [online](#).

LGBTQIA2S+

[LGBT National Coming Out Support Hotline](#): Providing a safe space to discuss concerns/questions on coming out for all ages. Monday – Friday, 4 pm to 12 am ET; Saturday, 12 pm – 5 pm ET. 888.OUT.LGBT (888-688-5428).

[LGBT National Hotline](#): Providing confidential peer support, info, and resources for callers of all ages. Monday – Friday, 4 pm to 12 am ET; Saturday, 12 pm – 5 pm ET. 888.843.4564.

[LGBT National Senior Hotline](#): Providing confidential peer support, information, and resources for those 50 and above. Monday – Friday, 4 pm to 12 am ET; Saturday, 12 pm – 5 pm ET. 888.234.7243.

[LGBT National Youth Talkline](#): Providing confidential peer support, info, and resources for callers 25 and younger. Monday – Friday, 4 pm to 12 am ET; Saturday, 12 pm – 5 pm ET. 800.246.7743.

[SAGE National LGBTQ+ Elder Hotline](#) (24/7): Confidentially connects LGBTQ+ older people who want to talk with friendly responders who are ready to listen. 877.360.LGBT (877.360.5428).

[The Network/La Red Hotline](#) (24/7): Hotline provides confidential emotional support, information, referrals, safety planning, and crisis intervention for LGBTQ+ folks, as well as folks in kink and polyamorous communities who are being abused or have been abused by a partner. 800.832.1901.

[Trans Lifeline](#) (24/7): An anonymous and confidential trans-led organization without nonconsensual active rescue that connects trans people to the community, support, and resources they need to survive and thrive. US 877.565.8860; Canada 877.330.6366.

[Trevor Project](#) (24/7): The Trevor Project's mission is to end suicide among LGBTQ young people. Call 866.488.7386; Text "TREVOR" to 1.202.304.1200; or chat.

Mental Health

[American Foundation for Suicide Prevention](#): Whether you have struggled with suicide yourself or have lost a loved one, know you are not alone. Hear about personal experiences from people in your local community whose lives have been impacted by suicide.

[Mental Health America \(MHA\)](#): Mental Health America's work is driven by its commitment to promote mental health as a critical part of overall wellness, including prevention services for all; early identification and intervention for those at risk; integrated care, services, and supports for those who need them; with recovery as the goal.

[National Alliance on Mental Illness \(NAMI\)](#): NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives. Specifically, check out their recently-published book, [You Are Not Alone: The NAMI Guide to Navigating Mental Health](#), by Ken Duckworth, M.D.

[National Institute of Mental Health \(NIMH\)](#): The lead federal agency for research on mental disorders.

[Partnership for Workplace Mental Health](#): Setting the standard for mentally healthy workplaces.

Mental Health for Persons from Historically Marginalized, and/or Systemically Oppressed Populations

[InnoPsych](#): Find your ideal therapist of color and boost your wellness journey with content written by and for people of color.

[LGBTQ+ Healthcare Directory](#): Find LGBTQ+ friendly healthcare, including LGBTQ-affirming therapy, near you.

[QTBIPOC Addiction & Mental Health Support](#): The QTBIPOC community encompasses Queer and Trans Black, Indigenous, and People of Color.

Neurodiversity

[Attention Deficit Disorder Association](#): ADDA is the world's largest organization dedicated exclusively to helping adults with ADHD to live better lives.

[Neurodiversity Network](#): Provides resources for neurodivergent job seekers and students, employers and universities, and supports the neurodiverse community.

Parents

[National Maternal Mental Health Hotline](#) (24/7): Free, confidential hotline for pregnant and new moms in English and Spanish. Call or text 1.833.9.HELP.4.MOMS (1.833.943.5746). TTY users can use a preferred relay service or dial 711 and then 1.833.943.5746.

[Parents Helping Parents Stress Line](#) (24/7): The Parent Stress Line is a toll-free, confidential helpline for parents or caregivers who need to discuss issues related to their children. 1.800.632.8188.

Postpartum

[Postpartum Support International](#): Leave a confidential message any time, and a trained and caring volunteer will return your call or text. HelpLine (non-emergency) 1-800-944.4PPD (1.800.944.4773); Text "HELP" to 800.944.4773; Text en Español 971.203.7773.

[Postpartum Support International](#): Groups are conducted using a peer-to-peer support model and are not intended for those experiencing a mental health crisis.

Sexual Assault

[1 in 6](#): National helpline and [chat](#) for men who were sexually abused or assaulted. Speak confidentially with a trained advocate through the national helpline. 1.800.656.4673.

[RAINN \(Rape, Abuse & Incest National Network\) National Sexual Assault Hotline](#) (24/7): The nation's largest anti-sexual violence organization. Operates in partnership with more than 1,000 local sexual assault service providers across the United States. The hotline offers free and confidential support, information, advice, or referrals. 800.656.HOPE (800.656.4673) or [chat](#).

