

## Mental Health and Wellbeing Resources in the United States of America

For anyone who feels they are in crisis please **call 1-800-273-8255** – you’ll be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7. Your call is confidential and free.

For anyone experiencing a mental health emergency, please **call 911** or go to your nearest hospital.

### *Crisis Line Support and Wellbeing resources*

#### **National Suicide Prevention Lifeline**

Call (24/7): 1-800-273-8255

Online chat: <https://suicidepreventionlifeline.org/chat/>

Provides direct access to free and confidential phone and online chat support for individuals experiencing various types of psychological or emotional distress.

For more information please visit: <https://suicidepreventionlifeline.org/talk-to-someone-now/>

#### **Crisis Text Line**

Text (24/7): Text Hello to 741-741

The Crisis Text Line will connect you with a crisis counselor trained to provide support for individuals in crisis.

For more information please visit: <https://www.crisistextline.org/text-us/>

#### **The Trevor Project**

Call (24/7): 1-866-488-7386

Chat (24/7): <https://www.thetrevorproject.org/get-help-now/>

Text (24/7): 678-678

The Trevor Project provides phone, webcam and text support for LGBTQ youth in crisis, experiencing distress or seeking a safe and judgment-free place to talk.

For more information please visit: <https://www.thetrevorproject.org/resources/>

#### **I'm Alive**

<https://www.imalive.org/>

Chat online with volunteers trained and certified in crisis intervention.

Chat service (24/7): <https://www.imalive.org/>

#### **Teen Line**

<https://teenlineonline.org/talk-now/>

The Teen Line offers the opportunity for teens to discuss problems in their life with a fellow teenager. They are available from 6-10pm Pacific Time, 7 days a week.

Call: (310) 855-4673

Text 6-9pm: 839-863

## *Mental Health and Wellbeing Resources*

### **Society for Adolescent Health and Medicine**

<https://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Mental-Health/Mental-Health-Resources-For-Adolesc.aspx>

There are online resources specific to adolescents and young adults which can provide individuals with access to online resources, support groups and peer networks, information and advocacy opportunities.

### **The Mental Health and High School Curriculum Guide**

<http://teenmentalhealth.org/>

Provides numerous online resources that increase the understanding of adolescent mental health and mental disorders, decrease stigma around mental illness and promote help-seeking.

### **LifeLine App**

<https://thelifelinecanada.ca/help/crisis-centres/united-states-national-suicide-prevention-hotline/>

Gives you direct access to phone, online chat, text and email crisis support. You can also access resources for e-counselling, self-management tools and access to crisis centers across the United States.

### **WE Well-being**

<https://www.we.org/en-US/get-doing/activities-and-resources/wellbeing/>

Free online resources for students, parents and educators to support social and emotional well-being as they navigate the new world of remote learning during the COVID-19 pandemic, providing toolkits for COVID-19, families, and workplaces.

If you would like to learn more about local mental health resources in your area, please click on these links:

<https://suicidepreventionlifeline.org/our-crisis-centers/>

<https://www.findcbt.org/FAT/>

## *Coping with Stress and Anxiety Regarding COVID-19*

### **World Health Organization – “Mental Health and Psychosocial Considerations during the COVID-19 outbreak” Information Sheet**

[https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af\\_10](https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_10)

Messages that can be used in communications to support mental and psychosocial well-being in different target groups during the outbreak including healthcare workers, team leaders or managers in health facilities, carers of children, older adults, people with underlying health conditions, their carers and people in isolation.

### **Centers for Disease Control and Prevention – “Coping with Stress” during the COVID-19 Pandemic**

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Resources and information on caring for your mental health and healthy strategies for managing stress.

*Information regarding COVID-19*

World Health Organization – Q&A on coronaviruses

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

A list of frequently asked questions and answers regarding the COVID-19 pandemic.

World Health Organization – Rolling Updates on COVID-19

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen>

A continuously updated list of WHO activities regarding COVID-19.