

# Mental Health Resources

## If in Crisis:

- Text HOME To 741741 for free, 24/7 Crisis Counseling  
[crisistextline.org](http://crisistextline.org)
- [SuicidePreventionLifeline.org](http://SuicidePreventionLifeline.org) 1-800-273-8255
- [LiveAnotherDay.org](http://LiveAnotherDay.org) 24/7 hotline 1-866-720-1044
- For LGBTQIA+ youth, text START to 678-678 or visit  
[thetrevorproject.org/get-help](http://thetrevorproject.org/get-help)
- National Alliance on Mental Illness [helpline@nami.org](mailto:helpline@nami.org)  
1-800-950-NAMI (6264)

## How to Talk About Mental Health:

- [seizetheawkward.org](http://seizetheawkward.org)
- [nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Teens/How-to-Talk-to-My-Friends](http://nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Teens/How-to-Talk-to-My-Friends)
- [nimh.nih.gov/health/publications/tips-for-talking-with-your-health-care-provider](http://nimh.nih.gov/health/publications/tips-for-talking-with-your-health-care-provider)
- [nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Teens/How-to-Talk-to-My-Parents-or-Guardian](http://nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Teens/How-to-Talk-to-My-Parents-or-Guardian)

## Getting Help:

- [nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Teens/Finding-Help](http://nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Teens/Finding-Help)
- [findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)
- [kids.iocdf.org/for-kids/how-do-i-get-help](http://kids.iocdf.org/for-kids/how-do-i-get-help)
- [mentalhealth.gov/talk/community-conversation/services](http://mentalhealth.gov/talk/community-conversation/services)

Check out the fiction anthology

**ABsolutely NORMAL: Stories That Smash Mental Health Stereotypes**

for stories by authors with lived-experiences of the mental health conditions they depict.

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## BIPOC-specific Resources

- 61 BIPOC Addiction & Mental Health Resources, [thesummitwellnessgroup.com/resources/bipoc-resources](https://thesummitwellnessgroup.com/resources/bipoc-resources)
- [liveanotherday.org](https://liveanotherday.org)

## General Resources:

- International OCD Foundation, <https://iocdf.org>
- National Alliance on Mental Illness. [www.nami.org](https://www.nami.org)  
Video Resource Section: [nami.org/Support Education/Video-Resource-Library](https://www.nami.org/Support-Education/Video-Resource-Library)
- [childmind.org/topics/depression-mood-disorders](https://childmind.org/topics/depression-mood-disorders)
- National Institute of Mental Health  
[nimh.nih.gov](https://nimh.nih.gov)
- [mentalhealth.gov](https://mentalhealth.gov)
- World Health Organization  
[who.int/news-room/feature-stories/mental-well-being resources-for-the-public](https://who.int/news-room/feature-stories/mental-well-being-resources-for-the-public)
- Centers for Disease Control and Prevention,  
[cdc.gov/mentalhealth/index.htm](https://cdc.gov/mentalhealth/index.htm)
- The Mighty, [themighty.com](https://themighty.com)
- Digital Resources for Mental Health  
[techbootcamps.utexas.edu/blog/digital-resources-for mental-health-at-all-ages/](https://techbootcamps.utexas.edu/blog/digital-resources-for-mental-health-at-all-ages/)
- SupperBetter, free app that gamifies stress management  
[apps.apple.com/us/app/supperbetter/id536634968](https://apps.apple.com/us/app/supperbetter/id536634968)

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