

# It's Okay to Ask for Help

## Mental Health Resources for Yourself and Your Friends



### National Suicide Prevention Lifeline

1-800-273-TALK (8255),  
Veterans: Press 1



### Crisis Text Line

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



### The Trevor Project

TrevorLifeline: 1-866-488-7386  
TrevorText: Text TREVOR to  
1-202-304-1200  
TrevorChat: [thetrevorproject.org](https://thetrevorproject.org)



### RAINN

National Sexual Assault Hotline  
Lifeline: 1-800-656-4673  
Chat: Via [hotline.rainn.org](https://hotline.rainn.org)



### TWLOHA

Connect to mental health resources in  
your community [twloha.com/find-help](https://twloha.com/find-help)



### National Eating Disorders Association

Helpline: 1-800-931-2237  
Chat: Via [myneda.org](https://myneda.org)



### Seize the Awkward

[seizetheawkward.org](https://seizetheawkward.org)  
[@seizetheawkward](https://twitter.com/seizetheawkward)



### My3 App

Define your network and your plan  
to stay safe [my3app.org](https://my3app.org)