

## **American Foundation for Suicide Prevention**

### **Suicide prevention resources**

Find resources for suicide prevention for you or someone you know. We also provide resources supporting [diverse communities](#) and [the LGBTQ community](#) as well.

### **Emergency resources**

[911](#)

#### **Crisis services**

24/7 Crisis Hotline: 988 Suicide & Crisis Lifeline

[988lifeline.org](https://www.988lifeline.org)

If you or someone you know is struggling or in crisis, help is available. Call or text [988](https://www.988lifeline.org) or chat [988lifeline.org](https://www.988lifeline.org). Veterans, press 1 when calling.

#### Crisis Text Line

Text [TALK to 741-741](#) to text with a trained crisis counselor from the Crisis Text Line for free, 24/7

#### Veterans Crisis Line

Send a text to [838255](#)

#### Vets4Warriors

#### SAMHSA Treatment Referral Hotline (Substance Abuse)

[1-800-662-HELP \(4357\)](#)

#### RAINN National Sexual Assault Hotline

[1-800-656-HOPE \(4673\)](#)

#### National Teen Dating Abuse Helpline

[1-866-331-9474](#)

#### The Trevor Project

[1-866-488-7386](#)

Also visit your:

- Primary care provider

- Local psychiatric hospital
- Local walk-in clinic
- Local emergency department
- Local urgent care center

### **Finding mental health care**

[American Psychiatric Association](#)

[American Psychological Association](#)

[National Association of Social Workers](#)

[SAMHSA Mental Health Provider Locator](#)

[Veterans Affairs](#)

### **Additional resources by mental health condition**

#### **Alcohol & drugs**

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

[National Institute on Drug Abuse](#)

[Narcotics Anonymous](#)

[Alcoholics Anonymous](#)

[Physicians for Responsible Opioid Prescribing \(PROP\)](#)

[National Institute on Alcohol Abuse and Alcoholism](#)

[Start Your Recovery](#)

[Detox Local's Drug Withdrawal and Detox Guide](#)

[Addictionresource.net](#)

[Narcotics Anonymous](#)

#### **Anxiety disorders**

[National Education Alliance for Borderline Personality](#)

[Teen's Health](#)

[Anxiety Disorders Association of America](#)

#### **Bipolar disorder**

[Depression and Bipolar Support Alliance](#)

[National Education Alliance for Borderline Personality](#)

[Teen's Health](#)

**Borderline personality**

[BPDVideo](#)

[National Education Alliance for Borderline Personality](#)

**Self-Injury**

[Teen's Health](#)

[Self Abuse Finally Ends](#)

**Depression**

[Depression and Bipolar Support Alliance](#)

[National Education Alliance for Borderline Personality](#)

[Families for Depression Awareness](#)

[Teen's Health](#)

[American Psychiatric Foundation](#)

[National Alliance on Mental Illness](#)

[HeadsUpGuys](#)

**Eating disorders**

[Teen's Health](#)

[Overeaters Anonymous](#)

[National Association of Anorexia Nervosa and Associated Disorders](#)

[National Eating Disorders Association](#)

[Eating Disorders Anonymous](#)

[Proud2Bme](#)

[Understanding Eating Disorders](#)

[National Alliance for Eating Disorders](#)

**Emotional health**

[Let's Erase The Stigma](#)

[Love is Louder](#)

[Half of Us](#)

[Veterans United](#)

[American Psychiatric Foundation](#)

[Active Minds](#)

[OK2TALK](#)

[Make The Connection](#)

[Inspire USA Foundation](#)

[National Dialogue on Mental Health](#)

[Each Mind Matters](#)

[Befrienders Worldwide](#)

[Veterans Affairs Training](#)

[Veterans Affairs Mental Health Toolkit](#)

[Veterans Affairs Mental Health](#)

## **Schizophrenia**

[Schizophrenics Anonymous](#)

[Schizophrenia.com](#)

[National Alliance on Mental Illness](#)

## **Stress**

[Veterans United](#)

[Stress Management-HelpGuide.org](#)

[Teen's Health](#)

## **Suicide prevention**

[American Association of Suicidology](#)

[Crisis Text Line](#)

[The Dougy Center – The National Center for Grieving Children and Families](#)

[How to Talk to a Child about a Suicide Attempt in Your Family \(Rocky Mountain MIRECC\)](#)

[The Jason Foundation](#)

[The Jed Foundation](#)

[Lifeline Chat](#)

[Man Therapy](#)

[Mental Health America](#)

[My3 App](#)

[National Action Alliance for Suicide Prevention](#)

[National Organization for People of Color Against Suicide](#)

[National Suicide Prevention Lifeline](#)

[Now Matters Now](#)

[Parents, Families, Friends, and Allies United with LGBTQ People \(PFLAG\)](#)

[Safety Planning Tools](#)

[SAVE](#)

[The Society for the Prevention of Teen Suicide](#)

[StopBullying.gov](#)

[Suicide Prevention Resource Center](#)

[Teen's Health](#)

[The Trevor Project](#)

[The Tyler Clementi Foundation](#)

[Veterans Crisis Line](#)

[Wounded Warrior Project](#)