



## **Additional Resources**

Pet Loss & Grief Education with Brown Veterinary Services LLC is not an emergency service, but a supportive opportunity for individuals to seek local resources in their time of loss. Here's a list of resources for individuals experiencing a mental health crisis, including national and local options. These resources offer help in case of an emergency, or can connect people to mental health professionals and support networks:

### **1. National Suicide Prevention Lifeline (USA)**

- **Phone:** 988 (Dial 988 for immediate support)
- **Website:** [988lifeline.org](https://988lifeline.org)
- **Text:** Text "HELLO" to 741741 for text support from a trained crisis counselor.

### **2. Local Emergency Services (USA)**

- **Phone:** 911 (For emergencies and immediate assistance)
- **Website:** [911.gov](https://911.gov)
- **Description:** For individuals in acute crisis requiring immediate attention or intervention.

### **3. Crisis Text Line**

- **Phone:** Text "HELLO" to 741741 (available 24/7)
- **Website:** [crisistextline.org](https://crisistextline.org)

### **4. National Helpline for Mental Health (SAMHSA)**

- **Phone:** 1-800-662-HELP (1-800-662-4357)
- **Website:** [samhsa.gov](https://samhsa.gov)
- **Description:** Provides free, confidential 24/7 support and treatment referral.

### **5. Mental Health America (MHA)**

- **Phone:** 1-800-273-TALK (1-800-273-8255) (Lifeline)
- **Website:** [mhanational.org](https://mhanational.org)

- **Text:** Text “HELLO” to 741741 for text-based support.

#### **6. NAMI (National Alliance on Mental Illness)**

- **Phone:** 1-800-950-NAMI (1-800-950-6264)
- **Website:** [nami.org](http://nami.org)
- **Text:** Text "NAMI" to 741741 for crisis support.

#### **7. Online Therapy and Support Services**

- **BetterHelp:** [betterhelp.com](http://betterhelp.com)
- **Talkspace:** [talkspace.com](http://talkspace.com)
- **7 Cups:** [7cups.com](http://7cups.com)

#### **Key Points:**

- **If someone is in immediate danger,** dial 911 or your country’s emergency number.
- **Confidential and accessible resources:** Text services and helplines are available for individuals who need support in a non-urgent, yet still crucial, time.
- **Therapists and professionals:** Many therapists offer virtual support, so seeking out help can be easier than ever.

Always remember that mental health support is available in a time of need, and reaching out is the first step toward getting help.