

MENTAL HEALTH RESOURCES

A Guide of Mental Health Resources Nationwide
Help is available.

Click the names of underlined resources to be directed to their website.



FOR AN EMERGENCY IN
NEED OF IMMEDIATE
ATTENTION, CALL 911

THE HAMILTON LAB
AT RUTGERS

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NATIONAL HELPLINES



Phone/Call



Text or Online Chat

National Suicide Prevention Lifeline
Dial 988

National Crisis Text Line

Text HOME to 741741
To speak with a counselor of color:
text STEVE to 741741

The Trevor Project

LGBTQ Crisis/Suicide Hotline
866-488-7386
Text START to 678-678

LGBTQ+ National Help Center

888-843-4564

Provides peer-counseling and local resources.

Call Blackline

800-604-5841

Support BIPOC and LGBTQ+ BIPOC in abuse, crisis, mistreatment, and reporting hate crimes.

LGBT National Youth Talkline

800-246-7743

Free and confidential peer support for LGBTQ and questioning youth (under 26).

Trans Lifeline

1-877-565-8860

Hotline staffed by transgender volunteers ready to respond.

Safe Place

Text SAFE and your current location (address, city, state) to 4HELP (44357) for immediate help.
24-hour text service for teens in crisis.

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NATIONAL HELPLINES



Phone/Call



Text or Online Chat

National Eating Disorder Association Lifeline

1-800-931-2237

National Coalition of Anti-Violence Programs

212-714-1141
(English And Spanish)

DeHQ: LGBTQ Helpline for South Asians

908-367-3374

StrongHearts Native Helpline

1-844-7NATIVE
(1-844-762-8483)

Childhelp National Child Abuse Hotline

Call/Text:
1-800-4-A-CHILD
(1-800-422-4453)

Love Is Respect

1-866-331-9474

National resource for intimate partner violence.

National Domestic Violence 24h Hotline

1-800-799-SAFE (7233)
TTY: 1-800-787-3224

National Sexual Assault 24h Hotline

800-656-HOPE
(1-800-656-4673)

FOR AN EMERGENCY IN NEED OF IMMEDIATE ATTENTION, CALL 911

ALTERNATIVES TO 9-1-1

Alternatives to 911

Google Sheet that includes emergency mobile crisis options in the event of an emergency in your state and/or county.

Don't Call the Police

This website provides emergency response resources based on the region you select that can provide alternative services rather than calling the police.

An illustration in shades of red and pink showing three stylized human figures in a meeting. One figure on the left is holding a laptop, one in the center is holding a tablet, and one on the right is holding a phone. A speech bubble with three horizontal lines is positioned above the central figure. The background is a solid red color.

MENTAL HEALTH RESOURCES FOR SPECIFIC POPULATIONS

FOR AN EMERGENCY IN
NEED OF IMMEDIATE
ATTENTION, CALL [911](tel:911)

YOUTH MENTAL HEALTH

It Gets Better Project

View a stream of inspiring stories shared by members of the LGBTQ+ community and find youth support services near you.

Teen Mental Health

This website provides learning tools on a variety of mental illness and resources to help yourself and friends.

Project YES

Run by scientists at Stony Brook University with the goal to give teens (ages 11-17) a chance to learn about new ways of dealing with stress while helping other teens to do the same.

GirlsHealth

The “Your Feelings” section of this website offers guidance to teen girls by recognizing mental health problems, getting help, and talking to parents.

HGAPS High School Mental Health Resources

This page provides many mental health resources for teens.

You Matter

You Matter is a safe space for youth to discuss and share stories about mental health and wellness.

Reach Out

This website provides information on specific mental health disorders, as well as resources to help teens make safe plans when feeling suicidal, and helpful tips and how to relax.

Strength of Us

An online community designed to inspire young adults impacted by mental health issues to think positive, stay strong, and achieve goals through peer support and resource sharing.

RESOURCES FOR BIPOC

Black Emotional and Mental Health

An organization dedicated to removing the barriers that prevent Black Americans from mental health treatment.

Black Mental Wellness

Provides access to evidence-based information and resources about mental and behavioral health topics from a Black perspective.

Black Men Heal

Provides access to mental health treatment, psychoeducation, and community resources to men of color.

Therapy for Black Men

A directory to help men of color find a therapist.

Black Women's Health Imperative

A nonprofit organization created by Black women to help protect and advance the health and wellness of Black women and girls.

Sista Afya Community Mental Wellness

Is a social enterprise that provides low-cost mental wellness services that center the experiences of Black women.

Therapy for Black Girls

A community dedicated to the wellness of Black women with a directory of Black therapists.

The Loveland Foundation

Therapy funding available for Black women and girls.

RESOURCES FOR BIPOC

NAAPIMHA

A collection of training, resources, and blogs dedicated to promoting the mental health and well-being of the Asian American and Pacific Islander communities.

