



**A LIST OF OVER 200 RESOURCES TO
HELP WITH A VARIETY OF MENTAL
HEALTH AND CRISIS CONDITIONS
FROM CRISIS TEXTLINE**

ALL RESOURCES PROVIDED BY CRISIS TEXTLINE CRISIS COUNSELOR
PLATFORM

CRISIS TEXTLINE

Text "HOME" to 741741 to be connected with a trained Crisis Counselor

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RESOURCES ARE REPEATED IF APPLICABLE TO MULTIPLE SECTIONS

KEYWORDS AVAILABLE TO SEARCH IF LOOKING FOR A RESOURCE NOT LISTED AS A CATEGORY

ABUSE

Name	Website/How to Access	Description	Keywords
1-in-6	https://bit.ly/1in6_ref	For: Males Website Informative Provides support for males who have been sexually abused.	sexual assault rape abuser offender victim molestation penetration force incest male men man trauma violence child sexual abuse
Aspire News App	https://bit.ly/aspire_ref	For: All ages App Immediate Support Helps to prevent domestic violence by allowing users to call for help with the touch of a button, while posing as a news app.	trauma violence assault survivor sexual domestic abuse spouse
Break the Cycle	https://bit.ly/BTC_ref or text "loveis" to 22522	For: Teens & Young adults Website Advocacy Provides dating abuse programs and peer support via text for young people ages 12 to 24. Also gives information on navigating the justice system and finding safety.	breakup sexual assault coercion trauma assault rape survivor sexual child violence panic mental health alone

			community isolated support social family
Center for Relationship Abuse	https://bit.ly/CRAA_ref	For: Teens & Adults Website Informative Provides information and resources about relationship abuse, sexual assault, gender violence, barriers for leaving, and safety planning. (Deaf and Hard-of-Hearing approved)	trauma violence assault domestic violence safety plan relationships
Childhelp National Child Abuse Hotline	https://bit.ly/CNCAH_ref	For: All Ages Website Informative/Support Provides parents and teachers with resources, training and support for child abuse prevention, intervention, and treatment.	trauma violence assault hotline child abuse neglect prevention intervention treatment parents teachers
Deaf Overcoming Violence Through Empowerment	https://bit.ly/DD_ref	For: All Ages Website Support Provides support for victims and survivors of domestic violence and sexual assault in the deaf community. (Deaf and Hard-of-Hearing approved)	trauma violence assault deaf domestic violence sexual assault relationships disabled handicapable disability
Fort Refuge	https://bit.ly/FORT_refs	For: 16+ years old Forum Support Offers an online community and resources for	self injury cutting addiction dependency drug

		<p>survivors of trauma, abuse, sexual assault, and more. Also provides resources for resulting mental health issues, like dissociative Identity disorder, addiction, and PTSD.</p>	<p>alcohol suicidal death trauma violence assault rape survivor sexual child mental health</p>
Guide to Wellness	https://bit.ly/JBGW_refs	<p>For: Adults PDF Interactive Offers a workbook for survivors of domestic abuse that can help track progress, practice ways to calm down, and teach the basics of self-care while healing.</p>	<p>panic support resources coping self care trauma violence assault rape survivor sexual child social family divorce breakup</p>
Help Guide	https://bit.ly/HG_ref	<p>For: All Ages Website Informative Provides evidence-based articles, self-help tools, and readings for 21 topics for teens, adults, parents, and elderly (Deaf/Hard-of-Hearing approved).</p>	<p>bipolar addiction stress anger adhd anxiety depression ptsd trauma suicide abuse alzheimer's dementia autism learning disabilities eating disorders grief parenting</p>

			postpartum friendship friend self harm cutting elderly post partum
How to Help Someone in an Abusive Relationship	https://bit.ly/FFG_res	For: Adults PDF Informative Provides a guide to help a friend or family member support someone who is struggling in their relationship as well as take care of yourself while doing it. Best for third party conversations	trauma violence survivor support resources third party 3rd paty coping self care
Me Too Toolkit for Survivors during COVID-19	https://bit.ly/TSDC_res	For: Adults PDF Informative Educates survivors of sexual assault on self-care and survival during COVID-19. Also provides information for third parties looking to support a survivor.	coronavirus 3rd party third party trauma violence assault rape survivor sexual
Mental Health Directories	https://bit.ly/AFYA_res	For: Adults Directory/Search Informative Provides a list of top mental health directories for help finding a therapist. Offers an additional list of directories for Black, and Black LGBTQ+ people.	poc coping black african american bipoc loss mourning eating disorder ed anorexia bulimia transgender gay lgbtq lesbian

			bisexual queer cutting suicidal trauma violence assault rape survivor sexual mental health community isolate
My Plan App	bit.ly/plan_ref	For: All Ages App Interactive Offers intimate partner violence safety planning with personalized safety information and resources for self or someone else in an abusive relationship.	trauma violence assault spouse survivor third party sexual breakup divorce
National Adult Protective Services Association	https://bit.ly/APS_ref	For: Adults Website Support & Resources Provides information about protective services and reporting abuse for senior adults and adults with disabilities.	trauma violence assault rape survivor sexual senior disability elder elder adult
National Domestic Violence Hotline	https://bit.ly/NDVH_ref or call 1-800-799-SAFE (7233)	For: Adults & Teens Website Immediate Support Offers 24/7 help for domestic assault victims over the phone, and has information on how to recognize and prevent domestic abuse. (Deaf and	trauma violence assault domestic violence relationships

		Hard-of-Hearing approved)	
National Human Trafficking Hotline	https://bit.ly/NHTH_ref	For: Adults & Teens Website Informative Offers a crisis hotline and resource directory serving victims and survivors of human trafficking. (Deaf and Hard-of-Hearing approved)	trauma violence assault rape survivor sexual trafficking prostitution
RAINN	https://bit.ly/RAINN_ref or call 1-800-656-4673 or email info@rainn.org	For: All Ages Website Support and Informative Provides information, resources and confidential hotline for survivors of sexual assault. (Deaf/Hard-of-Hearing approved)	trauma violence assault rape sexual assault sexual abuse survivor incest abuse hotline support resource
Stop It Now	https://bit.ly/SIN_ref	For: Adults Website Immediate Support Provides immediate help for adults to intervene to stop child sexual abuse, and information to prevent child sexual abuse from occurring. Also helpful for perpetrators/abusers.	trauma violence assault child abuse child sexual abuse sexual abuse prevention intervention molestation rape
National Sexual Violence Resource Center	https://bit.ly/NSVRC_ref Or call 717-909-0710	For: Adults Website Informative Advocates for leadership and prevention of sexual violence through their resources and media centers.	sexual assault rape abuser offender victim molestation penetration

			force incest trauma violence social survivor
Womenslaw.org	https://bit.ly/WL_ref	For: Adults Website Support Provides legal information for male and female survivors of domestic or sexual abuse including: pressing charges in criminal and civil court, what to expect in court, obtaining restraining orders, and finding a lawyer.	trauma violence assault rape survivor legal sexual legal help law
Workplaces Respond	https://bit.ly/WR_ref	For: Adults & Teens Website Support Provides legal information, safety planning, and direct contacts to immediate help for survivors of abuse or harassment in the workplace.	violence assault harassment stalking work violence support resources coping self care survivor trauma violence assault rape survivor sexual harassment bully job work

ANXIETY/STRESS

Name	Website/How to Access	Description	Keywords
54321 Grounding Technique	https://bit.ly/54321_ref	For: All Ages PDF Coping Skill/Immediate Support Leads texter through a five step grounding exercise to find calm.	support anxiety calm coping skills dissociating immediate panic self care sleep stress
Anger Management Helpguide	https://bit.ly/MAD_ref	For: All Ages Website Informative Provides techniques to help with anger management and expressing feelings.	panic anger rage anger management mad emotions resources coping
Anxiety and Depression Association of America	https://bit.ly/ADAA_ref	For: Adults & Teens Website Informative Promotes prevention, treatment and support for anxiety, depression, OCD, PTSD, stress, suicide, and co-occurring disorders. They also have a therapist directory.	depression sadness anxiety mental health ocd ptsd panic stress support group therapy panic online
Black Emotional and Mental Health	https://bit.ly/beam_res	For: Adults Website Informative	panic mental health support

		Provides a toolkit with journaling prompts and worksheets for: self de-escalation, self care, and coping strategies for Black and marginalized communities. Also provides resources for finding a therapist or a mobile crisis team.	resources bipoc self care coping brutality poc social justice resources coping black african american racial justice
Dartmouth Relaxations Downloads	https://bit.ly/DRD_ref	For: All Ages Website Coping Skill Provides audio files for guided relaxation, meditation, mindfulness, and imagery exercises.	anxiety panic stress coping skill meditation mindfulness relaxation
Decatastrophizing	https://bit.ly/DACAT_ref	For: All Ages PDF Interactive Offers a worksheet for those struggling with anxiety and exaggerating their problems, by addressing irrational thoughts.	panic mental health thought thinking negative distortion untwist
Grounding: Create Personal Calm	https://bit.ly/GW_ref	For: Adults & Teens PDF	anxiety panic

		Worksheet Educates and puts into practice the use of grounding techniques during a heated moment.	stress calm self-care
Help Guide	https://bit.ly/HG_ref	For: All Ages Website Informative Provides evidence-based articles, self-help tools, and readings for 21 topics for teens, adults, parents, and elderly (Deaf/Hard-of-H earing approved).	bipolar addiction stress anger adhd anxiety depression ptsd trauma suicide abuse alzheimer's dementia autism learning disabilities eating disorders grief parenting postpartum friendship friend self harm cutting elderly post partum
Homeless Shelter Directory	https://bit.ly/HS_ref	For: All Ages Directory Informative Provides a national directory of homeless shelters, Low Income and Affordable Housing, dental/medical	anxiety panic stress homelessness resource directory medical assistance food bank

		clinics, rent assistance, relief organizations, soup kitchens, and food banks.	
Just for Teens: A Personal Plan for Managing Stress	https://bit.ly/JTstress_ref	For: Teens Informative & Interactive PDF Educates young people about stress, triggers, and stress management. At the end, a worksheet is provided to create a personal stress and self care management plan.	panic support resources coping self care
KidsHealth	https://bit.ly/KH_ref	For: Kids, Teens, & Parents Website Informative Informs teens, kids, and parents about physical and mental health, wellness, relationships, puberty, studying, sports, nutrition, self esteem, and more.	harassment bully cyberbully eating disorder anorexia bulimia binge eating nutrition social family breakup addiction dependency drug alcohol self-esteem self esteem
Mass Shooting and Violence Resources	https://bit.ly/MSVR_ref	For: Adults Website Informative	anxiety panic stress

