

Mental Health Hotlines

Alzheimer's Association

alz.org
800-272-3900 (24/7)

Crisis Text Line

crisistextline.org
Text HOME to 741741

JED Foundation (Teens, Young Adults)

jedfoundation.org
Text START to 741741
800-233-TALK

Mental Health America

mentalhealthamerica.net
Text MHA to 741714

National Domestic Violence Hotline

thehotline.org
800-799-SAFE

National Alliance for Mental Illness

nami.org
800-950-NAMI (6264) or
Text NAMI 741741

National Suicide Prevention Lifeline

suicidepreventionlifeline.org
800-273-TALK

Substance Abuse and Mental Health Services Administration (SAMHSA)

samhsa.gov/find-help/national-helpline
800-662-HELP (4357)

Trevor Lifeline (LGBTQ)

thetrevorproject.org
866-488-7386

Crisis hotlines are not just for people who are feeling suicidal. They are set up to help anyone struggling with personal issues. There are a number of reasons to reach out:

- Feeling lonely
- Struggling with the demands of living with a chronic condition
- Feeling overwhelmed
- Engaging in self-harm behavior
- Recovering from abuse
- Wanting to talk to someone about your sexual orientation or identity
- Feeling hopeless or helpless

It's OK To Not Be OK



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