



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





U.S. CENTER MENTAL HEALTH & SPORT

Regional Mental Health 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

[NAMI Connecticut](#)

NAMI Connecticut Helpline 1-800-950-NAMI (6264)

[Click here](#) for Connecticut Peer Warmlines

Connecticut State chapter of the National Alliance of Mental Illness with opportunities for support, education materials, programs, and advocacy. When you need someone **to listen** or need **to feel heard**, please call.

[New York Office of Mental Health](#)

NYS Mental Health Hotline: 1-844-863-9314

Text GOT5 to 741741

1-888-NYC-WELL

Text "WELL" to 65173

[Click here](#) for a Directory of Local Mental Health Programs in New York State

The NYS Office of Mental Health (OMH) has a large, multi-faceted mental health system that serves more than 900,000 individuals each year and promotes the mental health of all New Yorkers, with a particular focus on providing hope and recovery for adults with serious mental illness and children with serious emotional The Office of Mental Health (OMH) operates psychiatric centers across the State.

[New Jersey Division of Mental Health and Addiction Services](#)

NJ HOPELINE 1-855-654-6735

[Click here](#) for a Directory of Mental Health Crisis Centers

[Click here](#) for Mental Health Treatment Directory

NJ DMHAS oversees community mental health and addiction services throughout the State of NJ, and helps connect, provide and support community-based prevention, early intervention, treatment, education and recovery services.

[Vermont Department of Mental Health](#)

Text "VT" to 741741

[Click here](#) for Mental Health Crisis Contacts by County

[Click here](#) for Peer Support Organizations

Copper Shores Community Health Foundation is a not-for-profit organization dedicated to positively influencing a more healthful community. Crisis Line is available 24 hours a day, 365 days a year and is free and confidential. Crisis Specialists are available anytime to assist you with: identifying the issues you most need help with, developing a plan to cope or stay safe, connections to resources in the community.

[Connecticut State Department of Mental Health and Addiction Services](#)

24/7 Access Line: 1-800-563-4086.

24/7 Youth Access Line: 211

[Click here](#) for a Regional Directory of Connecticut Mental Health Services

[Click here](#) for Regional Behavioral Health Action Organizations list of contacts across CT

The ACTION line operates 24 hours a day, seven days a week, 365 days a year, and is free and confidential. The DMHAS mobile crisis teams and ACTION Line Crisis Specialists work to ensure that persons in distress and their families/friends/supporters have the support and resources they need within their local community.

[NAMI New York State](#)

NAMI New York State Helpline 518-245-9160

Text 'HELPLINE' to 62640

[Click here](#) for Mental Health Resources and Important Phone Numbers

New York State chapter of the National Alliance of Mental Illness with opportunities for support, education materials, programs, and advocacy. When you need someone **to listen** or need **to feel heard**, please call.

[New Jersey MentalHealthCares](#)

NJ MentalHealthCares Helpline 866-202-HELP (4357)

The Mental Health Association in New Jersey's NJMentalHealthCares Helpline offers free, anonymous online mental health screenings in cooperation with Mental Health America. The NJ MentalHealthCares Helpline staff offers telephone counseling, information and referral and assistance in helping to get the behavioral health services needed by you or a loved one.

[Pathways to Vermont Support](#)

24/7 Support Line: (888) 492-8218

Pathways Vermont's mission is to provide innovative mental health alternatives by offering a 24/7 support line for people who may be struggling with sadness, loneliness, depression and other difficult situations



Maine Crisis and Counseling Centers

24/7 Crisis Line: (888) 568-1112

[Click here for Mental Health Treatment Services](#)

The Crisis and Counseling Center develops and delivers effective solutions to the diverse behavioral health needs of our community in a professional and respectful manner.

New Hampshire Rapid Response Access Point

24/7 Hotline: Call or Text 833-710-6477

Carelon Behavioral Health operates the New Hampshire Rapid Response Access Point (NHRRAP) on behalf of the New Hampshire Department of Health and Human Services, and in partnership with the New Hampshire Community Behavioral Health Association. The NHRRAP provides individuals in the state of New Hampshire with immediate, 24/7 access to mental health and/or substance use crisis support via telephone, text and chat services.

BHLink of Rhode Island

Call 988 if in crisis

24/7 Walk-In Center

BH Link helps with crises involving mental health, substance misuse, relapse and recovery, loss of family or friends, depression, or other behavioral health issues. BH Link offers crisis intervention services to help you cope, and connects people to ongoing treatment and care. BH Link Triage Center: a 24/7 community-based walk-in/drop-off facility where clinicians connect people to immediate, stabilizing emergency behavioral health services, and long-term care and recovery supports.

- **BH Link Triage Center:** 975 Waterman Avenue East
Providence, RI 02914

The Opportunity Alliance Main Crisis Line

24/7 Maine Crisis Line

Call or text 1-888-568-1112

The Maine Crisis Line (MCL) is the state's crisis telephone response service for individuals or families experiencing a behavioral health crisis or having thoughts of suicide and/or self-harm. Trained crisis call specialists answer the line and provide free and confidential telephone support and stabilization 24 hours a day, 7 days a week.

NAMI New Hampshire

NAMI New Hampshire Helpline

Call 1-800-242-6264 (press 4)

*New Hampshire State chapter of the National Alliance of Mental Illness with opportunities for support, education materials, programs, and advocacy. When you need someone **to listen** or need **to feel heard**, please call.*

Massachusetts Department of Mental Health

Massachusetts Behavioral Health HelpLine (BHHL)

Call or Text 833-773-2445

[Click here for a Mental Health Resource Directory](#)

The Massachusetts Behavioral Health HelpLine (BHHL) is here to connect you directly to clinical help, when and where you need it. Even if you're not sure what kind of help or treatment you may need, they can help guide you.