		Offers information and specific strategies to support children who have faced trauma, with links to trauma recovery resources	mass shooting violence trauma children ptsd disaster coping
Mental Health Directories	https://bit.ly/AFYA_res	For: Adults Directory/Search Informative Provides a list of top mental health directories for help finding a therapist. Offers an additional list of directories for Black, and Black LGBTQ+ people.	poc coping black african american bipoc loss mourning eating disorder ed anorexia bulimia transgender gay lgbtq lesbian bisexual
My Life	https://bit.ly/SBT_ref	For: All Ages App Coping Skill Provides short activities to guide people through meditation and grounding for mindfulness, self-regulation, and sleep.	panic stress coping strategy sleep breathe relaxation meditation mindfulness breathing
My Study Life	https://bit.ly/MSL_ref	For: Teens & Adults Interactive App Provides users with a planner for school and	support resources coping self care panic school

		allows them to gain organizational and time management skills.	
Obama Foundation	https://bit.ly/OFAA_ref	For: All ages Website Advocacy Provides resources to help users stay informed, engaged, and actionable about police violence and antiracism in the US.	harassment panic support resources bipoc coping brutality violence poc advocate racism discrimination social justice resources coping black
Parental Stress Line	https://bit.ly/PHP_ref or call 1-800-632-8188	For: Adults Interactive Immediate Support Provides a 24 hour helpline for parents who need to discuss issues related to their children. Translators available to support all languages.	panic social family parenting hotline
Pixel Thoughts	https://bit.ly/PT_ref	For: All Ages Website Coping Skill Offers an interactive, 60-second meditation tool to communicate	anxiety panic stress relaxation coping skill calm meditation self-care

		worries and release bothersome thoughts. (Deaf/Hard-of-Hearing approved)	
PTSD Coach	https://bit.ly/CoachPTSD_ref	For: Adults & Teens App Advocacy & Support Provides people with PTSD with information, treatment options, symptom tracking, and coping skills.	panic anxiety stress ptsd trauma coping skill relaxation calm treatment support resources mental health
Self-Help Anxiety Management App	https://bit.ly/SAMios_ref	For: Adults and Teens App Interactive Facilitates self-help for anxiety with resources to build one's own Anxiety Toolkit through an app for iOS and Android.	anxiety panic stress self-help anxiety management coping app strategies self-care
Stop, Breathe, and Think	https://bit.ly/SBT_ref	For: All Ages App Coping Skill Provides short activities to guide people through meditation and grounding for mindfulness and self-regulation.	anxiety panic stress self-help mental health anxiety management coping app strategies self-care meditation mindfulness

<p>Surviving and Resisting Hate: A Toolkit for People of Color</p>	<p>https://bit.ly/HATE_res</p>	<p>For: Adults PDF Support Provides a list of tips and practices for people of color navigating racial injustice.</p>	<p>harassment mental health support bipoc resources coping self care brutality violence poc advocate racism discrimination social justice resources coping black african american racial justice anti racism police</p>
<p>Ten Ways to Untwist Your Thinking</p>	<p>https://bit.ly/utt_ref</p>	<p>For: Adults & Teens PDF Informative Educates readers on techniques for managing negative thoughts.</p>	<p>coping panic intrusive stop</p>
<p>TheTribe Wellness Community</p>	<p>https://bit.ly/tribe_ref</p>	<p>For: Teens and adults 13+ Forum Support Connects teens and adults to online peer support groups for help facing mental health challenges and/or difficult family dynamics. Also provides a</p>	<p>forum mental health family support resources coping addiction anxiety depression hiv/aids lgbt marriage family ocd social</p>

		directory to find a local therapist. (Previously TeenTribe)	community mental health addiction dependency drug alcohol transgender
What's Up	https://bit.ly/WUAnd_ref	For: All Ages App Support Assists with coping with depression, anxiety, and stress. Also includes grounding and breathing techniques and tracking negative thoughts and habits. Offers a forum to connect with others.	panic mental health breathing forum whats upi community support
Woebot	https://bit.ly/WB_ref	For: 18+ App Coping Skill Provides support for people with depression or anxiety. Provides daily check-ins and lessons to help them change some of their thought patterns.	coping skills self care meditate gif breathing grounding support chat techniques resources local panic mental health

BULLYING

Name	Website/How to Access	Description	
American Civil Liberties Union	https://bit.ly/RIGHTS_res	For: All Ages Website Advocacy Provides information and resources on the rights of Americans in a broad range of situations, such as: being stopped by the police, religious freedom, voting rights, LGBTQ rights, disability rights, prisoner's rights, immigrants rights, and more.	harassment support resources coping bipoc brutality violence poc advocate racism discrimination social justice resources coping black african american racial justice anti racism bully cyberbully self care new
Be Strong	https://bit.ly/strong_ref	For: Teens Website/App Informative Provides resources, support, and intervention for those who are affected by bullying, depression, suicide, and other adversities.	harassment bully cyberbully mental health suicidal death support resources coping self care app
Cyber Civil Rights Initiative	https://bit.ly/CCR_ref or call 844-878-2274	For: All Ages Website Support/Advocacy Provides victims of non-consensual pornography, revenge porn and	bullying harassment revenge porn legal advocacy sexual abuse cyberbullying

		other forms of online abuse with legal information and advocacy resources. (Deaf/Hard-of-Hearing approved)	pornography nudes
Disability.gov	https://bit.ly/DR_ref	For: Adults Website Informative Educates people with disabilities on: civil rights, benefits, employment, emergency preparedness, housing, technology, and transportation.	disability impaired handicap developmental support resources unemployment family divorce breakup alone community isolated mental health panic trauma violence assault rape survivor sexual child suicidal death addiction disabled
GirlsHealth	https://bit.ly/GH_ref Or call 800-994-9662	For: Teens Females Website Informative Teaches girls about health and well-being, relationships (including family), bullying, illness, and disabilities.	medical concern wellness hygiene prevention lifestyle prescription medicine social family divorce breakup support resources

			coping self care harassment bully cyberbully
KidsHealth	https://bit.ly/KH_ref	For: Kids, Teens, & Parents Website Informative Informs teens, kids, and parents about physical and mental health, wellness, relationships, puberty, studying, sports, nutrition, self esteem, and more.	harassment bully cyberbully eating disorder ed anorexia bulimia binge eating nutrition social family breakup addiction dependency drug alcohol self-esteem self esteem
Obama Foundation	https://bit.ly/OFAA_ref	For: All ages Website Advocacy Provides resources to help users stay informed, engaged, and actionable about police violence and antiracism in the US.	harassment panic support resources bipoc coping brutality violence poc advocate racism discrimination social justice resources coping black
Stomp Out Bullying	https://bit.ly/SO_ref	For: Teens Website Informative/Advocacy Provides information and advocacy	bullying harassment bully cyberbullying abuse

		resources for victims of bullying, cyberbullying, sexting, and other forms of peer abuse.	sexual abuse revenge porn pornography legal hotline chat nudes
Surviving and Resisting Hate: A Tool Kit for People of Color	https://bit.ly/HATE_refs	For: Adults PDF Support Provides a list of tips and practices for people of color navigating racial injustice.	harassment mental health support bipoc resources coping self care brutality violence poc advocate racism discrimination social justice resources coping black african american racial justice anti racism police
Workplaces Respond	https://bit.ly/WR_ref	For: Adults & Teens Website Support Provides legal information, safety planning, and direct contacts to immediate help for survivors of abuse or harassment in the workplace.	violence assault harassment stalking work violence support resources coping self care survivor trauma violence assault rape survivor sexual

			harassment bully job work
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COVID-19

Name	Website/How to Access	Description	Keywords
Antidepressant Skills Workbook	https://bit.ly/DWD_ref	For: Adults PDF Informative Workbook that offers a step-by-step self-care guide with antidepressant skills for individuals managing depression or concerned family members, friends, or partners.	alone community isolated support mental health panic self care
Antidepressant Skills Workbook for Teens	https://bit.ly/DWDT_ref	For: Teens PDF Informative Interactive workbook that offers a step-by-step self-care guide with antidepressant skills for teens managing depression or concerned family members, friends, or partners.	mental health third party depression sadness
Aunt Bertha	https://bit.ly/AB_ref	For: All Ages Directory Service Connects people to local resources and support (similar to 211), with the ability to search for low-cost care options.	resources support local searchable health mental health medical faith-based clinic low cost affordable health care
Breathing GIF	https://bit.ly/breath_ref	For: All Ages GIF Immediate Support Leads viewer through a breathing exercise following an animated	support anxiety breath breathe breathing

		visual aid. Helpful for anxiety or panic attacks.	calm coping skills immediate panic sleep stress breathe guided
Carbon Health	https://bit.ly/TEST_ref	For: 13+ Years old Directory Interactive Provides a list of clinics, hospitals, doctors offices, and pop-up testing centers currently offering COVID-19 testing.	screening symptom symptoms test coronavirus sick doctor
CareerOneStop	https://bit.ly/COS_ref Or call 1-877-872-5627	For: Adults & Teens Directory Search Informative Provides resources and guides for unemployment insurance benefits, career exploration, job training, as well as job searching.	support resources career unemployed unemployment job training unemployment employment
Caregiver Guide to Helping Families Cope with COVID-19	https://bit.ly/CO.CG_ref	For: Adults PDF Informative Educates parents and caregivers on the coronavirus, how to protect, and care for their family and children, as well as how to cope with stress and anxiety.	coronavirus
Center for Disease Control and Prevention	https://bit.ly/CDC_ref Or call 800-232-4636	For: All ages Website Informative Offers guides on healthy living, healthy traveling, and emergency preparedness with	coronavirus corona covid-19 medical wellness outbreak hygiene

		up-to-date information on current threats to health and local clinics.	prevention lifestyle support resources
Coronavirus Checker	https://bit.ly/c19_ref	For: All Ages Website Interactive Provides a screening tool based on CDC guidelines to assess for COVID-19. When the screening is complete, it gives recommendations for care.	coronavirus virus screen symptom test
Coronavirus Information for Kids	https://bit.ly/co_kid_ref	For: Kids PDF Informative Educates children on the coronavirus, how it's spread, and how to slow the spread.	coronavirus
COVID Coach	https://bit.ly/COACH_res	For: All ages App Interactive Provides an app that offers tools and resources to help everyone, including Veterans and Service members, to support self-care and overall mental health during COVID-19.	coping coronavirus
Get Your Refund	https://bit.ly/GYR_ref	For: Adults Interactive Service Provides free tax filing assistance to families earning less than \$66,000 a year.	finance stimulus federal stimulus money financial irs filing file taxes support

Help With Bills	https://bit.ly/HWB_ref	For: Adults Website Informative Provides information about government programs that help with bill payment and temporary assistance.	support resources financial money finance debt bill assistance
Homeless Shelter Directory	https://bit.ly/HS_ref	For: All Ages Directory Informative Provides a national directory of homeless shelters, Low Income and Affordable Housing, dental/medical clinics, rent assistance, relief organizations, soup kitchens, and food banks.	anxiety panic stress homelessness resource directory medical assistance food bank
How to Stay Calm During a Coronavirus Outbreak	https://bit.ly/CO_WI_KI_ref	For: Adults Website Informative Provides information to help protect yourself from infection, manage feelings, and set a realistic mindset.	coronavirus coping
Khan Academy	https://bit.ly/KA_ref	For: All ages Website Service Provides free education on math, science, programming, animation, etc. Also provides courses and schedules for homeschooling pre-school through 12th grade.	homework college school class classes courses university grades academic homeschool tutor student education study

Kindness	https://bit.ly/kind_ref	For: All Ages Interactive Service Facilitates the sharing and doing of acts of kindness both digital and real for those looking for connection and a happier world.	alone community isolated lonely relationships
Me Too Toolkit for Survivors During COVID-19	https://bit.ly/TSDC_refs	For: Adults PDF Informative Educates survivors of sexual assault on self-care and survival during COVID-19. Also provides information for third parties looking to support a survivor.	coronavirus 3rd party third party trauma violence assault rape survivor sexual
mRelief	https://bit.ly/mrelief_ref Or Text the word SNAP to 74544	For: Adults Website Service Facilitates a fast and simplified process for qualifying for food stamps via their website or text (Text the word SNAP to 74544).	support resources food food stamps hunger money finances
Pixel Thoughts	https://bit.ly/PT_ref	For: All Ages Website Coping Skill Offers an interactive, 60-second meditation tool to communicate worries and release bothersome thoughts. (Deaf/Hard-of-Hearing approved)	anxiety panic stress relaxation coping skill calm meditation self-care
Prism	https://bit.ly/pris_ref	For: Adults & Teens App Service Manages information about personal bills and paycheck schedules to help	support resources budget money finance financial

		keep track of personal expenses and assist with budgeting and financial planning.	saving bill debt
Rapid Response Referral Program	https://bit.ly/RRRP_ref Or call 1-855-91RAPID	For: Adults Website Support Provides confidential, 24/7 peer to peer support, comprehensive care management, and resources for veterans and their families. Ideal for support with finances, mental health, homelessness, disability claims, employment, education, and legal issues.	finances mental health homelessness active duty disability claims employment education legal military vet support resources coping disabled handicapable
School Closures	https://bit.ly/CO_SC_ref Or call 18552642051	For: Adults Website Resources Provides resources about keeping up with school closures, finding food for children out of school, home schooling, childcare resources, and staying connected socially. Also offers a free hotline (call or text).	coronavirus
Self-Help Anxiety Management App	https://bit.ly/SAMios_ref	For: Adults and Teens App Interactive Facilitates self-help for anxiety with resources to build one's own Anxiety Toolkit through an	anxiety panic stress self-help anxiety management coping app strategies self-care

		app for iOS and Android.	
World Health Organization	https://bit.ly/WHO_ref	For: All ages Website Informative Promotes health and addresses health topics to inform individuals about proper care options.	support resources disease contagious coronavirus virus covid-19 outbreak medical corona virus