Asian Mental Health Collective

A directory of APISAA therapists.

AAPA

Advances the mental health and well-being of Asian American communities through research, professional practice, education, and policy.

SAMHIN

Is a non-profit that addresses the mental health needs of the South Asian community in the U.S.

American Society of Hispanic Psychiatry.

Works to foster collaborations in mental health treatment with a specific focus on LatinX populations.

Latinx/Hispanic Communities and Mental Health

Spanish speaking resources for general mental health.

Latinx Therapy.

A Latinx therapist directory, podcasts, wellness resources, and training with the mission to destigmatize mental health in the Latinx community.

Inclusive Therapists

A directory of therapists specialized in working with the intersection of sexual, gender, and ethnic minorities.

RESOURCES FOR BIPOC

The Steve Fund

Dedicated to the mental health and emotional well-being of students of color with special resources, programs, and services for coping with COVID-19.

National Queer & Trans Therapists of Color Network

A directory with an interactive digital map that helps QTPoC locate QTPoC mental health practitioners across the country.

ICCTC

A SAMHSA-funded program established to develop training, technical assistance, program development and resources on trauma-informed care to tribal communities.

Circles of Care

Develops culturally appropriate interventions to serve youth with serious behavioral health challenges.

Indian Health Service

Website includes FAQ for patients and a section on Behavior Health services in the AI/AN health care services.

One Sky Center

Provides resources and a “Find a Therapist” locator for treating mental health and substance use disorder within Native American communities.

RESOURCES FOR THE LGBTQIA+ COMMUNITY

National Queer & Trans Therapists of Color Network

A directory with an interactive digital map that helps QTPOC locate QTPOC mental health practitioners across the country.

UC Davis LGBTQIA+ Resource Center

Provides online resources for education and self-exploration. Also provides educational resources for families & allies.

The Trevor Project

In addition to the crisis line/text/chat (pg. 1), The Trevor project provides info on understanding topics related to gender identity, sexual orientation, and mental health.

Human Rights Campaign

Provides advocacy, support, and educational efforts for equality for the LGBTQIA+ community.

National Center for Transgender Equality

Provides resources for transgender individuals, such as detailing trans* rights and providing education on related topics.

Trans Student Educational Resources

This youth led organization provides education (e.g., workshops) & resources (e.g., scholarships) for transgender & gender expansive individuals.

RESOURCES FOR THE LGBTQIA+ COMMUNITY

GLMA Health

Professionals Advancing LGBT Equality.

Works to provide LGBTQIA+ individuals with welcoming healthcare providers in your area.

PFLAG

Provides services to LGBTQIA+ youth and their families, friends, and allies. There are 400 chapters across the country offering support & resources.

Pride Institute

Provides inclusive recovery services for LGBTQIA+ individuals struggling with substance use and addiction.

True Colors United

Works to reduce youth homelessness in the LGBTQIA+ community. Provides resources and advocacy.

Pride Counseling

Provides online therapy to members of the LGBTQIA+ community.

It Gets Better Project

Works to remind LGBTQIA+ youth that there is hope and show them that they are not alone by sharing stories, resources, and more.

Q Chat Space

Online communities and discussion groups of LGBTQIA+ youth with verified facilitators to guide conversations and ensure safety.

An illustration in the background shows three stylized human figures in a meeting. One figure on the left is holding a laptop, one in the center is gesturing, and one on the right is looking towards the center. A speech bubble with three horizontal lines is positioned above the central figure. The entire scene is rendered in a light red color against the darker red background.

RESOURCES FOR SPECIFIC MENTAL HEALTH DISORDERS & CONCERNS

FOR AN EMERGENCY IN
NEED OF IMMEDIATE
ATTENTION, CALL [911](tel:911)

SUICIDE & SELF-HARM

American Foundation for Suicide Prevention

Provides information about suicide, support for survivors, prevention, research, and more.

American Association of Suicidology.

Promotes research, public awareness and education, and training for professionals and volunteers.

Suicide Prevention Resource Center

This website has factsheets on suicide by state and population characteristics, as well as other educational resources.

#chatsafe

A young person's guide for communicating safely online about suicide.

NIMH

Shareable informational graphics to help raise awareness about suicide prevention.

SUICIDE & SELF-HARM

Calm Harm

This free app provides tasks to help you resist or manage the urge to self-harm using the basic principles of an evidence-based therapy called Dialectical Behavioural Therapy (DBT).

To Write Love On Her Arms

Works to present hope and get help to individuals struggling with depression, self-injury, suicide, and addiction.

SiOS

Provides information and resources about self-injury to those who self-injure, those who have recovered, and those who want to help.

Self-injury & Recovery Resources (SIRR)

This website provides resources and links to self injury information.

