

It's Okay to Ask for Help

Mental Health Resources for Yourself and Your Friends



National Suicide Prevention Lifeline

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



Crisis Text Line

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



The Trevor Project

TrevorLifeline: 1-866-488-7386

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

TrevorChat: Via thetrevorproject.org



RAINN

National Sexual Assault Hotline

Lifeline: 1-800-656-4673

Chat: Via hotline.rainn.org



TWLOHA

Connect to mental health resources in your community

twloha.com/find-help



National Eating Disorders Association

Helpline: 1-800-931-2237

Chat: Via myveda.org



Seize the Awkward

seizetheawkward.org

@seizetheawkward



My3 App

Define your network and your plan to stay safe

my3app.org

afsp.org/resources



**American
Foundation
for Suicide
Prevention**