DEPRESSION/SADNESS

Name	Website/How to Access	Description	Keywords
Antidepressant Skills Workbook	https://bit.ly/DWD_ref	For: Adults PDF Informative Workbook that offers a step-by-step self-care guide with antidepressant skills for individuals managing depression or concerned family members, friends, or partners.	alone community isolated support mental health panic self care
Antidepressant Skills Workbook for Teens	https://bit.ly/DWDT_ref	For: Teens PDF Informative Interactive workbook that offers a step-by-step self-care guide with antidepressant skills for teens managing depression or concerned family members, friends, or partners.	mental health third party depression sadness
Anxiety and Depression Association of America	https://bit.ly/ADAA_ref	For: Adults & Teens Website Informative Promotes prevention, treatment and support for anxiety, depression, OCD, PTSD, stress, suicide, and co-occurring disorders. They also have a therapist directory.	depression sadness anxiety mental health ocd ptsd panic stress support group therapy panic online
Be Strong	https://bit.ly/strong_ref	For: Teens Website/App Informative Provides	harassment bully cyberbully

		resources, support, and intervention for those who are affected by bullying, depression, suicide, and other adversities.	mental health suicidal death support resources coping self care app
Black Emotional and Mental Health	https://bit.ly/beam_refs	For: Adults Website Informative Provides a toolkit with journaling prompts and worksheets for: self de-escalation, self care, and coping strategies for Black and marginalized communities. Also provides resources for finding a therapist or a mobile crisis team.	panic mental health support resources bipoc self care coping brutality poc social justice resources coping black african american racial justice
Building Self-Esteem Booklet	https://bit.ly/BSEB_ref	For: All Ages PDF Support Teaches self-esteem building exercises, coping skills, and provides basic information about related issues like depression.	oping skills depression mental health sadness self-esteem self esteem
Connect2Affect	https://bit.ly/C2A_ref	For: Elderly Adults Website Directory/Search Support Provides resources that meet the needs of Elderly adults who are isolated or lonely, by building social connections in the form of social activities, volunteering,	alone community isolated support mental health social resources coping senior

		learning, wellness, etc. Resources regarding transportation, money, food, and more are also available.	
Decatastrophizing	https://bit.ly/DACAT_ref	For: All Ages PDF Interactive Offers a worksheet for those struggling with anxiety and exaggerating their problems, by addressing irrational thoughts.	panic mental health thought thinking negative distortion untwist
Depression and Bipolar Support Alliance	https://bit.ly/DBSA_ref	For: Adults & Teens Website Support Provides support, education, and resources to improve the lives of people with depression and bipolar disorder as well as support and resources for family, and friends (third party).	depression sadness anxiety bipolar third party support group mental health
Fort Refuge	https://bit.ly/FORT_refs	For: 16+ years old Forum Support Offers an online community and resources for survivors of trauma, abuse, sexual assault, and more. Also provides resources for resulting mental health issues, like dissociative Identity disorder, addiction, and PTSD.	self injury cutting addiction dependency drug alcohol suicidal death trauma violence assault rape survivor sexual child mental health

Half of Us	https://bit.ly/HOU_ref	For: College Age Website Informative Offers information on a wide variety of struggles that young people face and connects students with resources to decrease mental health stigma, help themselves, or a third party.	abuse military anger breakup lgbtq finance money financial eating disorder ed breakup discrimination body
Heads Up Guys	https://bit.ly/HUG_res	For: Adults Website Informative Offers informative resources for men with depression and third party friends and family who want to support them.	mental health third party
Help Guide	https://bit.ly/HG_ref	For: All Ages Website Informative Provides evidence-based articles, self-help tools, and readings for 21 topics for teens, adults, parents, and elderly (Deaf/Hard-of-Hearing approved).	bipolar addiction stress anger adhd anxiety depression ptsd trauma suicide abuse alzheimer's dementia autism learning disabilities eating disorders grief parenting postpartum friendship friend self harm cutting elderly

			post partum
Infant Safe Haven Laws	https://bit.ly/ISHL_ref	For: All Ages PDF Informative Provides information for parents in crisis about state-to-state infant safe haven laws which allow them to safely relinquish their babies when they can no longer care for them.	mental health suicidal family finance support baby child abandon adopt childcare welfare
International Bipolar Foundation	https://bit.ly/2M0IHxX Or call (858) 598 5967	For: Adults & Teens Website Advocacy & Informative Empowers individuals living with bipolar disorder and their caregivers by providing advocacy, education, support, and awareness.	anxiety depression mental illness disorder ptsd ocd trauma personality bipolar mental health
Mental Health America	https://bit.ly/MHA_ref	For: Adults Website Advocacy Provides education, resources, and screenings to detect mental illness and to those living with mental illness.	treatment counseling therapist psychiatrist mental health therapy medication bipolar depression disability ptsd psychosis eating disorder advocacy mental health third party school work

Mental Health Directories	https://bit.ly/AFYA_refs	For: Adults Directory/Search Informative Provides a list of top mental health directories for help finding a therapist. Offers an additional list of directories for Black, and Black LGBTQ+ people.	<p>poc coping black african american bipoc loss mourning eating disorder ed anorexia bulimia transgender gay lgbtq lesbian bisexual queer cutting suicidal trauma violence assault rape survivor sexual mental health community isolate</p>
National Alliance on Mental Illness	https://bit.ly/NAMI_ref	For: Adults & Teens Website Advocacy Provides education, information, and advocacy for those affected by mental illness including a HelpLine for symptom checking, treatment options, local support and services, job services, and legal issues.	<p>treatment counseling therapist psychiatrist mental health helpline mental illness anxiety bipolar borderline personality depression dissociative psychosis eating disorder ocd ptsd schizophrenia</p>

<p>Postpartum Support International</p>	<p>https://bit.ly/PPM_ref Or call 800-944-4773(4PPD) or email support@postpartum.net</p>	<p>For: Adults Website Informative Provides information about postpartum life and complications, including loss of a child, and other related struggles. Also provides resources for pregnant women with anxiety or mental health issues.</p>	<p>mental health miscarriage pregnant depression pregnancy infant parent support resources coping loss bereavement mourning death mental health post partum</p>
<p>Stopping Stupid Thoughts</p>	<p>https://bit.ly/SST_ref</p>	<p>For All Ages PDF Interactive Offers an activity for coping with and conquering negative thoughts.</p>	<p>self injury cutting trauma violence assault rape survivor sexual child panic mental health</p>
<p>Surviving and Resisting Hate: A Toolkit for People of Color</p>	<p>https://bit.ly/HATE_refs</p>	<p>For: Adults PDF Support Provides a list of tips and practices for people of color navigating racial injustice.</p>	<p>harassment mental health support bipoc resources coping self care brutality violence poc advocate racism discrimination social justice resources coping black african american</p>

			<p>racial justice anti racism police</p>
TheTribe Wellness Community	https://bit.ly/tribe_ref	<p>For: Teens and adults 13+ Forum Support Connects teens and adults to online peer support groups for help facing mental health challenges and/or difficult family dynamics. Also provides a directory to find a local therapist. (Previously TeenTribe)</p>	<p>forum mental health family support resources coping addiction anxiety depression hiv/aids lgbt marriage family ocd social community mental health addiction dependency drug alcohol transgender</p>
What's Up	https://bit.ly/WUAnd_ref	<p>For: All Ages App Support Assists with coping with depression, anxiety, and stress. Also includes grounding and breathing techniques and tracking negative thoughts and habits. Offers a forum to connect with others.</p>	<p>panic mental health breathing forum whats upi community support</p>
Woebot	https://bit.ly/WB_ref	<p>For: 18+ App Coping Skill Provides support for people with depression or anxiety. Provides daily check-ins and</p>	<p>coping skills self care meditate gif breathing grounding</p>

		lessons to help them change some of their thought patterns.	support chat techniques resources local panic mental health
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EATING/BODY IMAGE

Name	Website/How to Access	Description	Keywords
Eating Disorders Anonymous	https://bit.ly/EA_ref	For:Adults & Teens Forum Support Offers online and live communities who support each other in their struggle to recover from eating disorders.12 Step style.	eating disorder ed anorexia bulimia binge eating nutrition body dysmorphia
Half of Us	https://bit.ly/HOU_ref	For: College Age Website Informative Offers information on a wide variety of struggles that young people face and connects students with resources to decrease mental health stigma, help themselves, or a third party.	abuse military anger breakup lgbtq finance money financial eating disorder ed breakup discrimination body
KidsHealth	https://bit.ly/KH_ref	For: Kids, Teens, & Parents Website Informative Informs teens, kids, and parents about physical and mental health, wellness, relationships, puberty, studying, sports, nutrition, self esteem, and more.	harassment bully cyberbully eating disorder ed anorexia bulimia binge eating nutrition social family breakup addiction dependency drug alcohol self-esteem self esteem

Mental Health Directories	https://bit.ly/AFYA_refs	For: Adults Directory/Search Informative Provides a list of top mental health directories for help finding a therapist. Offers an additional list of directories for Black, and Black LGBTQ+ people.	
MyPlate	https://bit.ly/MP_ref	For: Adults & Teens Website Informative Provides nutritional education and online tools to create healthier lifestyle choices. Also offers an app to build healthy eating habits. (Deaf/Hard-of-Hearing approved)	eating disorder ed diet body image nutrition
National Association of Anorexia Nervosa and Associated Disorders	https://bit.ly/ANAD_ref or call 630-577-1330	For: Adults & Teens Website Informative Supports and educates individuals struggling with eating disorders and their families. (Deaf/Hard-of-Hearing approved)	eating disorder ed anorexia bulimia binge ana body dysmorphia body image support group treatment
National Eating Disorder Association	https://bit.ly/NEDA_ref Or call 1-800-931-2237	For: Adults & Teens Website Informative Offers forums, support groups, and free screenings to determine if an individual with an eating disorder should seek professional help.	eating disorder ed anorexia bulimia binge ana body dysmorphia helpline support treatment

Recovery Dharma	https://bit.ly/dharma_ref	<p>For: All Ages Website Support Provides addiction recovery support through the practice of Buddhist teachings and meditations via both in-person and online meetings. Support is for any addictive behavior (substance use or process addictions like codependency, gambling, eating disorders, relationships, technology, or any obsessive or habitual pattern that creates suffering).</p>	<p>eating disorder ed anorexia bulimia binge eating addiction dependency drug alcohol relationships</p>
Recovery Record	https://bit.ly/RR_ref	<p>For: Adults & Teens App Interactive Supports recovery and tracks progress for people with eating disorders by providing self-monitoring, goals, coping tactics, meal planning, rewards and affirmations, and connection.</p>	<p>eating disorder ed anorexia bulimia coping skills binge eating nutrition health recovery support</p>