[National Sexual Violence Resource Center \(NSVRC\)](#): Directory of state resources.

Substance Misuse

[Substance Use Treatment Referral Line](#) (24/7): 1.800.662.HELP (1.800.662.4357).

Veterans & Service Members

[Veterans Suicide Prevention Hotline](#) | 1-800-273-TALK (8255), Veterans Press 1 | Text 838255 | Chat online at: <https://www.veteranscrisisline.net> Connect with caring, qualified responders with the Department of Veterans Affairs

Support Groups: Non-12-Step

Cancer

[Gilda's Club](#): Cancer support community for cancer patients and their families.

[American Cancer Society \(ACS\)](#): Among other services through the ACS, [The National Cancer Information Center](#) provides information and support to those facing cancer 24 hours a day, 365 days a year by calling 800-227-2345. You can also join the [Cancer Survivors Network \(CSN\)](#) where you can connect with others through discussion boards, chat room and private messages. As part of the ACS, [Reach to Recovery](#) is a program available for Breast Cancer Support where you can speak with a survivor who is available to answer your questions because they have "been there."

Divorce

[DivorceCare](#): A safe place where caring people come alongside you as you find healing from the pain of separation or divorce.

Grief

[Grief Recovery After a Substance Passing \(GRASP\)](#): Support group for those who have lost loved ones due to substance misuse.

[GriefShare](#): For people grieving the death of a family member or friend.

[The Compassionate Friends](#): Supporting family after a child dies.

Postpartum

[Postpartum Support International](#): Groups are conducted using a peer-to-peer support model and are not intended for those experiencing a mental health crisis.

PTSD

[Post-Traumatic Stress Disorder \(PTSD\) Support](#): Find support with others who have gone through a traumatic experience.

Substance Misuse

[SMART Recovery \(Self-Management and Recovery Training\)](#): Created for people seeking a self-empowering way to overcome addictive problems.

[Women for Sobriety](#): Helping women overcome alcoholism and other addictions.

12-Step Based Support Groups

12-step programs are peer support groups for recovery from addictions, compulsions, and/or disorders. These programs often require a belief in a higher power, and many claim that those who follow the 12-step model but do not recover are fundamentally incapable of recovery. Workplace Solutions does not support any claim that anyone is incapable of recovery, or that there is only one path to recovery. Additionally, the scripted language of programs using Alcoholics Anonymous' model may be gender-exclusive (i.e., refers exclusively to "men and women").

Substance Dependence

[Alcoholics Anonymous \(AA\)](#): A 12-step based program to help people recover from alcohol addiction.

[Cocaine Anonymous \(CA\)](#): A 12-step based program to help people recover from cocaine addiction.

[Gays and Lesbians in Alcoholics Anonymous \(GaL-AA\)](#): A 12-step based program to serve and have the involvement of lesbians, gay men, and others in Alcoholics Anonymous, regardless of how they choose to identify themselves.

[Marijuana Anonymous \(MA\)](#): A 12-step based program to help people recover from marijuana addiction.

[Narcotics Anonymous \(NA\)](#): 12-step based program that does not focus on any particular drug and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle.

For Friends and Family

[Adult Children of Alcoholics & Dysfunctional Families \(ACA\)](#): A 12-step program of people who grew up in dysfunctional homes.

[Al-Anon](#): A 12-step fellowship offering hope and help to families and friends of alcoholics.

[Co-Anon](#): A 12-step fellowship for friends and family of people living with cocaine addiction.

[Families Anonymous \(FA\)](#): A 12-step fellowship for the family and friends of those individuals with drug, alcohol, or related behavioral issues.

[Nar-Anon](#): A 12-step program for those affected by someone else's addiction.

Other

[Codependents Anonymous \(CoDa\)](#): A 12-step-based fellowship with a common purpose to develop healthy relationships.

[Gamblers Anonymous \(GA\)](#): A 12-step program for people who are recovering from compulsive gambling.

[Gam-Anon](#): 12-Step fellowship for men and women who are husbands, wives, relatives, or close friends of compulsive gamblers who have been affected by the gambling problem.

[Workaholics Anonymous \(WA\)](#): A 12-step program to help people solve their common problems and help others to recover from workaholism.

[Debtors Anonymous \(DA\)](#): A 12-step program that offers hope for people whose use of unsecured debt causes problems and suffering in their lives and the lives of others.

To access some of these resources directly on the web, scan the QR or type the URL below:

Mental Health Resources: <https://www.harpercollege.edu/services/counseling/mental-health-resources.php>

Traumatic Event Resources:
<https://www.harpercollege.edu/wellness/resources/traumatic-events-disasters.php>



Follow Harper Wellness on Instagram: @harper_wellness for additional resources, events, and programs.

