

Workplace Well-Being Services

Mental Health National Resource Guide

You can make a difference.



Emergency or crisis

- › **National Suicide & Crisis Lifeline**
Call or text 988, or chat at www.988lifeline.org.
- › **Crisis Text Line**
Text “help” to 741741.
- › **Mobile Crisis Teams**
Search for “mobile crisis” in your home county for an onsite assessment, or dial 911 and ask
- › **Call 911**
Call 911 in an emergency.

Domestic violence and sexual assault

- › **National Domestic Violence Hotline**
800-799-SAFE (7233) or
800-787-3224 (hearing impaired)
www.thehotline.org
- › **RAINN (Rape, Abuse, & Incest National Network)**
800-656-HOPE (4673)

LGBTQ+

- › **LGBT National Help Center**
General - 888-843-4564
Youth - 800-246-7743
Senior - 888-234-7243
help@LGBThotline.org
www.LGBThotline.org
- › **Trevor Project Crisis Line (Youth)**
866-4-U-TREVOR (488-7386)
www.theTrevorProject.org

Substance use

- › **Alcoholics Anonymous**
www.aa.org/find-aa
- › **Narcotics Anonymous**
888-GET-HOPE (438-4673)
www.na.org/meetingsearch
- › **Al-Anon Family Group**
888-425-2666
www.al-anon.org
- › **Nar-Anon Family Group**
800-477-6291
www.nar-anon.org/find-a-group
- › **Shatterproof (Addiction Support)**
800-662-HELP (4357)
www.shatterproof.org

Veterans

- › **US Dept of Veterans Affairs**
800-827-1000
www.mentalhealth.va.gov
- › **Cigna Veteran Support Line**
855-244-6211

Other

- › **NAMI (National Alliance on Mental Illness)**
www.nami.org



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