GENDER/SEXUAL IDENTITY

Name	Website/How to Access	Description	Keywords
Asexual Visibility and Education Network	https://bit.ly/AVEN_ref	For: All ages Forum Informative Provides education to those on the asexual spectrum as well as an online community, and large archive of resources on asexuality.	asexual lgbtqia+ lgbtq forum community alone community isolated support
Coming Out Handbook	https://bit.ly/OUT_ref	For: All Ages PDF Informative Helps readers explore their sexual identity and provides tools and questions to help determine what it might be like to share their identity with others.	transgender gay lgbtq lesbian bisexual queer social family
Free Mom Hugs	https://bit.ly/HUG_ref	For All Ages Website Advocacy and Support Offers resources for LGBTQ+ community members, emergency assistance, legal name changes, and same sex marriage support.	transgender gay lgbtq lesbian bisexual queer
GLBT Near Me	https://bit.ly/GLBT_ref	For: All Ages Directory/Search Support Provides an online database for finding GLTBQ-friendly resources and support in your area.	androgynous asexual gender fluid gender non-conforming intersex questioning trans transgender gay

			lesbian bisexual queer lgbtq social support resources community centers youth groups
It Gets Better	https://bit.ly/IGB_ref	For: Teens & Kids Website Support Provides inspirational videos to communicate to lesbian, gay, bisexual, and transgender youth around the world that it gets better.	androgynous asexual gender fluid gender non-conforming intersex questioning trans transgender gay lesbian bisexual queer lgbtq asexual lgbtqia support community
Lambda Legal	https://bit.ly/LL_ref	For: All Ages Website Advocacy Provides information about legal rights for LGBTQIA people and their families on a national and state-by-state basis.	lgbtq transgender queer asexual law questioning lesbian gay bisexual lgbtqia intersex pansexual legal rights
Mental Health Directories	https://bit.ly/AFYA_refs	For: Adults Directory/Search Informative Provides	poc coping black

		<p>a list of top mental health directories for help finding a therapist. Offers an additional list of directories for Black, and Black LGBTQ+ people.</p>	<p>african american bipoc loss mourning eating disorder ed anorexia bulimia transgender gay lgbtq lesbian bisexual queer cutting suicidal trauma violence assault rape survivor sexual mental health community isolate</p>
<p>National Center for Transgender Equality</p>	<p>https://bit.ly/NCTE_ref Or call 202-642-4542</p>	<p>For: All Ages Website Advocacy Provides information and multi-level resources about transgender people and issues such as healthcare, homelessness, and civil rights.</p>	<p>lgbtq transgender queer asexual questioning lesbian gay bisexual lgbtqia intersex pansexual</p>
<p>Our Trans Loved Ones</p>	<p>https://bit.ly/OTLO_ref</p>	<p>For: Teens & Adults PDF Informative Provides information on how to support friends and family members who are Transgender and Gender Expansive.</p>	<p>transgender support family third party lgbtq</p>

PFLAG	https://bit.ly/PFLAG_ref Or call 202-467-8180	For: Adults & Teens Website Informative Provides LGBTQ community and their loved ones with information, tools, resources, advocacy, education and peer support chapters. (Deaf/Hard-of-Hearing approved)	transgender trans queer asexual gender fluid gender non-conforming intersex androgynous questioning lesbian gay bisexual lgbtqia intersex pansexual lgbtq
Point of Pride	https://bit.ly/POP_ref	For: Teens & Adults Website Service Offers an annual transgender surgery fund, a free chest binder donation program, a free trans femme shapewear Program, an electrolysis financial support program, and other community-building support initiatives for trans teens and adults.	transgender gay lgbtq lesbian bisexual queer
Rad Remedy	https://bit.ly/RADR_ref	For: All Ages Website Directory Connect trans, gender non-conforming, intersex, and queer individuals to comprehensive care in order to improve individual and community health.	transgender gay lgbtq lesbian bisexual queer support resources coping self care doctor directory

TheTribe Wellness Community	https://bit.ly/tribe_ref	For: Teens and adults 13+ Forum Support Connects teens and adults to online peer support groups for help facing mental health challenges and/or difficult family dynamics. Also provides a directory to find a local therapist. (Previously TeenTribe)	forum mental health family support resources coping addiction anxiety depression hiv/aids lgbt marriage family ocd social community mental health addiction dependency drug alcohol transgender
Trevor Project	https://bit.ly/TP_ref Or call 866-488-7386	For: Adults & Teens Website Support & Informative Provides crisis intervention services to lesbian, gay, bisexual, transgender, and questioning youth, including a 24/7 hotline and textline.	androgynous asexual gender fluid gender non-conforming intersex questioning trans transgender gay lesbian bisexual queer lgbtq hotline helpline textline support
TrevorSpace	https://bit.ly/TS_ref	For: Ages 13-24 Forum Support Connects LGBTQ youth to peer support and community	androgynous asexual gender fluid gender non-conforming

		through online forums. Must provide email address to join.	intersex questioning trans transgender gay lesbian bisexual queer lgbtq coming out forum relationships support
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GENERAL

Name	Website/How to Access	Description	Keywords
18Percent	https://bit.ly/18P_ref	For: 16+ Years Old Forum Support Offers a Slack community for those struggling with a wide range of mental health issues to find peer support. Best for texters who are not experiencing suicidal ideation.	support resources anxiety dissociative depression eating impulse mood ptsd 18 percent ocd sexual gender stress mental illness mental health behavioral health diagnosis bipolar psychosis
211	https://bit.ly/211_ref Or call 211 Or text zipcode to 898211	For: Adults & Teens Directory Service Connects people with local resources and assistance. Text zip code to 898211.	More details resources support local emergency disaster jobs employment food housing utilities trafficking veterans health
99 Coping Skills	https://bit.ly/99_ref	For: All-Ages PDF Support Provides an interactive list and print-out of 99 coping skills and strategies.	self injury cutting coping self care

Active Minds	https://bit.ly/AM_ref	For: Adults & Teens Website Informative Empowers college students to speak out about mental illness and offers resources and ways to help self and others (third party).	resources support mental health students volunteer behavioral health campus
Amaze	https://bit.ly/AMAZE_ref	For: All Ages Website Informative Provides information and fun, animated videos that answer questions about sex, the body, and relationships. Helpful for kids, teens, educators, parents, and LGBTQ+ individuals.	social family divorce breakup support resources coping self care
American Chronic Pain Association	https://bit.ly/ACPA_ref	For: Adults Website Informative & Support Offers peer support and education on pain management skills for people with chronic pain, their family and friends, and health care professionals. Also provide	support resources coping cancer terminal pain arthritis disability health fibromyalgia disabled handicapable
American Civil Liberties Union	https://bit.ly/RIGHTS_res	For: All Ages Website Advocacy Provides information and resources on the rights of Americans in a broad range of situations, such as: being stopped by the police, religious freedom, voting rights, LGBTQ rights,	harassment support resources coping bipoc brutality violence poc advocate racism discrimination

		disability rights, prisoner's rights, immigrants rights, and more.	social justice resources coping black african american racial justice anti racism bully cyberbully self care new
American Red Cross	https://bit.ly/RED_ref	For: Adults Website Service Provides assistance to families in crisis, emergency preparedness, and disaster relief assistance	relief violence emergency flood tornado hurricane earthquake tsunami support resources coping natural
Anger Management Help Guide	https://bit.ly/MAD_ref	For: All Ages Website Informative Provides techniques to help with anger management and expressing feelings.	panic anger rage anger management mad emotions resources coping
APA Parenting Information	https://bit.ly/PI_ref	Adults Website Informative Offers resources for parents about common issues they might face when raising children.	social support resources parenting kids mother father parent children behavior discipline son daughter

			school
Aunt Bertha	https://bit.ly/AB_ref	For: All Ages Directory Service Connects people to local resources and support (similar to 211), with the ability to search for low-cost care options.	resources support local searchable health mental health medical faith-based clinic low cost affordable health care
Autism Source	https://bit.ly/AUS_res	For: All Ages Directory Support Offers a comprehensive database of resources for services related to support individuals with autism and their families.	support resources coping self care autistic disability disabled handicap handicapable
Autism Self Advocacy Network	https://bit.ly/ASAN_ref	For: All Ages Website Advocacy Advocates for the disability rights movement with regard to autism. Also offers resources and education.	support resources coping self care autistic disability disabled handicap handicapable
Balancing Work and School	https://bit.ly/BWS_ref	For: College students Website Informative Educates college students on balancing work and school life by prioritizing and using self care.	panic support resources coping self care

Be Strong	https://bit.ly/strong_ref	For: Teens Website/App Informative Provides resources, support, and intervention for those who are affected by bullying, depression, suicide, and other adversities.	harassment bully cyberbully mental health suicidal death support resources coping self care app
Black Emotional and Mental Health	https://bit.ly/beam_res	For: Adults Website Informative Provides a toolkit with journaling prompts and worksheets for: self de-escalation, self care, and coping strategies for Black and marginalized communities. Also provides resources for finding a therapist or a mobile crisis team.	panic mental health support resources bipoc self care coping brutality poc social justice resources coping black african american racial justice
BlackLine	https://bit.ly/BLINE_res Or call 1 (800) 604-5841	For: Adults Website Immediate Support Offers an anonymous hotline for Black, Black LGBTQ+, Brown, Native, and Muslim community to confidentially report negative, physical, and inappropriate contact with police and vigilantes. *No one will be turned away from the Hotline based on race*	harassment support resources bipoc coping brutality violence poc advocate racism discrimination social justice resources coping black african american racial justice anti racism police

Breathing GIF	https://bit.ly/breath_ref	For: All Ages GIF Immediate Support Leads viewer through a breathing exercise following an animated visual aid. Helpful for anxiety or panic attacks.	support anxiety breath breathe breathing calm coping skills immediate panic sleep stress breathe guided
Building Self-Esteem Booklet	https://bit.ly/BSEB_ref	For: All Ages PDF Support Teaches self-esteem building exercises, coping skills, and provides basic information about related issues like depression.	oping skills depression mental health sadness self-esteem self esteem
Career One Stop	https://bit.ly/COS_ref Or call 1-877-872-5627	For: Adults & Teens Directory Search Informative Provides resources and guides for unemployment insurance benefits, career exploration, job training, as well as job searching.	support resources career unemployed unemployment job training unemployment employment
Caregiver Action Network	https://bit.ly/CAN_ref	For: Adults Website Support Provides education, peer support, and resources to people who care for loved ones with chronic conditions, disabilities, disease, or old age.	caregiver cancer alzheimer's disability disabled handicapable copd stroke family support resources coping self care

Centers for Disease Control and Prevention	https://bit.ly/CDC_ref Or call 800-232-4636	For: All ages Website Informative Offers guides on healthy living, healthy traveling, and emergency preparedness with up-to-date information on current threats to health and local clinics	coronavirus corona covid-19 medical wellness outbreak hygiene prevention lifestyle support resources
Centre for Clinical Interventions	https://bit.ly/CCI_ref	For: Teens & Adults Website Interactive Offers a workbook, worksheets, and info sheets on improving self esteem. Also provides a range of information sheets about psychological disorders for one's self and others.	support resources coping self care self help self esteem mental health diagnosis self-esteem
Child Aware Care	https://bit.ly/CCA_ref	For: Adults Website Informative Service Connects families to local child care, including resources for financial assistance, health and social services with respect to child care. Also provides resources for military/DOD families.	support resources social mother father parent child care employment daycare
Child Mind Institute	https://bit.ly/CM_ref	For: Adults & Teens Website Informative Offers information about children's mental health issues for parents and educators, including a symptom checker for a wide range of	mental health support third party anxiety depression mental illness disorders parenting military

		disorders and info for military families.	family relationships adhd school learning disability mental health pediatric
Community Justice Exchange	https://bit.ly/NBFN_refs	For: Adults Directory/Search Support Provides a directory of local bail funds for people who cannot afford bail. Also offers resources for protest and immigration bail funds.	support resources coping brutality bipoc violence poc advocate racism discrimination social justice resources coping black african american racial justice anti racism police finance money
Connect2Affect	https://bit.ly/C2A_ref	For: Elderly Adults Website Directory/Search Support Provides resources that meet the needs of Elderly adults who are isolated or lonely, by building social connections in the form of social activities, volunteering, learning, wellness, etc. Resources regarding transportation, money, food, and	alone community isolated support mental health social resources coping senior

		more are also available.	
Coping with Debt PDF	https://bit.ly/CWD_ref	For: Adults PDF Informative Provides information on how to manage debt via self-help, debt relief services, debt consolidation, or bankruptcy.	support resources debt money finance bankruptcy budget credit counseling
Crisis TextLine	https://bit.ly/CTLfaq_ref Or text 741-741 Or email info@crisistextline.org	For: All Ages Interactive Support Us! Provides free, 24/7 crisis support through SMS text messaging.	resources support hotline coping volunteer
Disability Rights Advocacy Center	https://bit.ly/DRA_ref	For: Adults Website Resources Provides resources and information to aid in the legal and civil rights needs of individuals with disabilities.	support resources coping self care legal law disabled handicapable
Feeding America: Find Your Local Food Bank	https://bit.ly/FA_ref Or call 1-800-910-5524	For: All Ages Directory/Search Offers a Zip-code based directory of food banks in the US for people in need.	resources food poverty hunger financial finance debt
Get Your Refund	https://bit.ly/GYR_ref	For: Adults Interactive Service Provides free tax filing assistance to families earning less than \$66,000 a year.	finance stimulus federal stimulus money financial irs filing file taxes support

