



U.S. CENTER
**MENTAL HEALTH
& SPORT**

National Crisis Resources

If someone is in immediate danger, call 911 or go to the local emergency room. Explain that it is a psychiatric emergency and ask for someone with psychiatric experience.

National Suicide Prevention Lifeline

988

Deaf or Hard of Hearing

For TTY Users: Use your preferred relay service or dial 711 then 1-800-273-8255

En Español

1-888-628-9454

Crisis Text Line

Text "HOME" to 741741

Boys Town National Hotline

1-800-448-3000

Text "VOICE" to 20121

IM Alive – Online Crisis Chat

www.imalive.org

LGBT National Hotline

1-888-843-4564

LGBT National Help Talkline

1-800-246-7743

National Mental Health Hotline

1-866-903-3787

National Alliance of Mental Illness (NAMI)

1-800-950-NAMI (6264)

Text "NAMI" to 741741

Online Chat Tool at www.nami.org/help

National Eating Disorders Association (NEDA)

1-800-931-2237

Text – Crisis

"NEDA" to 741741

Text – Non-Crisis

1-800-931-2237

RAINN: Rape Abuse and Incest National Network

1-800-656-HOPE (4673)

Live Chat at www.rainn.org

Samaritans

1-877-870-HOPE (4673)

Text 1-877-870-HOPE (4673)

<https://www.samaritans.org/>

SAMHSA National Helpline (Substance Abuse and Mental Health Services Administration)

1-800-662-HELP (4357)

Treatment Referral via Text

Text your 5 digit zip code to 435748 (HELP4U)

Deaf or Hard of Hearing TTY: 1-800-487-4889

Teen Line

1-800-852-8336

Text "TEEN" to 839863

<https://www.teenline.org/>

The Trevor Project

1-866-488-7386

Text "START" to 678678

Live Chat at www.thetrevorproject.org/get-help

Trans Lifeline

1-877-565-8860

<https://translifeline.org/>

Veterans Crisis Line

1-800-273-TALK (8255) + Press 1

Text 838255

Youthline

1-877-968-8491

Text "teen2teen" to 839863



TAKE AWAY SELF-CARE TECHNIQUES

Social

- *Call someone you haven't spoken to in awhile*
- *Grab coffee with a friend*
- *Write a letter to loved one*

Physical

- *Go for a walk or run*
- *Prioritize sufficient sleep*
- *Treat yourself to a massage*

Mental

- *Take a break and color or draw*
- *Work on a puzzle with some friends*
- *Listen to your favorite music*

Practical

- *Plan for the next day or create to do lists*
- *Set weekly or daily goals to prioritize tasks*
- *Write a list of stressors. Stress awareness can help limit and avoid stress!*

Emotional

- *Write a list of gratitudes*
- *Practice journaling and reflect on your day*
- *Write a reverse bucket list: all the projects, tasks or activities you HAVE done!*

Spiritual

- *Try meditating to calm and ease stress*
- *Go for a nature walk, get some air and connect with nature!*
- *Practice yoga and slow breathing*

