



FREE GUIDE:

RESOURCES FOR HELP AND SUPPORT

The free and confidential resources below can help you or a loved one connect with a skilled, trained mental health professional.

HELPLINES

Need Support Now?

If you or someone you know is struggling or in crisis, help is available. [Call or text 988](https://www.988lifeline.org) or chat [988lifeline.org](https://www.988lifeline.org)

[Disaster Distress Helpline](https://www.988lifeline.org): CALL or TEXT 1-800-985-5990 (press 2 for Spanish)

Abuse/Assault/Violence

[National Domestic Violence Hotline](https://www.18007997233.org): 1-800-799-7233 or text LOVEIS to 22522 [National Child](https://www.nationalchild.org)

[Abuse Hotline](https://www.18004achild.org): 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453 [National Sexual Assault](https://www.nationalsexualassault.org)

[Hotline](https://www.1800656hope.org): 1-800-656-HOPE (4673) or [Online Chat](https://www.1800656hope.org)

LGBTQ+

[Trans Lifeline](https://www.translifeline.org): 1-877-565-8860 (para español presiona el 2) [The](https://www.thetrevorproject.org)

[Trevor Project's TrevorLifeline](https://www.thetrevorproject.org): 1-866-488-7386

Older Adults

[The Eldercare Locator](https://www.18006771116.org): 1-800-677-1116 – [TTY Instructions](https://www.18006771116.org) [Alzheimer's](https://www.alzheimer.org)

[Association Helpline](https://www.18002723900.org): 1-800-272-3900 (para español presiona el 2)

Veterans/Active-duty Military

[Veteran's Crisis Line](https://www.988lifeline.org): 988, then select 1, or [Crisis Chat](https://www.988lifeline.org) or text: 838255 [U.S.](https://www.dva.org)

[Department of Veterans Affairs Mental Health Resources Help for Military](https://www.dva.org)

[Service Members and Their Families](https://www.dva.org)

FINDING TREATMENT

[FindTreatment.gov](https://www.findtreatment.gov) Find a provider treating substance use disorders, addiction, and mental illness.

[American Psychiatric Association Foundation](https://www.psychiatry.org)

Find a Psychiatrist [American Academy of Child and](https://www.aacap.org)

[Adolescent Psychiatry](https://www.aacap.org)

[Child and Adolescent Psychiatrist Finder](https://www.aacap.org)

[American Psychological Association](https://www.apa.org)

[Find a Psychologist](https://www.apa.org)

OPIOID TREATMENT

[Buprenorphine Treatment Practitioner Locator](https://www.buprenorphine.org)

[Opioid Treatment Program Directory by State](https://www.opioidtreatment.org)

BIPOC MENTAL HEALTH MONTH

[WWW.CAFENOIRBOOKSHOP.COM](https://www.cafenoirbookshop.com)