GirlsHealth	https://bit.ly/GH_ref Or call 800-994-9662	For: Teens Females Website Informative Teaches girls about health and well-being, relationships (including family), bullying, illness, and disabilities	medical concern wellness hygiene prevention lifestyle prescription medicine social family divorce breakup support resources coping self care harassment bully cyberbully
Give an Hour	https://bit.ly/GAH_ref	For: All Ages Directory/Search Support Connects military members and their families with resources including free mental health services donated by private practitioners.	resources support local mental health military
Greater Good in Action	https://bit.ly/GOOD_ref	For: Adults Website Informative Provides a list of practices for mindfulness, self-compassion, forgiveness, parenting, happiness, gratitude, stress relief, and more.	support resources coping self care kindness
Habitica	https://bit.ly/HAB_ref	For: All Ages APP Interactive Provides a free habit-building and productivity app that treats your real life like a game. With in-game rewards and	support resources coping self care motivation goals

		punishments to motivate you to complete tasks in your life.	
Healthcare.gov	https://bit.ly/HCgov_ref Or call 1-800-318-2596	For: Adults Website Affordable Healthcare Provides services relating to obtaining health insurance through the Affordable Care Act.	health insurance medical concern wellness hygiene prevention lifestyle prescription medicine support resources
Healthy Communication with Youth About Race	https://bit.ly/RES_res	For: Adults Website Informative Provides resources to parents and others to assist them in promoting strength, health and well-being among youth of color.	family support coping bipoc poc african american parenting parental racial justice self-esteem uplift
Hearing Voices Network: USA	https://bit.ly/HVN_ref Or email info@hearingvoicesusa.org	For: Adults Website Support Helps to find local support groups for those hearing voices.	voices psychotic schizophrenia hallucinations delusional paranoid psychosis schizoaffective support resources
Help With Bills	https://bit.ly/HWB_ref	For: Adults Website Informative Provides information about government programs that help with bill payment and temporary assistance.	support resources financial money finance debt bill assistance

<p>How to Help Someone in an Abusive Relationship</p>	<p>https://bit.ly/FFG_res</p>	<p>For: Adults PDF Informative Provides a guide to help a friend or family member support someone who is struggling in their relationship as well as take care of yourself while doing it. Best for third party conversations.</p>	<p>trauma violence survivor support resources third party 3rd party coping self care</p>
<p>HRSA Health Centers Database</p>	<p>https://bit.ly/HRSA_ref Or call 877-464-4772</p>	<p>For: Adults Website Affordable Healthcare Provides a database of public health centers funded by the US Department of Health and Human Services to give access to healthcare for economically or medically vulnerable populations. This includes people living with HIV/AIDS, pregnant women, mothers and their families, and those otherwise unable to access high quality health care.</p>	<p>clinic prescription medication pregnant healthcare support resources doctor health medicine prescription</p>
<p>HUD Housing and Homeless Assistance</p>	<p>https://bit.ly/HUD_ref</p>	<p>For: All Ages Directory/Search Informative Directory for locating national homeless assistance, food banks, and disaster relief. 24/7 hotline also available specifically for homeless veterans.</p>	<p>homeless runaway shelter housing transitional home support resources veteran military</p>

<p>Infant Safe Haven Laws</p>	<p>https://bit.ly/ISHL_ref</p>	<p>For: All Ages PDF Informative Provides information for parents in crisis about state-to-state infant safe haven laws which allow them to safely relinquish their babies when they can no longer care for them.</p>	<p>mental health suicidal family finance support baby child abandon adopt childcare welfare</p>
<p>International OCD Foundation</p>	<p>https://bit.ly/OCD_ref</p>	<p>For: All Ages Website Informative Connects individuals affected by OCD and related disorders to support, information, and resources to live full and productive lives.</p>	<p>support resources coping mental health obsessive compulsive disorder</p>
<p>Job Accommodation Network</p>	<p>https://bit.ly/JAN_ref</p>	<p>For: All Ages Website Informative Provides free and confidential guidance on workplace accommodations and disability employment issues.</p>	<p>disability rights ada disabled handicapable</p>
<p>Job Corps</p>	<p>https://bit.ly/JC_ref Or call (800) 733-5627</p>	<p>For: Ages 16-24 Website Service Provides free residential education and career training. Students can earn a high school diploma or the equivalent, and college credits. Job Corps offers tuition-free housing, meals, basic health care, a living allowance, and</p>	<p>employment job career unemployed unemployment homeless housing</p>

		career transition assistance.	
Just for Teens: A Personal Plan for Managing Stress	https://bit.ly/JTstress_ref	For: Teens Informative & Interactive PDF Educates young people about stress, triggers, and stress management. At the end, a worksheet is provided to create a personal stress and self care management plan.	panic support resources coping self care
Khan Academy	https://bit.ly/KA_ref	For: All ages Website Service Provides free education on math, science, programming, animation, etc. Also provides courses and schedules for homeschooling pre-school through 12th grade.	homework college school class classes courses university grades academic homeschool tutor student education study
LawHelp	https://bit.ly/LH_ref	For: Adults Website Informative Provides referrals to local legal aid and public interest law offices, basic information about legal rights, immigration, court forms, court information and more in your state.	resources support legal stress lawyer
Mental Health Directories	https://bit.ly/AFYA_refs	For: Adults Directory/Search Informative Provides	poc coping black

		<p>a list of top mental health directories for help finding a therapist. Offers an additional list of directories for Black, and Black LGBTQ+ people.</p>	<p>african american bipoc loss mourning eating disorder ed anorexia bulimia transgender gay lgbtq lesbian bisexual queer cutting suicidal trauma violence assault rape survivor sexual mental health community isolate</p>
MHA: Find Help for Someone Else	https://bit.ly/MHA3party_ref	<p>For: All Ages Website Support Offers options, info, and resources for someone looking to support a third party who is in crisis now or dealing with long-term issues.</p>	<p>support resources hotline mental health therapy therapist third party treatment support group</p>
Military OneSource	https://bit.ly/MiLOS_ref	<p>For: Current military or up to one year post separation/retirement Website Support Offers community resources via the website and hotline that serves all of Department of Defense, Active Duty</p>	<p>military financial counseling family education substance abuse parenting suicide ptsd sleep mental health relationships</p>

		Military, National Guard, and Reserve personnel and their direct family members. Issues include: spouse education and career opportunities, matters specific to families with special needs, financial and tax counseling or other important issues.	social family support resources coping self care
mRelief	https://bit.ly/mrelief_ref Or Text the word SNAP to 74544	For: Adults Website Service Facilitates a fast and simplified process for qualifying for food stamps via their website or text (Text the word SNAP to 74544).	support resources food food stamps hunger money finances
My StudyLife	https://bit.ly/MSL_ref	For: Teens & Adults Interactive App Provides users with a planner for school and allows them to gain organizational and time management skills.	support resources coping self care panic school
NAMI: Getting Treatment During a Crisis	https://bit.ly/NAMIs_crisis_ref	For: All Ages Website Informative Explains how different mental health crisis response services work to help discover and choose which option is best for a person's current crisis.	support resources crisis treatment residential crisis stabilization hospitalization crisis plan emergency room er third party
National Association of the Deaf	https://bit.ly/NAD_ref	For : All Ages Website Advocacy/Informative	resources support legal

		Preserves, protects, and promotes the rights of deaf and hard of hearing individuals. (Deaf and Hard-of-Hearing approved)	disabled handicapable disability
National Endowment for Financial Education	https://bit.ly/NEFE_ref	For: Adults & Teens Website Informative Provides resources on financial literacy to help with financial decision-making.	support resources education finance retirement financial money loan budget debt
National Federation of the Blind	https://bit.ly/NFB_ref	For: All Ages Advocacy Website Advocates and provides information for blind or low-vision people and their families and friends.	support resources blind blindness disability disabled handicapable
National Runaway Safeline	https://bit.ly/NRS_ref	For: Teens & Kids Interactive Service Provides runaway and homeless youth support and help locating social services through online resources, including a hotline, textline, and forum.	social homeless runaway shelter housing transitional home family hotline textline forum support resources
Obama Foundation	https://bit.ly/OFAA_ref	For: All ages Website Advocacy Provides resources to help users stay informed, engaged, and actionable about	harassment panic support resources bipoc coping brutality

		police violence and antiracism in the US.	violence poc advocate racism discrimination social justice resources coping black
Open Counseling	https://bit.ly/OC_ref	All Ages Directory Affordable Health Care Provides a searchable directory for anyone who is in need of local affordable counseling.	mental health support coping suicidal therapy therapist low cost affordable health care
Open Library	https://bit.ly/BOOK_refs	For: All ages, Website Interactive Provides a web based library catalog with free book downloads.	coping self care
Patient Access Network Foundation	https://bit.ly/PAN_ref	For: All Ages Website Affordable Healthcare Offers a prescription assistance copay grant to people living with life-threatening, chronic, and rare diseases with the out-of-pocket costs for their prescribed medications.	support resources coping self care finance affordable health care medication medicine
Penzu	https://bit.ly/PEN_ref	For: All Ages Website Service Provides a free, private online journal. Also available as an app.	coping skills self care distraction distract write relax better

			<p>feel app cope deal solution problem feeling down uneasy peace self care support resources</p>
Planned Parenthood	https://bit.ly/PP_ref	For: Adults & Teens Website Service Provides reproductive health care, sex education, and information to women, men, and young people. Also provides information on healthy pregnancies.	<p>birth control pregnancy sex pregnant abortion std contraception sexual support resources</p>
Porn Addicts Anonymous	https://bit.ly/PAA_ref	For: Adults Forum Support Provides an anonymous, virtual 12-Step program for those seeking recovery from an addiction to pornography.	<p>addiction pornography 12 step program support resources coping</p>
Postpartum Support International	https://bit.ly/PPM_ref Or call 800-944-4773(4PPD) or email support@postpartum.net	For: Adults Website Informative Provides information about postpartum life and complications, including loss of a child, and other related struggles. Also provides resources for pregnant women with	<p>mental health miscarriage pregnant depression pregnancy infant parent support resources coping loss bereavement</p>

		anxiety or mental health issues.	mourning death mental health post partum
Prism	https://bit.ly/pris_ref	For: Adults & Teens App Service Manages information about personal bills and paycheck schedules to help keep track of personal expenses and assist with budgeting and financial planning.	support resources budget money finance financial saving bill debt
Rad Remedy	https://bit.ly/RADR_ref	For: All Ages Website Directory Connect trans, gender non-conforming, intersex, and queer individuals to comprehensive care in order to improve individual and community health.	transgender gay lgbtq lesbian bisexual queer support resources coping self care doctor directory
Rapid Response Referral Program	https://bit.ly/RRRP_ref Or call 1-855-91RAPID	For: Adults Website Support Provides confidential, 24/7 peer to peer support, comprehensive care management, and resources for veterans and their families. Ideal for support with finances, mental health, homelessness, disability claims, employment, education, and legal issues.	finances mental health homelessness active duty disability claims employment education legal military vet support resources coping disabled handicapable

