

RESOURCES

Mental Health Resources for Youth Program Staff and Participants

Call 911 in emergencies and ask for your state's mobile crisis team – some states have direct mobile crisis team phone numbers; if not, ask for crisis and intervention-trained responders.



You should call 911 for a suicide attempt in progress or if a suicide attempt seems imminent.

988 Suicide & Crisis Lifeline (National Suicide Prevention Lifeline)

Call or text 988 if experiencing suicidal ideation (if a suicide attempt is in progress or imminent, 911 should be called first). The Lifeline provides 24/7, free, and confidential phone and text-based support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

FindTreatment.gov

Those with mental health and substance use concerns can search SAMHSA's database of state licensed providers that specialize in treating substance use disorders, addiction, mental distress, and mental illness.



SAMHSA National Helpline

Call 1-800-662-HELP (4357) | TTY: 1-800-487-4889 | Text your zip code to 435478 (HELP4U). SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service in English and Spanish for individuals and families facing mental illness and substance use disorder-related mental illnesses.

Disaster Distress Helpline

Call 1-800-985-5990. SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling in English and Spanish to support people experiencing emotional distress related to disasters. Disasters can include incidents such as mass violence, natural disasters, anniversaries, trigger events, and more.



NAMI Warmline Directory, by State

Warmlines offer a place to call when you are not in a crisis but want or need to talk to someone. Call 1-800-950-NAMI (1-800-950-6264) or text "Helpline" to 62640. The NAMI Helpline is a free, nationwide peer support service providing information and resource referrals to those with mental illness, their family members and caregivers, mental health providers, and the public. If there's no warmline in your state or if you feel uncomfortable calling a local line, many warmlines accept calls from all over the country.

<https://www.nami.org/NAMI/media/NAMI-Media/Helpline/NAMI-National-HelpLine-WarmLine-Directory.pdf>

The Safe Space

The Safe Space has free resources and tools to provide extra support in an emotionally safe environment. The Safe Space is funded by SAMHSA and is run by Vibrant.org, the nonprofit that is also the servicer for the National Suicide Prevention Hotline.

<https://safespace.vibrant.org/en/>

The Trevor Project

Call 1-866-488-7386 or text START to 678678. This is a national 24-hour, toll free confidential suicide hotline for LGBTQ youth.

Trans Lifeline

Dial 877-565-8860 (English and Spanish). Trans Lifeline's hotline is a peer support service run by trans people, for trans and questioning callers.

The National Sexual Assault Telephone Hotline

Call 800.656.HOPE (4673). You will be connected with a trained staff member from a sexual assault service provider in your area.



Compiled by Lan Nguyen, YouthBuild USA