

PROFESSIONAL HELP

CONTACT



Suicide & Crisis Lifelines:

- U.S.: [988 Suicide & Crisis Lifeline](#)
- U.K.: [Samaritans](#)
- International: [Befrienders Worldwide](#)



Therapy & Counseling:

- [Psychology Today Therapist Finder](#)
- [BetterHelp](#)



TRUSTED, EVIDENCE-BASED
SERVICES THAT YOU CAN
CONTACT DIRECTLY