Schizophrenia App	https://bit.ly/SARDAA_ref	For: All Ages APP Support App to better manage and monitor schizophrenia and schizoaffective disorder.	voices psychotic schizophrenia hallucinations delusions paranoid psychosis schizoaffective support resources mental health track self-help
Sleep Hygiene Tips	https://bit.ly/Sleep_ref	For All Ages PDF Informative Offers a one page PDF that gives tips for healthy sleeping habits.	insomnia sleeplessness sleep self care self-care
Staying Safe During a Protest	https://bit.ly/protest_ref	For: All Ages PDF Informative Educates readers on staying safe when attending a protest or civil demonstration.	harassment support resources bipoc coping brutality violence poc advocate racism discrimination social justice resources coping black african american racial justice anti racism police self care
Strong 365	https://bit.ly/365_ref	For: Adults Forum Support Offers a mental health support community via peer support chats, information about	voices schizophrenia schizoaffective psychosis support resources

		mental health issues (primarily psychosis), coping mechanisms, explanations of how your brain works, and resources to find further help (including for 3rd parties under "help a friend").	brain third party coping
SuperBetter App	https://bit.ly/SuperB_ref	For: All Ages App Coping Skill Offers interactive games and self-care ideas to help people cope with various conditions and/or achieve personal growth.	resources support anxiety cancer terminal chronic illness coping skills depression mental health self care stress
Surviving and Resisting Hate: A Toolkit for People of Color	https://bit.ly/HATE_res	For: Adults PDF Support Provides a list of tips and practices for people of color navigating racial injustice.	harassment mental health support bipoc resources coping self care brutality violence poc advocate racism discrimination social justice resources coping black african american racial justice anti racism police
Talking About Race	https://bit.ly/NMAM_res	For: All ages Website Education Provides tools and	harassment panic support

		<p>guidance to empower everyone to learn and talk about race. Helpful for: educators, parents/caregivers, allies, and any person committed to equity.</p>	<p>resources bipoc coping brutality violence poc advocate racism discrimination social justice resources coping black ally</p>
Ten Ways to Untwist Your Thinking	https://bit.ly/utt_ref	<p>For: Adults & Teens PDF Informative Educates readers on techniques for managing negative thoughts.</p>	<p>coping panic intrusive stop</p>
The National Center for PTSD	<p>https://bit.ly/NCptsd_ref Or call 802-296-6300</p>	<p>For: All ages Website Informative Provides articles about PTSD: how and why it occurs, its symptoms, and ways to cope with it. Also provides information for third party individuals looking to support a loved one with PTSD.</p>	<p>panic mental health support resources coping self care trauma military</p>
TheTribe Wellness Community	https://bit.ly/tribe_ref	<p>For: Teens and adults 13+ Forum Support Connects teens and adults to online peer support groups for help facing mental health challenges and/or difficult family dynamics. Also provides a directory to find a local</p>	<p>forum mental health family support resources coping addiction anxiety depression hiv/aids lgbt marriage</p>

		therapist. (Previously TeenTribe)	family ocd social community mental health addiction dependency drug alcohol transgender
United We Dream	https://bit.ly/UWD_res	For: All Ages Website Advocacy Advocates for DACA recipients and Latinx immigrants with additional resources like legal, leadership development, deportation defense, community sustainability, and health and wellness.	discrimination social justice bipoc racial justice anti racism police immigration
Upsolve	https://bit.ly/bank_ref	For: Adults Interactive & APP Support Offers an app that helps you get screened and file for bankruptcy. You can also consult with a lawyer for free.	support resources finance debt money lawyer legal bankrupt bankruptcy
Volunteer Match	https://bit.ly/VOL_res	For: Adults & Teens Directory Service Facilitates local and remote volunteer opportunities based on interests.	volunteer employment discrimination underemployment jobs training unemployment job search career wages interview vocational resume

			harassment cyber stalking coping skills self care meditate gif breathing grounding support chat tec
WANA	https://bit.ly/WANA_ref	For: 17+ years old App Support Offers an app to foster community, hope, and healing for people with chronic illness and invisible conditions.	support resources coping self care chronic disabled handicapable pain
Ways to Help With Racial Justice	https://bit.ly/BLM_res	For: All ages Website Advocacy Lists actionable ways to help with racial justice.	resources coping harassment panic support resources bipoc coping brutality violence poc advocate racism discrimination social justice resources coping black ally
Web Poison Control	https://bit.ly/OPC_ref Or call 1-800-222-1222	For: All ages Website Hotline APP Offers an interactive website,	addiction dependency drug alcohol

		hotline, and app triage tool that guides users faced with a poison emergency.	suicidal support resources pills overdose medical
Woebot	https://bit.ly/WB_ref	For: 18+ App Coping Skill Provides support for people with depression or anxiety. Provides daily check-ins and lessons to help them change some of their thought patterns.	<ul style="list-style-type: none"> coping skills self care meditate gif breathing grounding support chat techniques resources local panic mental health
Workplaces Respond	https://bit.ly/WR_ref	For: Adults & Teens Website Support Provides legal information, safety planning, and direct contacts to immediate help for survivors of abuse or harassment in the workplace.	<ul style="list-style-type: none"> violence assault harassment stalking work violence support resources coping self care survivor trauma violence assault rape survivor sexual harassment bully job work
World Health Organization	https://bit.ly/WHO_ref	For: All ages Website Informative Promotes health	<ul style="list-style-type: none"> support resources disease

		and addresses health topics to inform individuals about proper care options.	contagious coronavirus virus covid-19 outbreak medical corona virus
Wounded Warrior Project	https://bit.ly/WWP_ref	For: Adults Website Service Provides support and various programs for post 9/11 veterans, including mental and physical health, VA benefits, and personal independence.	veterans military mental health community support resources coping
You Feel Like Shit	https://bit.ly/YFLSgame_ref	For: All Ages Interactive Immediate Support Offers an interactive self care game/guide with grounding exercises for people struggling with feeling sad or anxious.	support anxiety coping skills depression immediate panic self care stress
Youper	https://bit.ly/Y_ref	For: Adults & Teens App Forum Helps users with mood tracking and coping skills for a range of emotional problems in an interactive format with a chat bot. App for iOS and Android.	mental health coping self care
Your Life Your Voice	https://bit.ly/YLYV_ref Or call 1-800-448-3000	For: Kids & Teens Website/Hotline Support Connects kids, teens, and young adults to support lines and tips on dealing with a	resources support abuse anger anxiety bullying chat

		variety of issues. Also offers an app for mood tracking.	coping skills depression forum hotline relationships self care stress substance use suicide group
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GRIEF

Name	Website/How to Access	Description	Keywords
Carson's Village	https://bit.ly/CARSV_ref	For: Adults Website Informative Supports individuals who suddenly lost a loved one with: making burial arrangements, a timeline of events, resource library, live support, a family web page, and more.	loss bereavement mourning death funeral
DIY Doula	https://bit.ly/DIYDZ_ref	For: Teens + Adults PDF Informative Provides information for caring for ones self before, during, and after an abortion or miscarriage.	abortion miscarriage pregnancy baby pregnant
Eluna	https://bit.ly/MF_ref	For: All Ages Website Support Provides resources for children and families coping with grief and addiction. Includes information about free camps for kids and teens affected by these issues.	bereavement grief mourning addiction relationships resources substance use
Glow in the Woods	https://bit.ly/wood_ref	For: All Ages Website Forum Support Offers a space for mothers and fathers who have experienced a miscarriage or infertility issues to share and grieve their loss. Additional info	loss bereavement mourning death third party miscarriage infertility baby

		for third parties to support friends who suffer a loss.	
Help Guide	https://bit.ly/HG_ref	For: All Ages Website Informative Provides evidence-based articles, self-help tools, and readings for 21 topics for teens, adults, parents, and elderly (Deaf/Hard-of-Hearing approved).	bipolar addiction stress anger adhd anxiety depression ptsd trauma suicide abuse alzheimer's dementia autism learning disabilities eating disorders grief parenting postpartum friendship friend self harm cutting elderly post partum
Mental Health Directories	https://bit.ly/AFYA_refs	For: Adults Directory/Search Informative Provides a list of top mental health directories for help finding a therapist. Offers an additional list of directories for Black, and Black LGBTQ+ people.	poc coping black african american bipoc loss mourning eating disorder ed anorexia bulimia transgender gay lgbtq lesbian bisexual queer

			cutting suicidal trauma violence assault rape survivor sexual mental health community isolate
National Alliance for Grieving Children	https://bit.ly/NAGC_ref Or call 866-432-1542	For: All Ages Website Informative Provides information on supporting children through grief, including a national database of grief support programs, camps, and community resources	bereavement grief mourning resources local
Postpartum Support International	https://bit.ly/PPM_ref Or call 800-944-4773(4PPD) or email support@postpartum.net	For: Adults Website Informative Provides information about postpartum life and complications, including loss of a child, and other related struggles. Also provides resources for pregnant women with anxiety or mental health issues.	mental health miscarriage pregnant depression pregnancy infant parent support resources coping loss bereavement mourning death mental health post partum
Rainbow Bridge	https://bit.ly/PET_res	For: Adults & Teens Website Interactive Grief support community with forums and memorials for those	grief loss mourning death pet pets animal

		mourning the loss of a pet.	pet loss died deceased
SAVE	https://bit.ly/SAVE_ref	For: All Ages Website Informative & Advocacy Provides support groups for suicide loss survivors, as well as resources about suicide and finding help for yourself or others. Also has a free screening for depression.	support loss survivor crisis suicide grief group resource loss bereavement mourning death
The Compassionate Friends	https://bit.ly/CF_ref Or call 630-990-0010	For: All Ages Website Support Provides support for family members who have lost a child at any age. Offers local and virtual chapter meetings. (Deaf/Hard-of-Hearing approved)	relationships support family loss bereavement mourning death
The Dougy Center	https://bit.ly/DC_ref Or call 866-775-5683	For: All Ages Website Informative Provides information on grieving and ways to find local support groups, especially for children and teens and their families. **NO SUPPORT GROUPS RIGHT NOW DUE TO COVID-19**	resources support local social family bereavement mourning death
Wendt Center for Loss and Healing	https://bit.ly/WC_ref	For: All Ages Website Support Provides information and resources for people who have experienced loss,	buse resources support trauma violence assault

		terminal illness, abuse, or other trauma. (Deaf and Hard-of-Hearing approved)	rape survivor sexual ptsd terminal chronic loss bereavement mourning death
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ISOLATION/LONELINESS

Name	Website/How to Access	Description	Keywords
Asexual Visibility and Education Network	https://bit.ly/AVEN_ref	For: All ages Forum Informative Provides education to those on the asexual spectrum as well as an online community, and large archive of resources on asexuality.	asexual lgbtqia+ lgbtq forum community alone community isolated support
Connect2Affect	https://bit.ly/C2A_ref	For: Elderly Adults Website Directory/Search Support Provides resources that meet the needs of Elderly adults who are isolated or lonely, by building social connections in the form of social activities, volunteering, learning, wellness, etc. Resources regarding transportation, money, food, and more are also available.	alone community isolated support mental health social resources coping senior
Do Something	https://bit.ly/DS_ref	For: Teens Website Advocacy Connects young people with volunteer opportunities and campaigns on a wide range of community-related topics.	alone community isolated lonely volunteer support

