

Mental Health Resources

IN CRISIS OR JUST NEED TO TALK?

Operators for the hotlines below are trained to listen and work with you to find support. These hotlines are available 24/7. Calls are free and confidential.

★ **SAMARITANS SUICIDE PREVENTION LINE: 877-870-4673**

★ **NATIONAL SUICIDE PREVENTION LIFELINE: 1-800-273-8255**

- Ayuda En Español: **1-888-628-9454**
- For TTY Users: Use your preferred relay service or **dial 711** then **1-800-273-8255**.
- Or Chat online: at suicidepreventionlifeline.org/chat.

★ **CRISIS TEXT LINE:**

Text **"HOME"** to **741-741** to be connected with a Crisis Counselor.

★ **ASIAN LIFELINE HOTLINE: 1.877.990.8585**

Cantonese, Mandarin, Japanese, Korean, Fujianese are offered.

★ **THE STEVE FUND CRISIS TEXT LINE (FOR PEOPLE OF COLOR):**

Text **"STEVE"** to **741-741**.

★ **THE TREVOR PROJECT LIFELINE (FOR LGBTQ+): 866-488-7386**

★ **THE TRANS LIFELINE: 877-565-8860**

★ **EMERGENCY SERVICES PROGRAM/MOBILE CRISIS INTERVENTION:
1-877-382-1609**

Enter your zip code for the local ESP/MCI.

What is an Emergency Services Program or Mobile Crisis Intervention Team?

The Emergency Services Program/Mobile Crisis Intervention Team provides crisis assessment, intervention, and stabilization services wherever you are. ESP/MCI services are available to people with insurance or uninsured, 24/7.

Want help finding resources in your community?

★ **NAMI COMPASS HELPLINE: 1.800.370.9085**

Contact COMPASS about: finding peer and family support, accessing mental health treatment, insurance issues, special education, substance use, and many other resources. Available Monday-Friday, 9am-5pm.