DEPRESSION & ANXIETY

Depression and Bipolar Support Alliance

A support resource that provides education, tools, peer support, and inspiring stories of recovery.

Depression Screening

Offers a confidential way for people to get screened for symptoms of depression and guide people towards appropriate help.

Anxiety Disorders of America Association

Promotes the diagnosis, treatment, and cure of anxiety disorders.

E-Couch

This website provides information about emotional problems, what causes them, how to prevent them, and how to treat them.

Freedom from Fear

Freedom from Fear's mission is to positively impact the lives of all those affected by anxiety, and related disorders

HGAPS Assessment Center

Sets of assessments that may help you determine if you (or a friend) might need more help for a specific disorder.

Befrienders Worldwide

Has members and volunteers worldwide available to help people in emotional distress and their loved ones.

EATING DISORDERS



Phone/Call



Text or Online Chat

Eating Disorders Hope

Is an online community that offers resources to those struggling with eating disorders. Also includes a treatment center locator.

Eating Disorders Anonymous

This resource lists nationwide meetings that can help those struggling with eating disorders.

MHA Eating Disorders and Youth

Provides information and resources on the relationship between young adults and eating disorders.

National Eating Disorders Association

Includes stories of recovery from eating disorders and information about seeking treatment.

Overeaters Anonymous

This resource lists nationwide meetings that can help those struggling with compulsive and binge eating.

ANAD

This resource includes information about eating disorders, how to find treatment and support groups for those suffering and their families.

EATING DISORDERS



Phone/Call



Text or Online Chat

Project Heal

Opportunities and resources for people with eating disorders



Crisis text line

Text HEALING to 741741

Intuitive Eating Providers

Counselors, dieticians, medical doctors, and more specializing in an evidence-based mind-body health approach to eating disorder recovery.

National Eating Disorders Helpline

(800) 931-2237



Crisis text line

text "NEDA" to 741741

SUBSTANCE ABUSE & ADDICTION

Alcoholics Anonymous

Provides peer-to-peer support through a 12-step program to help individuals struggling with alcoholism

Truth

This campaign provides information and uses videos and social media to engage youth in taking action against tobacco and tobacco companies.

Alcohol Screening

Screening site with a test to gauge your own or someone else's level of alcohol use. Includes advice about decreasing intake or getting professional help.

Al-Anon and Alateen

Provides information and support for the family members and friends of people with alcohol problems.

National Institute on Drug Abuse

Provides links to information for parents, teens, health professionals, teachers, and others about various substance use problems.

Partnership to End Addiction

Help families prevent and treat addiction and support recovery for their children and loved ones.

SAMSHA

Information about substance use disorders for the public, families, health professionals, schools, and individuals. Includes a substance use treatment finder.

NCADD

Information on local resources for getting help for a substance use concern, fact sheets, and further information.

DOMESTIC VIOLENCE/ GENDERED VIOLENCE



Phone/Call



Text or Online Chat

The National Domestic Violence Hotline



1-800-799-7233 (SAFE)
Text "START" to 88788

National Dating Abuse Helpline



1-866-331-9474
Text "LOVEIS" to 22522

National Sexual Assault Hotline



1-800-656-4673 (HOPE)

National Resource Center on Domestic Violence



1-800-537-2238

Futures Without Violence: The National Health Resource Center on Domestic Violence



1-888-792-2873

National Center on Domestic Violence, Trauma & Mental Health



1-312-726-7020 ext. 2011

The Network/ La Red



617-742-4911 (voice)
800-832-1901 (Toll-Free)
24-hour hotline for LGBTQ+ folks and folks in kink and polyamorous communities who are being abused or have been abused by a partner

National Indigenous Women's Resource Center

National leadership to end violence against American Indian, Alaska Native and Native Hawaiian women

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DOMESTIC VIOLENCE/ GENDERED VIOLENCE



Phone/Call



Text or Online Chat

New Jersey specific resource

New Jersey Domestic Violence Hotline



1 (800) 572-SAFE (7233)
24 hours a day/7 days a
week

New Jersey Coalition Against Sexual Assault (NJCASA) Hotline



1 (800) 601-7200
24 hours a day/7 days a
week

New Jersey Address Confidentiality Program (ACP) Hotline



1 (877) 218-9133
Provide access to services,
like application procedures
referral and advocacy

Women's Referral Central Hotline



1 (800) 322-8092
24 hours a day/7 days a
week

FINDING A THERAPIST

[American Psychiatric Association](#)

[Psychology Today](#)

[American Psychological Association](#)

[Association for Behavioral and Cognitive Therapies](#)

[Dialectical Behavioral Therapy Therapists](#)

[TherapyByPro](#)

[Substance Abuse and Mental Health Services Administration](#)

[Association for Behavioral and Cognitive Therapies](#)