Help Guide	https://bit.ly/HG_ref	For: All Ages Website Informative Provides evidence-based articles, self-help tools, and readings for 21 topics for teens, adults, parents, and elderly (Deaf/Hard-of-Hearing approved).	bipolar addiction stress anger adhd anxiety depression ptsd trauma suicide abuse alzheimer's dementia autism learning disabilities eating disorders grief parenting postpartum friendship friend self harm cutting elderly post partum
Kindness	https://bit.ly/kind_ref	For: All Ages Interactive Service Facilitates the sharing and doing of acts of kindness both digital and real for those looking for connection and a happier world.	alone community isolated lonely relationships
Mental Health Directories	https://bit.ly/AFYA_refs	For: Adults Directory/Search Informative Provides a list of top mental health directories for help finding a therapist. Offers an additional list of directories for Black, and Black LGBTQ+ people.	poc coping black african american bipoc loss mourning eating disorder ed anorexia bulimia

			<p>transgender gay lgbtq lesbian bisexual queer cutting suicidal trauma violence assault rape survivor sexual mental health community isolate</p>
TheTribe Wellness Community	https://bit.ly/tribe_ref	<p>For: Teens and adults 13+ Forum Support Connects teens and adults to online peer support groups for help facing mental health challenges and/or difficult family dynamics. Also provides a directory to find a local therapist. (Previously TeenTribe)</p>	<p>forum mental health family support resources coping addiction anxiety depression hiv/aids lgbt marriage family ocd social community mental health addiction dependency drug alcohol transgender</p>
What's Up	https://bit.ly/WUAnd_ref	<p>For: All Ages App Support Assists with coping with depression, anxiety, and stress. Also includes grounding</p>	<p>panic mental health breathing forum whats upi community</p>

		and breathing techniques and tracking negative thoughts and habits. Offers a forum to connect with others.	support
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RELATIONSHIPS

Name	Website/How to Access	Description	Keywords
Amaze	https://bit.ly/AMAZE_res	For: All Ages Website Informative Provides information and fun, animated videos that answer questions about sex, the body, and relationships. Helpful for kids, teens, educators, parents, and LGBTQ+ individuals.	social family divorce breakup support resources coping self care
APA Parenting Information	https://bit.ly/PI_ref	Adults Website Informative Offers resources for parents about common issues they might face when raising children.	social support resources parenting kids mother father parent children behavior discipline son daughter school
Asexual Visibility and Education Network	https://bit.ly/AVEN_ref	For: All ages Forum Informative Provides education to those on the asexual spectrum as well as an online community, and large archive of resources on asexuality.	asexual lgbtqia+ lgbtq forum community alone community isolated support
Children of Parents with a Mental Illness	https://bit.ly/COPMI_ref	For: Adults & Children Website Informative Provides information to parents	family mental illness parenting parent

		with mental illness, family and friends, professionals, and young people who have parents with mental illness on how to cope or help in this situation.	cope
Coming Out Handbook	https://bit.ly/OUT_ref	For: All Ages PDF Informative Helps readers explore their sexual identity and provides tools and questions to help determine what it might be like to share their identity with others.	transgender gay lgbtq lesbian bisexual queer social family
Conflict Resolution Skills	https://bit.ly/CRS_ref	For: All Ages PDF Informative Provides examples of healthy and unhealthy conflict management skills and steps to address issues in personal and professional relationships.	social family divorce breakup professional argue
Connect2Affect	https://bit.ly/C2A_ref	For: Elderly Adults Website Directory/Search Support Provides resources that meet the needs of Elderly adults who are isolated or lonely, by building social connections in the form of social activities, volunteering, learning, wellness, etc. Resources regarding transportation,	alone community isolated support mental health social resources coping senior

		money, food, and more are also available.	
Guide to Wellness	https://bit.ly/JBGW_refs	For: Adults PDF Interactive Offers a workbook for survivors of domestic abuse that can help track progress, practice ways to calm down, and teach the basics of self-care while healing.	panic support resources coping self care trauma violence assault rape survivor sexual child social family divorce breakup
Half of Us	https://bit.ly/HOU_ref	For: College Age Website Informative Offers information on a wide variety of struggles that young people face and connects students with resources to decrease mental health stigma, help themselves, or a third party.	abuse military anger breakup lgbtq finance money financial eating disorder ed breakup discrimination body
Help Guide	https://bit.ly/HG_ref	For: All Ages Website Informative Provides evidence-based articles, self-help tools, and readings for 21 topics for teens, adults, parents, and elderly (Deaf/Hard-of-Hearing approved).	bipolar addiction stress anger adhd anxiety depression ptsd trauma suicide abuse alzheimer's

			dementia autism learning disabilities eating disorders grief parenting postpartum friendship friend self harm cutting elderly post partum
How to Create Healthy Boundaries	https://bit.ly/CHB_ref	For: All Ages PDF Informative Teaches about boundaries in relationships, the roles they can play, and tips on how to set them.	social family divorce breakup
How to Help Someone in an Abusive Relationship	https://bit.ly/FFG_res	For: Adults PDF Informative Provides a guide to help a friend or family member support someone who is struggling in their relationship as well as take care of yourself while doing it. Best for third party conversations.	trauma violence survivor support resources third party 3rd party coping self care
Infant Safe Haven Laws	https://bit.ly/ISHL_ref	For: All Ages PDF Informative Provides information for parents in crisis about state-to-state infant safe haven laws which allow them to safely relinquish their babies when they can no longer care for them.	mental health suicidal family finance support baby child abandon adopt childcare welfare

KidsHealth	https://bit.ly/KH_ref	For: Kids, Teens, & Parents Website Informative Informs teens, kids, and parents about physical and mental health, wellness, relationships, puberty, studying, sports, nutrition, self esteem, and more.	harassment bully cyberbully eating disorder ed anorexia bulimia binge eating nutrition social family breakup addiction dependency drug alcohol self-esteem self esteem
Love is Respect	https://bit.ly/LIR_ref Or call 1-866-331-9474	For: Adults & Teens Website Informative Educates young people to prevent and end abusive relationships by offering support and resources. (Deaf/Hard-of-Hearing approved)	social abuse dating victim violent sex domestic violence
Mental Health Directories	https://bit.ly/AFYA_refs	For: Adults Directory/Search Informative Provides a list of top mental health directories for help finding a therapist. Offers an additional list of directories for Black, and Black LGBTQ+ people.	poc coping black african american bipoc loss mourning eating disorder ed anorexia bulimia transgender gay lgbtq lesbian bisexual queer

			cutting suicidal trauma violence assault rape survivor sexual mental health community isolate
My Plan App	https://bit.ly/plan_ref	For: All Ages App Interactive Offers intimate partner violence safety planning with personalized safety information and resources for self or someone else in an abusive relationship.	trauma violence assault spouse survivor third party sexual breakup divorce
Our Trans Loved Ones	https://bit.ly/OTLO_ref	For: Teens & Adults PDF Informative Provides information on how to support friends and family members who are Transgender and Gender Expansive.	transgender support family third party lgbtq
Parental Stress Line	https://bit.ly/PHP_ref Or call 1-800-632-8188	For: Adults Interactive Immediate Support Provides a 24 hour helpline for parents who need to discuss issues related to their children. Translators available to support all languages.	panic social family parenting hotline
Recovery Dharma	https://bit.ly/dharma_ref	For: All Ages Website Support Provides addiction recovery support	eating disorder ed anorexia bulimia

		<p>through the practice of Buddhist teachings and meditations via both in-person and online meetings. Support is for any addictive behavior (substance use or process addictions like codependency, gambling, eating disorders, relationships, technology, or any obsessive or habitual pattern that creates suffering).</p>	<p>binge eating addiction dependency drug alcohol relationships</p>
Scarleteen	<p>https://bit.ly/SCLTN_ref</p>	<p>For: Teens Website Informative Provides inclusive and comprehensive information for teens and young adults on sexuality, relationships, pregnancy, and sex.</p>	<p>social relationships pregnant breakups contraception sex education reproduction intimacy puberty transgender gay lgbtq bisexual lesbian queer questioning trans asexual sexuality gender</p>
Sex Addicts Anonymous	<p>https://bit.ly/SAA_ref Or call 1-800-477-8191 Or email info@saa-recovery.org</p>	<p>For: Adults Website Support Offers information and help locating local meetings of this 12-step program for people trying to</p>	<p>support sex addiction support group 12-step recovery coping</p>

SELF-HARM

Name	Website/How to Access	Description	Keywords
99 Coping Skills	https://bit.ly/99_ref	For: All-Ages PDF Support Provides an interactive list and print-out of 99 coping skills and strategies.	self injury cutting coping self care
Calm Harm	https://bit.ly/CHA_ref	For: Teens App Service Offers timed activities to help resist or manage self-harm urges with the ability to log completed activities and track progress.	self injury alternatives pain cutting calm app distract comfort breathe self-injury self harm
Cornell Research Program on Self-Injury and Recovery	https://bit.ly/cornell_ref	For: All Ages PDF Informative Provides distraction techniques and alternative coping skills for dealing with self-harm. (Deaf/Hard-of-Hearing approved)	self injury cutting alternatives coping skills coping distraction techniques guilty urge self harm
Fort Refuge	https://bit.ly/FORT_refs	For: 16+ years old Forum Support Offers an online community and resources for survivors of trauma, abuse, sexual assault, and more. Also provides resources for resulting mental health issues, like dissociative Identity	self injury cutting addiction dependency drug alcohol suicidal death trauma violence assault rape survivor

		disorder, addiction, and PTSD.	sexual child mental health
Help Guide	https://bit.ly/HG_ref	For: All Ages Website Informative Provides evidence-based articles, self-help tools, and readings for 21 topics for teens, adults, parents, and elderly (Deaf/Hard-of-Hearing approved).	bipolar addiction stress anger adhd anxiety depression ptsd trauma suicide abuse alzheimer's dementia autism learning disabilities eating disorders grief parenting postpartum friendship friend self harm cutting elderly post partum
Help Guide on Cutting and Self-Harm	https://bit.ly/HGharm_ref	For: All Ages PDF Informative Provides information on cutting and self-harm, including identifying triggers, finding new coping techniques, and how to support a loved one (third party) who cuts or self-harms.	self injury cutting alternatives self-harm coping triggers self harm
Mental Health Directories	https://bit.ly/AFYA_refs	For: Adults Directory/Search Informative Provides a list of top mental health directories for	poc coping black african american bipoc

		<p>help finding a therapist. Offers an additional list of directories for Black, and Black LGBTQ+ people.</p>	<p>loss mourning eating disorder ed anorexia bulimia transgender gay lgbtq lesbian bisexual queer cutting suicidal trauma violence assault rape survivor sexual mental health community isolate</p>
Ten Ways to Untwist Your Thinking	https://bit.ly/utt_ref	<p>For: Adults & Teens PDF Informative Educates readers on techniques for managing negative thoughts.</p>	<p>coping panic intrusive stop</p>
To Write Love on Her Arms	https://bit.ly/TWLOHA_ref	<p>For: All Ages Website Support Provides support and help for people struggling with depression, addiction, self-injury and suicidal thoughts. Their FIND HELP Tool can be used to locate local free or reduced cost counseling and other mental health resources.</p>	<p>self injury pain therapist depression addiction suicide treatment addiction drug alcohol self-injury cutting dependency self harm</p>

		(Deaf/Hard-of-Hearing approved)	
Web Poison Control	https://bit.ly/OPC_ref Or call 1-800-222-1222	For: All ages Website Hotline APP Offers an interactive website, hotline, and app triage tool that guides users faced with a poison emergency.	addiction dependency drug alcohol suicidal support resources pills overdose medical
What parents need to know about self injury	https://bit.ly/DSI_ref	For: Adults PDF Informative Educates parents on understanding, managing, and treating self harm in children.	self injury cutting social family parenting self harm self-harm self-injury

