
U.S. Mental and Behavioral Health Services

HELPFUL AND RESPONSIVE ONLINE RESOURCES: YOUTH

1. Center for Young Women's Health and Young Men's Health:
www.youngwomenshealth.org and www.youngmenshealthsite.org
 - These websites provide guides on emotional health, including test anxiety, depression, bullying, and eating disorders.
2. [Go Ask Alice!](#)
 - Geared at young adults, this question-and-answer website contains an extensive database of questions about a variety of concerns surrounding emotional health.
3. [Girls Health.Gov](#)
 - The "Your Feelings" section of this website offers guidance to teenage girls on recognizing a mental health problem, getting help, and talking to parents.
4. [Jed Foundation](#)
 - Promoting emotional health and preventing suicide among college students, this website provides an online resource center, **ULifeline**, a public dialogue forum, **Half of Us**, and **Transition Year**, resources and tools to help students transition to college.
5. [Kelty Mental Health Resource Center](#)
 - Reference sheets are provided that list top websites, books, videos, toolkits, and support for mental health disorders.
6. [Reach Out](#)
 - This website provides information on specific mental health disorders, as well as resources to help teens make safe plans when feeling suicidal and helpful tips on how to relax.
7. [Teens Health](#)
 - Providing a safe place for teens who need honest and accurate information, this website provides resources on mental health issues.
8. [Teen Mental Health](#)
 - Geared towards teenagers, this website provides learning tools on a variety of mental illnesses, videos, and resources for friends.
9. [Ok2Talk](#)
 - A safe, moderated online community where teens and young adults can share their stories of recovery, tragedy, struggle, or hope through creative expressions, such as poetry or songs, inspirational quotes, videos, and messages of support.
10. [The Depression and Bipolar Support Alliance \(DBSA\)](#)
 - Offers local support groups throughout the United States
11. [Youth.Gov](#)
 - Offers a list of substance use resources you can trust.

HELPFUL AND RESPONSIVE ONLINE RESOURCES: ADULTS

1. **[Distress Disaster Hotline](#)**
 - Call or text [1-800-985-5990](tel:1-800-985-5990)
2. **[Talkspace](#)**
 - Support services for adults, families, teens, couples, and more
3. **[National Domestic Violence Hotline](#)**
 - Call: [1-800-799-7233](tel:1-800-799-7233)
 - Text **LOVEIS** to **22522**
4. **[National Child Abuse Hotline](#)**
 - Call: 1-800-4AChild ([1-800-422-4453](tel:1-800-422-4453))
 - Text **1-800-422-4453**
5. **[National Sexual Assault Hotline](#)**
 - Call: [1-800-656-HOPE](tel:1-800-656-HOPE) (4673)
 - [Online Chat](#)
6. **[The Eldercare Locator](#)**
 - Call: [1-800-677-1116](tel:1-800-677-1116) – [TTY Instructions](#)
7. Alzheimer’s Association Helpline
 - Call: [1-800-272-3900](tel:1-800-272-3900) (para español presiona el 2)

HELPFUL AND RESPONSIVE ONLINE RESOURCES: LGBTQAI+

1. **[The Trevor Project](#)**
 - Call [1-866-488-7386](tel:1-866-488-7386)
 - Text **678-678**
 - Chat <https://www.thetrevorproject.org/get-help/>
2. **[Trans Lifeline](#)**
 - Call: [1-877-565-8860](tel:1-877-565-8860) (para español presiona el 2)

HELPFUL AND RESPONSIVE ONLINE RESOURCES: VETERANS/ACTIVE-DUTY MILITARY

1. **[Veteran’s Crisis Line](#)**
 - Call [988](tel:988), then select 1
 - [Crisis Chat](#)
 - Text: **838255**
2. **[U.S. Department of Veterans Affairs Mental Health Resources](#)**
3. **[Help for Military Service Members and Their Families](#)**

HELPLINES

1. **[Campaign Against Living Miserably \(CALM\)](#)**
2. **Crisis Text Line**
 - Visit www.crisistextline.org/ or Text “START” to **741-741**
3. **[Lifeline Crisis Chat](#)**

- Visit to chat with crisis centers around the U.S.
- 4. **[List of International Suicide Hotlines](#)**
- 5. **Love is Respect**
 - Visit www.loveisrespect.org/
 - Text “LOVEIS” to **22522**
 - Call [1-866-331-9474](tel:1-866-331-9474) to talk with a peer advocate to prevent and end abusive relationships.
- 6. **National Eating Disorder Association**
 - Visit www.nationaleatingdisorders.org/
 - Call [1-800-931-2237](tel:1-800-931-2237)
- 7. **988 Suicide & Crisis Lifeline**
 - Visit <https://988lifeline.org>
 - Call **988**
 - Chat <https://988lifeline.org/chat/>
- 8. **SAMHSA’s National Helpline**
 - Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
 - [Find support](#)
 - SAMHSA’s national hotline: [1-800-662-4357](tel:1-800-662-4357)
 - In crisis, call/text **988**

