

Helplines and Resources

One Call Can Make a Difference

Use the following national resources. You may need to call several places to determine which best meets your needs.

National Mental Health Resources

- X **1-800-237-TALK (8255)** National Suicide Prevention Helpline: 24/7, free and confidential support for individuals in crisis or those who are concerned for someone else.
- X **<http://findtreatment.samhsa.gov>** Find quality treatment options close to home using Substance Abuse and Mental Health Services Administration's (SAMHSA) confidential and anonymous online treatment locator.
- X **1-800-4-A-HELP (4357)** SAMHSA's National Helpline: Call for 24/7, free and confidential information for individuals and family members facing substance abuse.

