



Mental Health Resource List

Mental health is a vital part of overall well-being, and support is available when you need it. This resource list offers a range of mental health services, including hotlines, therapy options, and self-care tools.

“Give yourself a break. Stop beating yourself up! Everyone makes mistakes, has setbacks and failures. You don’t come with a book on how to get it right all the time.”

- Les Brown

988 SUICIDE & CRISIS LIFELINE

The 988 Suicide & Crisis Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States and its territories.

www.988lifeline.org
988

CRISIS TEXT LINE

Crisis Text Line provides free, 24/7, high-quality text-based mental health support and crisis intervention by empowering a community of trained volunteers to support people in their moments of need.

www.crisistextline.org
741741

WARMLINES

Warmlines.org is a website that provides a directory of confidential phone lines that offer mental health support to individuals who are struggling but not in crisis. Warmlines are staffed by trained peers who have experienced mental health struggles. They are designed to provide early intervention and prevent crises.

www.warmlines.org

DOMESTIC VIOLENCE HOTLINE

The National Domestic Violence Hotline is a 24-hour confidential service in the United States for survivors, victims and those affected by domestic violence, intimate partner violence and relationship abuse.

www.thehotline.org
(800) 799-SAFE (7233)

STRONGHEARTS NATIVE HELPLINE

Domestic and sexual violence helpline for Native Americans and Alaska Natives.

strongheartshelpline.org

THE TREVOR PROJECT

An American nonprofit organization focused on suicide prevention efforts among LGBTQ youth.

www.thetrevorproject.org

TRANS LIFELINE

A grassroots hotline offering direct emotional and financial support to trans people in crisis.

www.translifeline.org

VETERANS CRISIS LINE

A United States-based crisis hotline for military veterans, service members, their families, and caregivers.

www.veteranscrisisline.net

NAMI KEYSTONE PENNSYLVANIA

NAMI Keystone Pennsylvania gives Pennsylvania a unified voice in advancing NAMI’s mission of raising awareness about mental health and providing recovery-focused support, education, and advocacy for people living with mental illness and their loved ones. There are 31 NAMI affiliates across Pennsylvania. To find an affiliate near you, please visit: www.namikeystonepa.org/discover-nami/find-your-local-nami.
(412) 366-3788

MOVEMBER CONVERSATIONS

A free interactive online tool, Movember Conversations offers practical guidance on how to start a difficult conversation with someone who might be struggling. Movember Conversations uses simulations to explore different scenarios and demonstrates the changing ways your response can lead to deeper conversations. You can’t fix someone else’s problems, but a listening ear can make all the difference.

www.conversations.movember.com

MHA SCREENING

Mental Health America (MHA) Screening is an online mental health screening tool developed by MHA, a non-profit organization dedicated to addressing the needs of those living with mental illness and promoting overall mental health. Once the screening is complete, it will offer a variety of resources to support individuals in managing their mental well-being and connecting with appropriate care and support.

www.screening.mhanational.org

CAREGIVER HELP DESK

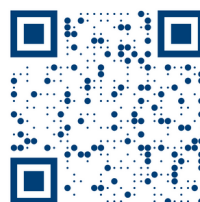
The Caregiver Action Network (CAN) is a non-profit organization that provides education, peer support, and resources to family members who act as caregivers to children and adults.

www.caregiveraction.org/helpdesk
(855) 227-3640

CENTER FOR VICTIMS

Comprehensive service provider for victims of all crimes.

www.centerforvictims.org
(866) 644-2882



Use this QR code to access the hyperlinks provided in this resource list.