FINDING TREATMENT

1. **[FindTreatment.gov](#)**
 - Find a provider treating substance use disorders, addiction, and mental illness.
2. **[American Psychiatric Association Foundation](#)**
 - Find a Psychiatrist
3. **[American Academy of Child and Adolescent Psychiatry](#)**
 - Child and Adolescent Psychiatrist Finder
4. **[American Psychological Association](#)**
 - Find a Psychologist
5. **[Blue Cross Blue Shield](#)**
 - If this is your insurance company, you can visit their website or our call for a list of covered providers.
6. **[United Healthcare](#)**
 - If this is your insurance company, you can visit their website or our call for a list of covered providers.
7. **[Kaiser Permanente](#)**
 - If this is your insurance company, you can visit their website or our call for a list of covered providers.
8. **[Psychology Today U.S.](#)**
 - Find a variety of therapists and support in your area, including social workers, psychologists, family therapists, and couple therapists.
 - Can refine by location, need, primary concerns, etc.

9. Your State website will have resources and places to start.
SOME NOTABLE APPS AND TECH SERVICES

1. [Beacon 2.0](#)
 - Beacon is a portal to online applications (websites, mobile applications, and internet support groups) for mental disorders reviewed and rated by health experts.
2. [Health Talk](#)
 - This website reflects the lived experience of mental health conditions, including research-based modules with hours of recording and analysis.
3. [Mindfulness for Teens](#)
 - This website has resources to help teens use mindfulness to handle stress and includes apps to practice meditation and guided meditation recordings.
4. [Mood 247](#)
 - A text messaging system that provides an easy way to record how you're feeling and tracks your daily moods to share with friends, family, or a health professional.
5. [Strength of Us](#)
 - An online community designed to inspire young adults impacted by mental health issues to think positively, stay strong, and achieve goals through peer support and resource sharing.
6. [Calm](#)
 - For Sleep, Meditation, and Relaxation
7. [HeadSpace](#)
 - For medication, sleep, stress, and healthy living

MENTAL HEALTH RESOURCE INSTITUTES

1. [American Academy of Child and Adolescent Psychiatry](#)
 - This resource center includes videos, ways to get help, and advocacy campaigns.
2. [National Alliance on Mental Health](#)
 - Find resources for youth, including information on managing your mental health in college and making friends.
3. [National Institute of Mental Health](#)
 - This website provides easy-to-read guides and brochures to help better understand a variety of mental health disorders.
4. [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)
 - SAMHSA provides information on mental health services and treatment centers through a service locator.
5. [The CDC – Mental Health](#)

SUBSTANCE USE RESOURCEs AND INSTITUTES

1. [National Council on Alcohol and Drug Dependence](#)
 - This informational website provides support to those who need assistance confronting the diseases of alcoholism and drug dependence.

2. [National Institute of Alcohol Abuse and Alcoholism](#)
 - NIAAA supports and conducts research on the impact of alcohol use on human health and well-being. They provide resources directed toward people of all ages to evaluate their drinking and tools to stay in control.
3. [NIDA for Teens](#)
 - NIDA provides a wealth of knowledge and resources, including easy-to-read guides about various drugs. Their website for adolescents includes videos, blog posts, and drug facts.
4. [Buprenorphine Treatment Practitioner Locator](#)
 - Find practitioners authorized to treat opioid dependency with buprenorphine by state.

MENTAL HEALTH MEDICATION GUIDES

1. [Head Meds](#)
 - This website gives young people focused information about the most common medicines prescribed for mental health conditions.
2. [Making Healthy Choices](#)
 - This guide provides information for youth in foster care related to making decisions about their mental health, treatment options, and the use of psychotropic medications.

ADVOCACY

1. [Active Minds](#)
 - Active Minds, the leading nonprofit that empowers college students to speak openly about mental health, aims to educate others and encourage help-seeking.
2. [Gay, Lesbian & Straight Education Network](#)
 - GLSEN is the leading national education organization focused on ensuring safe schools for all students. This website provides resources on finding GSA Chapters and tools for establishing or re-establishing a GSA.
3. [StopBullying.Gov](#)
 - This website offers resources specifically for teens to prevent bullying in their schools and communities and provides resources for those being bullied.
4. [Teens Against Bullying](#)
 - Created by and for teens, this website is a place for middle and high school students to find ways to address bullying, take action, be heard, and own an important social cause.