

National Resources

ADHD

ADDitude
www.additudemag.com

Children and Adults with Attention-
Deficit/Hyperactivity Disorder
800-233-4050
www.chadd.org

Anxiety

Anxiety in Teens
www.anxietyinteens.org

Crisis Support Services
CARE to 839863
Twenty-four hours a day, seven days a week
<https://cssnv.org/>

Crisis Text Line
Text HOME to 741-741 (Text only)
Twenty-four hours a day, seven days a week
www.crisistextline.org

IMAlive Chat (online)
www.imalive.org

LGBT National Help Center
888-843-4564
Hours: Monday thru Friday from 4 PM- 12 AM, Saturday from 12 PM- 5 PM
www.glbthotline.org/hotline.html

National Domestic Violence Hotline
800-799-7233
Twenty-four hours a day, seven days a week
www.thehotline.org

National Sexual Assault Hotline
1-800-656-HOPE (4673)
Twenty-four hours a day, seven days a week

National Suicide Hotline
800-SUICIDE (784-2433)

800-442-HOPE (4673)
Twenty-four hours a day, seven days a week
www.imalive.org

National Suicide Prevention Lifeline
800-273-TALK (8255)
Twenty-four hours a day, seven days a week
www.suicidepreventionlifeline.org

Poison Control
800-222-1222
Twenty-four hours a day, seven days a week
www.poisonhelp.org

*Samaritans
877-870-HOPE (4673) (Call or Text)
Twenty-four hours a day, seven days a week
www.samaritanshope.org

The Trevor Lifeline
866-4-U-TREVOR (488)

Directory of therapists of color
www.innopsych.com/findatherapist

Latinx Therapy
www.latinxtherapy.com

MaleSurvivor
Directory of therapists geared toward male
sexual abuse survivors
www.malesurvivor.org/therapist-directory

Melanin & Mental Health
www.melaninandmentalhealth.com

National Queer And Trans Therapists Of
Color Network
www.nqttn.com/directory

Open Path

Serves clients who lack health insurance or
adequate mental health benefits
(membership-based)
www.openpathcollective.org

Psychology Today
Psychologytoday.com
The Boris Lawrence Henson Foundation
[www.borislhensonfoundation.org/resource-
guide/](http://www.borislhensonfoundation.org/resource-guide/)

Therapy for Black Girls
www.providers.therapyforblackgirls.com

Therapy for Black Men
www.therapyforblackmen.org/find-a-therapist

Therapy for Latinx
www.therapyforlatinx.com/home

Grief and Loss

Grief Net
Online support groups (kids and adults)
www.griefnet.org

Journey of Hearts
www.journeyofhearts.org

National Suicide Hotline
800-SUICIDE (784-2433)
800-442-HOPE (4673)
Twenty-four hours a day, seven days a week
www.imalive.org

Mental Health America
800-273-TALK (8255)
Twenty-four hours a day, seven days a week
www.mentalhealthamerica.net

Tragedy Assistance Program for Survivors
(TAPS)
800-959-TAPS (8277)
Twenty-four hours a day, seven days a week
www.taps.org

Your Life Your Voice
www.yourlifeyourvoice.org
1-800-448-3000 (Twenty-four hours a day,
seven days a week)
Text VOICE to 20121 (Twenty-four hours a
day, seven days a week)
hotline@boystown.org (can take up to 48-
hours to respond)

LGBTQAI+ and Gender Specific Resources

Bisexual Resource Center
www.biresource.org

BiNet USA
www.binetusa.org

DeQH- Desi LGBTQ Helpline for South Asians
908-367-3374
www.deqh.org

GAPIMNY- Queer and Trans Asian Pacific Islanders
www.gapimny.org

Gender Spectrum
Groups for Pre-Teens and Teens, Parents/Guardians and Other Family members (Y Grupo de padres en Español)
www.genderspectrum.org/articles/gender-spectrum-groups

GLAD (GLBTQ Legal Advocates & Defenders)
www.glad.org

GLBT National Youth Talkline
800-246-PRIDE (7743)
4 p.m. to 12 a.m. EST, Monday to Friday
12 p.m. to 5 p.m. EST, Saturday
www.glbthotline.org/youth-talkline

LGBT National Help Center
www.glbthotline.org

GLBT Near Me
www.glbtnearme.org

Help Center on Sexual Orientation
www.apa.org/helpcenter/sexual-orientation

LGBT National Help Center
888-843-4564

Mental Health

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Hours: Monday thru Friday from 4 PM- 12 AM, Saturday from 12 PM- 5 PM
www.glbthotline.org/hotline.html

