

A Pause for Your Wellness

Mental Health Resources

National Alliance on Mental Illness (NAMI): 800-950-6264, info@nami.org, operates an emergency mental health hotline M-F from 10 a.m. to 6 p.m. EST. Operators can provide info about mental illness and refer callers to treatment, support groups, family support, and legal support, if needed.

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

Substance Abuse and Mental Health Services Administration (SAMHSA): 800-662-4357, SAMHSA runs a 24-hour mental health hotline that provides education, support, and connections to treatment. It also offers an online Behavioral Health Treatment Locator to help you find suitable behavioral health treatment programs.

<https://www.samhsa.gov/find-help/national-helpline>, <https://findtreatment.samhsa.gov/>

National Institute of Mental Health (NIMH): 866-615-6464, This organization has a variety of methods for you to communicate with people about mental health issues. In addition to the phone line, there is a live online chat option. These resources are available M-F, 8:30 a.m-5 p.m. EST

<https://www.nimh.nih.gov/index.shtml>

Mental Health America Hotline: Text MHA to 74141. Mental Health America is a nationwide organization that provides assistance through this text line. You will be linked to someone who can guide you through crisis or just provide information.

<https://www.mhanational.org/get-involved/contact-us>

National Suicide Prevention Lifeline: 800-273-8255, Crisis intervention and free emotional support are available, which is helpful when you need confidential assistance during a time of emotional distress for you or a loved one. The helpline is open 24/7, and a live online chat is available as well.

<https://suicidepreventionlifeline.org/>

Crisis Text Line: Text CONNECT to 741741. Specialized crisis counselors are just a text message away on this free confidential 24-hour support line. To further protect your privacy, these messages do not appear on a phone bill. The text line also provides services and support if you are upset, scared, hurt, frustrated, or distressed.

<https://www.crisistextline.org/textline/>

Veterans Crisis Line: 800-273-8255, Text a message to 838255. Operated by the Department of Veterans Affairs, these services aid veterans and their families who may be in crisis by connecting them with VA responders.

<https://www.veteranscrisisline.net/>

Rape, Abuse & Incest National Network (RAINN) is the nation's largest anti-sexual violence organization: 800-656-4673. They also have a live chat function. They are a free, confidential service that is available 24/7 for survivors of sexual violence and their families.

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

The Trevor Project: 866-488-7386, is also available via chat and text; it is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, queer, & questioning (LGBTQ+) young people under 25.

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

General Resources

[Resources in a Pandemic](#)

*Adapted with permission from Kristin A. Kiely, Ph.D., Associate Professor, Francis Marion University