

Mental Health and Crisis Resources

<http://tarasovich.com>

There are many national organizations that provide helpful information and support for mental health and suicide prevention.

- **Suicide and Crisis Lifeline**

There is hope. Providing 24/7, free and confidential support to people in suicidal crisis or emotional distress works. The Lifeline helps thousands of people overcome crisis situations every day. <https://www.samhsa.gov/find-help/988>



- **Crisis Text Line**

In a crisis? Text HOME to 741741 to connect with a Crisis Counselor. Free 24/7 support at your fingertips. <https://www.crisistextline.org>



- **American Foundation for Suicide Prevention**

The AFSP organizes Out of Darkness Walks and provides extensive information on understanding and preventing suicide as well as how to cope with suicide loss. www.afsp.org

- **National Alliance on Mental Illness**

The NAMI is dedicated to improving the lives of individuals suffering with mental illness. They provide access to support and opportunities to get involved. <https://www.nami.org/>

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- **American Association of Suicidology**

This group consists of academics, activists, and individuals whose lives have been touched by suicide. Their website provides extensive information on coping with suicide loss as well as information on the latest research. They also have information on how to get involved or find support in your community.

www.suicidology.org

- **The Trevor Project Hotline for LGBT Youth**

This group specializes in mental health among lesbian, gay, bisexual, and transgender youth. 1-866-488-7386

<http://www.thetrevorproject.org/section/get-help>