

Hello. Welcome to our Mental Health Resource Center.

Below you'll find mental health resources for you, your child, and helpful hotlines for emergency situations.

If you, your child, or someone you are caring for is in crisis seek immediate help, call 988 for a 24-hour crisis center, text 741741 for a crisis text line, call 911, or go to your local emergency department.

Here's what you can find on this page:

Emergency Resources

Mental Health Resources For Parents & Individuals

National Hotlines and Textlines

- Emergency [911](#)
- National Suicide Prevention Lifeline [988](#)
- National Sexual Assault Hotline [+1 \(800\) 656-4673](#)
- National Hopeline Network
 - Links callers to nearest crisis center [+1 \(800\) 784-2433](#)
- S.A.F.E. Alternatives for Stopping Self-Harm [+1 \(800\) 366-8288](#)
- Alcoholism & Drug Dependency Hope Line [+1 \(800\) 622-2255](#)
- National Eating Disorder Association [+1 \(800\) 931-2237](#)
- Trevor Crisis Hotline
 - Confidential suicide hotline for LGBTQ youth [+1 \(866\) 488-7386](#)
- Trans Lifeline
 - Crisis hotline run by trans folks for trans and questioning callers [+1 \(877\) 565-8860](#)
- National Domestic Violence Hotline [+1 \(800\) 799-7233](#)
- Family Violence Helpline [+1 \(800\) 996-6228](#)
- Planned Parenthood Hotline [+1 \(800\) 230-7526](#)
- American Association of Poison Control Centers [+1 \(800\) 222-1222](#)
- (SAFE) National Domestic Violence Hotline [+1 \(800\) 799-7233](#)
- National Runaway Safeline [+1 \(800\) RUNAWAY](#)
- Crisis Text Line [741741](#)