National Queer Asian Pacific Islander Alliance (NQAPIA)
www.nqapia.org

Prism- Asian & Pacific Islander LGBTQ+
www.theprismfoundation.org

PFLAG
www.pflag.org

*SWAGLY
508-755-3773
www.aidsprojectworchester.org

Trans Lifeline
877-565-8860
This hotline is staffed by volunteers who are all trans identified and educated in the range of difficulties transgender people experience. Operators are generally available twenty-four hours a day, seven days a week.
www.translifeline.org

Trans Youth Family Allies (TYFA)
www.imatyfa.org

The Trevor Lifeline
866-4-U-TREVOR (488-7386)
Twenty-four hours a day, seven days a week
www.thetrevorproject.org

888-35-PSYCH (77924)
8:30 a.m. to 6 p.m.

Brain & Behavior Research Foundation
www.bbrfoundation.org

Child Mind Institute
www.childmind.org

www.cmhnetwork.org

www.findtreatment.samhsa.gov

ULifeline (College Mental Health Resources)
www.ulifeline.org

U.S. Department of Health and Human Services
www.mentalhealth.gov

World Health Organization
www.who.int.com

OCD

Beyond OCD
www.beyondocd.org

International OCD Foundation
617-973-5801
www.iocdf.org

www.intrusivethoughts.org
Picking Me Foundation
www.pickingme.org

The Secret Illness
www.thesecretillness.com

Intrusive Thoughts

Rape, Sexual Violence, and Domestic Violence

Center for the Study and Prevention of Violence
www.cspv.colorado.edu

MaleSurvivor
www.malesurvivor.org/therapist-directory

Childhelp USA National Child Abuse Hotline
800-4-A-CHILD (422-4453)
Twenty-four hours a day, seven days a week
www.childhelp.org

Center, Inc. (NIWRC)
www.niwrc.org

*Daybreak- in Central Massachusetts
508-755-9030
Twenty-four hours a day, seven days a week
www.ywcacm.org

National Domestic Violence Hotline
800-799-SAFE (7233)
Twenty-four hours a day, seven days a week
www.thehotline.org

loveisrespect, National Teen Dating Abuse Helpline
(866) 331-9474
TTY: 866-331-8453
Text loveis to 22522
Twenty-four hours a day, seven days a week
www.loveisrespect.org

National Sexual Violence Resource Center
717-909-0710
www.nsvrc.org

*Pathways For Change
800-870-5905
Twenty-four hours a day, seven days a week
www.pathwaysforchange.help/pfc/

Rape, Abuse, and Incest National Network (RAINN)

800-656-HOPE (4673)
Twenty-four hours a day, seven days a week
www.rainn.org

Incest Hotline
Domestic Violence Hotline: 800-621-HOPE
(4673)
Crime Victims Hotline: 866-689-HELP
(4357)
Rape, Sexual Assault & Incest Hotline: 212-
227-3000
TDD phone number for all hotlines: 866-
604-5350
Twenty-four hours a day, seven days a week
www.safehorizon.org

StrongHearts Native Helpline
1-844-7NATIVE (762-8483)
Call or Text

School Violence

National Center for Mental Health
Promotion and Youth Violence Prevention
9 a.m. to 5 p.m. EST, Monday to Friday
www.promoteprevent.org

Koshka Foundation

Twenty-four hours a day, seven days a week
Online chat available
www.strongheartshelpline.org

Take Back the Night
567-SHATTER (742-8837)
(855) 598-4086
www.takebackthenight.org

VictimConnect Resource Center
855-4-VICTIM (484-2846)
Text or call, Monday- Friday 8:30 AM- 7:30
PM
Chat.VictimConnect.org
Online chat, Monday- Friday 8:30 AM- 7:30
PM
www.victimconnect.org

YWCA Inc
www.ywca.org

www.koshkafoundation.org

SPEAK UP
866-SPEAK-UP (773-2587)
Twenty-four hours a day, seven days a week
www.speakup.com

Schizophrenia and Related Disorders

Schizophrenia & Psychosis Action Alliance
800-493-2094
9 a.m. to 5 p.m., Monday through Friday
www.sczaction.org

Schizophrenia Treatment and Evaluation Program
www.med.unc.edu/psych

Suicide Prevention Resource Center
www.sprc.org

The Trevor Lifeline
866-4-U-TREVOR (488-7386)
Twenty-four hours a day, seven days a week
www.thetrevorproject.org

Trauma

After the Injury
www.aftertheinjury.org/

National Center for PTSD
www.ptsd.va.gov

The National Child Traumatic Stress
Network