

MENTAL HEALTH SUPPORT

- HelpWhenYouNeedIt.Org 350,000+ listings for all mental health services and support.
 - National Center of Excellence for Eating Disorders (NCEED) (800-931-2237)
 - Anxiety and Depression Association of America (ADAA) (240-485-1001)
 - Depression and Bipolar Support Alliance (DBSA) (800-826-3632)
 - Sidran Institute (trauma and dissociation) (410-825-8888)
 - International OCD Foundation (617-973-5801)
 - Google “Local Warm Line”-telephone support.

CRISIS

- SAMHSA’s National Helpline – 1-800-662-HELP (4357) (mental disorders and substance use)
 - The American Foundation for Suicide Prevention (888-333-2377)
 - The Trevor Project (LGBTQ Crisis Hotline)- 1-866-488-7386
 - The National Domestic Violence Hotline (800-799-7233)
 - The Suicide Prevention Lifeline (800-273-8255)

FINANCIAL SUPPORT

Needhelppayingbills.com assistance programs, charity orgs, mortgage assistance, debt relief, etc.
www.homelesshelterdirectory.org national directory: homeless shelters, programs, soup kitchens, etc.



OFFICIAL

MENTAL HEALTH CHECK

-3 Survival Tools-



Something to work on.

A hobby, passion, or project.

Daily or weekly.

Commit to getting better at it.



Someone to talk to.

Find or create a SAFE SPACE.

Separate from your regular life.

Someone who understands you.

(Contact info on back)



Something to believe in.

A higher power or a bigger cause.

A reason to always have FAITH.