

## USA Free Mental Health Resources

RAINN 800.656.HOPE (4673) National Sexual Assault Hotline  
The Trevor Project +1-866-488-7386 (text START to 678678, online chat available)  
1-800-273-TALK (8255) Suicide Prevention Lifeline  
1-800-662-4357 Substance Abuse & Mental Services Admin Hotline  
1-800-931-2237 Eating Disorder Hotline (call or text)  
1-800-950-6264 NAMI Slef-Harm Helpline (text NAMI to 741741)  
Text HOME to 741741 to connect with Crisis Counselor  
1-800-273-8255, press 1 Veterans Crisis Hotline (text 838255, online chat available)

## UK Free Mental Health Resources

Text YM to 85258—YoungMinds Crisis Messenger  
Call 116 123 to talk to Samaritans, or email: [jo@samaritans.org](mailto:jo@samaritans.org) for a reply within 24 hours (free listening service)  
0800 58 58 58 — Campaign Against Living Miserably (CALM) [www.thecalmzone.net/help/webchat/](http://www.thecalmzone.net/help/webchat/) — online chat [5 p.m. to midnight every day]  
0300 1020 505 — SOS Suicide of Silence [9 a.m. to midnight every day]  
Text “SHOUT” to 85258 to contact the Shout Crisis Text Line, or text “YM” if you’re under 19 (free listening service)  
Find a local NHS urgent mental health helpline (England only)  
Text HOME to 85258 (UK) 50808 (Ireland) — Crisis Text Line  
0800 1111 — Childline (for children 19 and under, number will not show up on your phone bill)  
Call 0800 068 41 41, Text 07860 039967, or email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) — Papyrus (for people under 35) [9 a.m. to midnight every day]

## Australia Free Mental Health Resources

Lifeline Australia - <https://www.lifeline.org.au/> Ph: 13 11 14  
BeyondBlue - <https://www.beyondblue.org.au/> Ph: 1300 22 4636  
Kids Helpline - <https://kidshelpline.com.au/> Ph: 1800 55 1800  
Headspace - <https://headspace.org.au/>  
Suicide Call Back Service - <https://www.suicidecallbackservice.org.au/> Ph: 1300 659 467

## Canada Free Mental Health Resources

Crisis Services Canada Call 1.833.456.4566 — Text 45645 [4pm-12am ET daily]  
Canadian Crisis Hotline — 1.888.353.2273  
Text “CONNECT” to 686868 — Kids Help Phone (also serves adults) <https://kidshelpphone.ca/live-chat/> — Online Chat  
Text 778.783.0177 — Youthspace.ca (NEED2 Suicide Prevention, Education and Support [6 p.m. – 12 a.m.]  
[www.youthspace.ca](http://www.youthspace.ca) — Online Chat [6 p.m. – 12 a.m. PT]  
Text HOME to 741741 — Crisis Text Line  
The LifeLine App — [www.thelifelinecanada.ca](http://www.thelifelinecanada.ca) (Direct access to phone, online chat, text, and email crisis support)  
Big White Wall Canada— [www.bigwhitewall.ca](http://www.bigwhitewall.ca) (Anonymous peer support community accessible anytime, anywhere)