

- [Understanding Mental Health and Suicide Prevention](#)
- [Free screenings and resources](#) for depression, anxiety, PTSD, and more
- [CalHope Warmline](#): call or text the warmline at (833) 317-HOPE (4673). Hablan español.
- [Not One More Vet](#) provides online peer support for veterinary professionals
- [The Open Path Collective](#), a non-profit that offers reduced-cost, inclusive therapy
- [Inclusive Therapists directory](#) offers a number of resources for Black, Indigenous, and People of Color, the LGBTQ+ community, neurodivergent people, and people with disabilities
- [SAMHSA Treatment Referral Helpline](#): 1-877-SAMHSA7 (726-4727), 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.
- [NAMI Resource Directory](#): the nation's largest mental health resource database, providing mental health resources identified by peers and families as helpful, [peer support groups](#)
Call: 800-950-NAMI (6264), Text: 62640, WebChat: nami.org/help, Email: helpline@nami.org
- [National Queer and Trans Therapists of Color Network](#)
- [BIPOC Therapy Fund by Mental Health Liberation](#)

Hotlines and Warmlines

- **988 Lifeline: Call or text 988.** Free, confidential, trained crisis workers will listen and tell you about local services via phone, text, or chat. Services available to veterans, Spanish-language speakers, and others.
- [Crisis Text Line: Text "GO" TO 741741](#) to access free, confidential, 24/7, trained crisis counselors
- [Find a hotline](#) (66 countries)
- [International list of resources](#)
- Sexual Assault Hotline: 800-656-HOPE(4673)
- Veterans Crisis Line: 800- 273-8255
- Blackline (BIPOC): 800-604-5841
- Trans Lifeline: 877-565-8860 (US) / 877-330-6366 (Canada)
- StrongHearts Native Helpline Call 844-762-8483 or [chat online](#)
- LGBT National Help Center Hotline: 888-843-4564
- Alcoholism & Drug Dependency Hope Line: 800-622-2255