

It's Okay to Ask for Help

Mental Health Resources for Yourself and Your Friends

Suicide & Crisis Lifeline

988

Press 1 for Veterans, Press 2 for Spanish

Crisis Text Line

Text TALK to 741741 for English

Text AYUDA to 741741 for Spanish

Text with a trained counselor for free, 24/7

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

The Trevor Project

TrevorLifeline: 1-866-488-7386

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

TrevorChat: thetrevorproject.org

National Alliance for Eating Disorders

Helpline: 1-866-662-1235

allianceforeatingdisorders.com

National Eating Disorders Association

www.nationaleatingdisorders.org

Seize the Awkward

seizetheawkward.org

@seizetheawkward

afsp.org/resources



American
Foundation
for Suicide
Prevention