

It's Okay to Ask for Help

Mental Health Resources for Yourself and Your Friends



National Suicide Prevention Lifeline

1-800-273-TALK (8255)

Veterans: Press 1



Crisis Text Line

Text TALK to 741741 to text with a trained counselor for free



The Trevor Project

TrevorLifeline: 1-866-488-7386

TrevorText: Text TREVOR to 1-202-304-1200

TrevorChat: Via thetrevorproject.org



RAINN

National Sexual Assault Hotline

Lifeline: 1-800-656-4673

Chat: Via hotline.rainn.org



TWLOHA

Connect to mental health resources in your community

twloha.com/find-help



National Eating Disorders Association

Helpline: 1-800-931-2237

Chat: Via myneda.org



Seize the Awkward

seizetheawkward.org

@seizetheawkward



My3 App

Define your network and your plan to stay safe

my3app.org

afsp.org/resources



American
Foundation
for Suicide
Prevention

Coping and Symptom Management Apps



Problem solving skills for stress



Control physical and emotional stress through breathing



Safety plan and support during crisis



Recognize signs and respond to a friend in crisis



Coping, relaxation and positive thinking



Coping and symptom management

Booster Buddy — Designed for teens and young adults but great for everyone

Free for iPhone or Android