SUBSTANCE USE

Name	Website/How to Access	Description	Keywords
Al-Anon	https://bit.ly/alanon_ref	For: Adults & Teens Website Service Helps family and friends recover from the effects of someone else's drinking through a 12-step program, including regular attendance at group meetings.	addiction dependency support alcohol alcoholism family support group family group meetings
Alcoholics Anonymous	https://bit.ly/AA_ref Or call 212-870-3400	For: Adults Website Service Provides support for individuals who have struggled with drinking through a 12-step program including regular attendance at group meetings.	addiction dependency recovery alcoholism drinking support group meetings 12 step
Fort Refuge	https://bit.ly/FORT_refs	For: 16+ years old Forum Support Offers an online community and resources for survivors of trauma, abuse, sexual assault, and more. Also provides resources for resulting mental health issues, like dissociative Identity disorder, addiction, and PTSD.	self injury cutting addiction dependency drug alcohol suicidal death trauma violence assault rape survivor sexual child mental health
In the Rooms	https://bit.ly/ITR_ref	For: Adults App Support Provides	alcoholism drugs

		<p>assistance for people seeking help with substance abuse (and third parties) via live virtual meetings, blogs and discussion posts, and DMing with members of the community. They have groups for: yoga, adult children of alcoholics, ALANON, codependency (CODA), COVID-19 support, chronic pain, and more.</p>	<p>addiction substance dependency relapse narcotics drunk high overdose withdrawal addict intoxicated relapse hallucination chronic pain</p>
Just Think Twice	<p>https://bit.ly/JT2_ref Or call 202-307-7936</p>	<p>For: Teens Website Informative Provides facts about different drugs and drug abuse, addresses common myths, and includes advice and stories from teens about drugs.</p>	<p>addiction dependency drugs</p>
KidsHealth	<p>https://bit.ly/KH_ref</p>	<p>For: Kids, Teens, & Parents Website Informative Informs teens, kids, and parents about physical and mental health, wellness, relationships, puberty, studying, sports, nutrition, self esteem, and more.</p>	<p>harassment bully cyberbully eating disorder ed anorexia bulimia binge eating nutrition social family breakup addiction dependency drug alcohol self-esteem self esteem</p>

Nar-Anon	https://bit.ly/naranon_ref Or call 800-477-6291	For: Adults Website Service Provides support for family and friends of addicts, specifically through group meetings that focus on a 12-step program.	addiction dependency drugs narcotics family support group family group addict meetings
Narcotics Anonymous	https://bit.ly/NAsearch_ref Or call 818-773-9999	For: Adults Website Service Provides support for individuals who are recovering from drug addiction through a 12-step program including regular attendance at group meetings.	addiction dependency narcotics drugs support group substance addict recovery meetings
National Institute on Drug Abuse for Teens	https://bit.ly/NIDA_ref	For: Adults & Teens Website Informative Provides drug education for teens, parents and educators, as well as information about what to do if you or someone you know has a problem with drugs. (third party)	addiction dependency alcohol education drug health drinking
Online Intergroup: Alcoholics Anonymous	https://bit.ly/aain_ref	For: All Ages Website Support Provides support for those recovering from alcoholism through online support groups and online meetings. (Deaf and Hard-of-Hearing approved.)	addiction dependency alcoholic alcohol alcoholism addict meetings support group drinking online
Partnership for Drug Free Kids	https://bit.ly/DFK_ref	For: Adults Website Support Provides information and	addiction dependency family

		support for families struggling with their child's substance abuse.	support parent helpline treatment recovery alcohol drinking drug
Recovery Dharma	https://bit.ly/dharma_ref	For: All Ages Website Support Provides addiction recovery support through the practice of Buddhist teachings and meditations via both in-person and online meetings. Support is for any addictive behavior (substance use or process addictions like codependency, gambling, eating disorders, relationships, technology, or any obsessive or habitual pattern that creates suffering).	eating disorder anorexia bulimia binge eating addiction dependency drug alcohol relationships
SAMHSA Treatment Locator	https://bit.ly/36IGHJ1	For: Teens & Adults Directory Website Provides a directory for locating Behavioral Health Treatment Services for Mental Illness and Substance Abuse.	support resources coping mental health addiction dependency drug alcohol
SMART Recovery	https://bit.ly/SR_ref	For: Adults Website Service Provides support for those recovering from addiction problems through a self-help program that	smoking addiction dependency smoke cigarette nicotine alcoholism

		empowers individuals to abstain and to develop a more positive lifestyle. This program is for any addiction problem (alcohol and other drugs, sex, relationships, spending, gambling, eating, exercise, self-injury, etc).	drugs sex smoking substance narcotics addict meetings self-help recovery gambling
Substance Abuse and Mental Health Services Association (SAMHSA)	https://bit.ly/SAMHSA_ref	For: Adults & Teens Website Directory/Search Provides information and support aimed to reduce the impact of substance abuse.	addiction dependency treatment alcoholism drugs substance narcotics addict helpline
TheTribe Wellness Community	https://bit.ly/tribe_ref	For: Teens and adults 13+ Forum Support Connects teens and adults to online peer support groups for help facing mental health challenges and/or difficult family dynamics. Also provides a directory to find a local therapist. (Previously TeenTribe)	forum mental health family support resources coping addiction anxiety depression hiv/aids lgbt marriage family ocd social community mental health addiction dependency drug alcohol transgender

To Write Love on Her Arms	https://bit.ly/TWLOHA_ref	For: All Ages Website Support Provides support and help for people struggling with depression, addiction, self-injury and suicidal thoughts. Their FIND HELP Tool can be used to locate local free or reduced cost counseling and other mental health resources. (Deaf/Hard-of-Hearing approved)	self injury pain therapist depression addiction suicide treatment addiction drug alcohol self-injury cutting dependency self harm
Web Poison Control	https://bit.ly/OPC_ref Or call 1-800-222-1222	For: All ages Website Hotline APP Offers an interactive website, hotline, and app triage tool that guides users faced with a poison emergency.	addiction dependency drug alcohol suicidal support resources pills overdose medical
Yoga of 12-Step Recovery	https://bit.ly/YOGA_ref	For: All Ages Website Support Offers a holistic recovery program that integrates yoga with the principles of 12-step programs. The program serves people recovering from all forms of addiction, from behavioral addictions to substance abuse.	community exercise addiction dependency drug alcohol codependency gambling

SUICIDE

Name	Website/How to Access	Description	Keywords
American Foundation for Suicide Prevention	https://bit.ly/AFSP_ref	For: All Ages Website Advocacy Provides resources for those affected by suicide through research, education, and advocacy. (Deaf/Hard-of-Hearing approved)	suicidal support loss survivors research mental health suicide prevention suicide loss public policy third party
Be Strong	https://bit.ly/strong_ref	For: Teens Website/App Informative Provides resources, support, and intervention for those who are affected by bullying, depression, suicide, and other adversities.	harassment bully cyberbully mental health suicidal death support resources coping self care app
Brown Stanley Safety Plan Template	https://bit.ly/BSSPT_ref	For: All Ages PDF Interactive Guides you through a step by step worksheet on how to safety plan for those with suicidal thoughts.	suicidal death safety plan
Fort Refuge	https://bit.ly/FORT_refs	For: 16+ years old Forum Support Offers an online community and resources for survivors of trauma, abuse, sexual assault, and more. Also provides resources for resulting mental health issues, like	self injury cutting addiction dependency drug alcohol suicidal death trauma violence assault rape

		dissociative Identity disorder, addiction, and PTSD.	survivor sexual child mental health
Help Guide	https://bit.ly/HG_ref	For: All Ages Website Informative Provides evidence-based articles, self-help tools, and readings for 21 topics for teens, adults, parents, and elderly (Deaf/Hard-of-Hearing approved).	bipolar addiction stress anger adhd anxiety depression ptsd trauma suicide abuse alzheimer's dementia autism learning disabilities eating disorders grief parenting postpartum friendship friend self harm cutting elderly post partum
Infant Safe Haven Laws	https://bit.ly/ISHL_ref	For: All Ages PDF Informative Provides information for parents in crisis about state-to-state infant safe haven laws which allow them to safely relinquish their babies when they can no longer care for them.	mental health suicidal family finance support baby child abandon adopt childcare welfare
Jed Foundation	https://bit.ly/JED_ref	For: Teens Website Informative Promotes suicide	suicidal mental health teen

		prevention by teaching teens and young adults the skills and support to grow into healthy adults. Also provides third party tools.	young adult suicide prevention stress resources
Know the Signs	https://bit.ly/KTS_refs	For: All Ages Website Support/Informative Offers an interactive tool for third parties to help recognize the signs of suicidal ideation and helpful phrases for talking to someone about suicide.	suicidal third party
Mental Health Directories	https://bit.ly/AFYA_refs	For: Adults Directory/Search Informative Provides a list of top mental health directories for help finding a therapist. Offers an additional list of directories for Black, and Black LGBTQ+ people.	poc coping black african american bipoc loss mourning eating disorder ed anorexia bulimia transgender gay lgbtq lesbian bisexual queer cutting suicidal trauma violence assault rape survivor sexual mental health community

			isolate
Military Help Line	https://bit.ly/MHL_ref Or call (888) 457-4838 Or text MIL1 to 839863	For: Adults Website Service Provides free 24/7 confidential crisis intervention and suicide prevention focused on military-specific issues. Dial (888) 457-4838 or text MIL1 to 839863.	suicidal military veterans solider deployment helpline crisis
My 3 App	https://bit.ly/my3_ref	For: Adults & Teens App Support Helps create a safety plan for those experiencing suicidal thoughts, including defining their network and their plan to stay safe.	suicidal safety plan support ideation safe app
National Suicide Prevention Lifeline	https://bit.ly/NSPL_ref Or 1-800-273-8255	For: All Ages Website and Hotline Service Provides free, 24/7 confidential support to people in suicidal crisis or emotional distress through a hotline. **TEXTERS ONLY REFERRED IF THEY PREFER TO TALK RATHER THAN TEXT**	suicidal helpline high risk ideation harm warm linerisk death hotline crisis support
Now Matters Now	https://bit.ly/NMN_ref	All ages Website Informative An online resource that provides support for coping with suicidal thoughts through teaching skills based on Dialectical Behavior Therapy (DBT). Includes	suicidal death dbt high risk ideation unsafe kill life end imminent

		videos of personal stories.	therapy support coping self-help
Objective Zero	https://bit.ly/OO_ref Or call (212) 815-2681 Or email contactus@objectivezero.org	Adults App Advocacy Service Support Connects veterans, service members, their families, and caregivers to peer support via voice, video, and text. Also provides free access to wellness resources such as yoga and meditation.	suicidal military suicide ptsd veteran mental health anxiety depression isolation loneliness trauma post traumatic stress disorder
Reporting Suicidal Content of Social Media	https://bit.ly/SOCIAL_res	For: All ages PDF Informative Offers a step by step guide to report suicidal content on all social media platforms.	suicidal death third party twitter facebook tumblr youtube snapchat instagram
SAVE	https://bit.ly/SAVE_ref	For: All Ages Website Informative & Advocacy Provides support groups for suicide loss survivors, as well as resources about suicide and finding help for yourself or others. Also has a free screening for depression.	support loss survivor crisis suicide grief group resource loss bereavement mourning death
Suicide Loss Survivors - Suicidology	https://bit.ly/SLS_ref	For: All Ages Website Informative Provides free, online resources for suicide attempt survivors, as	suicidal ideation safety plan survivor

		well as those looking to help a survivor of suicide.	
Web Poison Control	https://bit.ly/OPC_ref Or call 1-800-222-1222	For: All ages Website Hotline APP Offers an interactive website, hotline, and app triage tool that guides users faced with a poison emergency.	addiction dependency drug alcohol suicidal support resources pills overdose medical