

# Mental health resources

## **7 Cups of Tea**

[7cups.com](https://7cups.com)

7 Cups is an online resource that offers free, anonymous and confidential text chat with trained listeners and online therapists and counselors. With over 28 million conversations to date, it's the world's largest emotional support system.

## **988 Suicide and Crisis Lifeline**

[988lifeline.org](https://988lifeline.org)

The 988 Suicide and Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to anyone experiencing a mental health, substance use or suicidal crisis 24/7/365. People can also access 988 services if they are worried about a loved one who may need support. Call or text 988 or chat 988Lifeline.org to be connected with compassionate, trained crisis counselors.

## **ADAA Online Support Group**

[adaa.org/adaa-online-support-group](https://adaa.org/adaa-online-support-group)

With more than 18,000 subscribers worldwide, the Anxiety and Depression Association of America's online support group is a safe, supportive place to share information and experiences.

## **American Academy of Child & Adolescent Psychiatry**

[aacap.org](https://aacap.org)

Promotes the healthy development of children, adolescents and families through advocacy, education and research, and meets the professional needs of child and adolescent psychiatrists throughout their careers.

## **American Counseling Association**

[counseling.org](https://counseling.org)

Dedicated to the growth and enhancement of the counseling profession.

## **American Psychiatric Association**

[apa.org](https://apa.org)

Leading U.S. scientific and professional organization representing psychology, with more than 133,000 researchers, educators, clinicians, consultants and students as its members.

## **Bring Change to Mind**

[bringchange2mind.org](https://bringchange2mind.org)

Dedicated to encouraging dialogue about mental health; raising awareness, understanding and empathy.

## **Centers for Disease Control & Prevention**

[cdc.gov/mentalhealth](https://cdc.gov/mentalhealth)

Tools, resources and information from on mental health.

## **Children's Mental Health Network**

[cmhnetwork.org](https://cmhnetwork.org)

Fair and independent source of information about children's mental health, and forum for sharing diverse ideas and opinions about ways to improve the lives of children and youth living with mental health conditions and their families.

## **Crisis Text Line**

[crisistextline.org](https://crisistextline.org)

Crisis Text Line provides free, text-based support 24/7. Text MHA to 741741 and you'll be connected to a trained Crisis Counselor.

## **Health Unlocked**

[healthunlocked.com](https://healthunlocked.com)

Social network made up of over 1.5 million members and 315 public communities, covering more than 250 conditions to provide information, support and tools that have been shown to improve health outcomes.

**Healthline**

[healthline.com/mental-health](https://healthline.com/mental-health)

Tips, tools and resources to care for your mental and emotional wellbeing.

**Mental Health America**

[mentalhealthamerica.net](https://mentalhealthamerica.net)

Promotes 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.

**Mental Health First Aid**

[mentalhealthfirstaid.org](https://mentalhealthfirstaid.org)

Skills-based training course that teaches participants about mental health and substance-use issues.

**Mental Health Forum**

[mentalhealthforum.net](https://mentalhealthforum.net)

Peer support forum for people who experience mental health issues where they can speak openly and anonymously about their mental health experiences.

**MentalHealth.gov**

[mentalhealth.gov](https://mentalhealth.gov)

Provides one-stop access to U.S. government mental health and mental health problems information.

**National Alliance on Mental Illness (NAMI) Resource**

[nami.org](https://nami.org)

Helping a loved one with mental illness can be challenging, but knowing where to begin is an important first step. NAMI offers family members and caregivers specific guidance on a variety of issues, including how to help prevent suicide.

**National Council for Community Behavioral Healthcare**

[thenationalcouncil.org](https://thenationalcouncil.org)

Membership organization that drives policy and social change on behalf of nearly 3,200 mental health and substance use treatment organizations and the more than 10 million children, adults and families they serve.

**National Empowerment Center**

[power2u.org](https://power2u.org)

Carries a message of recovery, empowerment, hope and healing to people with lived experience of mental health issues, trauma and extreme states.

**National Federation of Families for Children's Mental Health**

[ffcmh.org](https://ffcmh.org)

National family-run organization linking more than 120 state and local affiliates and national partners focused on the issues of children and youth with emotional, behavioral or mental health needs and substance use challenges and their families.

**National Institute of Mental Health**

[nimh.nih.gov](https://nimh.nih.gov)

Lead federal agency for research on mental disorders.

**Physician Support Line**

[physiciansupportline.com](https://physiciansupportline.com)

Physician Support Line is a national, free and confidential support line service made up of 600+ volunteer psychiatrists to provide peer support for other physicians and American medical students. Call 1-888-409-0141 every day from 8:00 AM - 1:00 AM ET.

**PsychHub**

[psychhub.com](https://psychhub.com)

Helps people overcome mental health challenges through multi-media education for every learning style.

**Stamp Out Stigma**

[StampOutStigma.com](https://StampOutStigma.com)

Encourages people to talk about mental illness and substance use disorders to change perceptions and reduce stigma.

**Substance Abuse and Mental Health Services Administration**

[samhsa.gov](https://samhsa.gov)

U.S. Department of Health and Human Services agency that leads public health efforts to advance the behavioral health of the nation through reducing the impact of substance abuse and mental illness on America's communities.

**The Veterans Crisis Line**

[veteranscrisisline.net](https://veteranscrisisline.net)

The Veterans Crisis Line is a free, confidential resource staffed by qualified responders from the Department of Veterans Affairs. Anyone can call, chat or text—even those not registered or enrolled with the VA. Call 800-273-8255 and press 1, or text 838255.

**To Write Love on Her Arms**

[twloha.com](http://twloha.com)

This nonprofit aims to help people struggling with depression, addiction, self-injury and suicide by connecting them with the appropriate hotlines, resources and online communities through its blog and social channels. The organization also fundraises to directly invest into treatment and recovery programs.

**StopBullying.gov**

[stopbullying.gov](http://stopbullying.gov)

StopBullying.gov provides information from various government agencies on what bullying is, what cyberbullying is, who is at risk and how you can prevent and respond to bullying.

**World Health Organization**

[who.int/health-topics/mental-health](http://who.int/health-topics/mental-health)

Provides data, fact sheets and other resources on mental health.

**YOUTH M.O.V.E.**

[youthmovenational.org](http://youthmovenational.org)

Youth-driven, chapter-based organization dedicated to improving services and systems that support positive growth and development by uniting the voices of individuals who have lived experience in various systems including mental health, juvenile justice, education and child welfare.