

Mental Health Resources

- **NEW 988 Mental Health Emergency Hotline.** Calling 988 will connect you to a crisis counselor regardless of where you are in the U.S.
- **911 Emergency**
- **National Alliance on Mental Illness (NAMI) Helpline:** 1-800-950-NAMI (6264), or text “HELPLINE” to 62640. Both services are available between 10 a.m. and 10 p.m. ET Monday-Friday.
- **National Domestic Violence Hotline:** 1-800-799-7233.
- **National Suicide Prevention Lifeline:** 1-800-273-TALK (8255) or dial 988.
- **Crisis Text Line:** Text REASON to 741741. Available 24/7 in English and Spanish.
- **Self-Harm Hotline:** 1-800-DON'T CUT (1-800-366-8288).
- **Family Violence Helpline:** 1-800-996-6228.
- **American Association of Poison Control Centers:** 1-800-222-1222
- **National Council on Alcoholism & Drug Dependency:** 1-800-622-2255
- **Substance Abuse and Mental Health Services Administration (SAMHSA):** 1-800-662-HELP (4357)
- **Rape Abuse and Incest National Network (RAINN):** 1-800-656-HOPE (4673).
- **Veterans Crisis Line:** Dial 98, then Press 1 or Text 838255.

Helpful Websites:

- CDC Facebook Page on Violence Prevention: <https://www.facebook.com/vetoviolence>
- Futures Without Violence: <https://www.futureswithoutviolence.org>
- National Domestic Violence Hotline: <https://www.ndvh.org>
- National Coalition Against Domestic Violence: <https://www.ncadv.org>
- National Sexual Violence Resource Center: <https://www.nsvrc.org>
- Suicide, Prevention, Awareness, and Support: www.suicide.org
- Veterans Crisis Line: <https://www.veteranscrisisline.net>