

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

RAINN

National Sexual Assault Hotline
Lifeline: 1-800-656-4673
Chat: Via hotline.rainn.org

TWLOHA

Connect to mental health
resources in your community
twloha.com/find-help

The Trevor Project

TrevorLifeline: 1-866-488-7386

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

TrevorChat: thetrevorproject.org

National Alliance for Eating Disorders

Helpline: 1-866-662-1235

allianceforeatingdisorders.com

National Eating Disorders Association

Helpline: 1-800-931-2237

Chat: Via myneda.org

Seize the Awkward

seizetheawkward.org

@seizetheawkward

afsp.org/resources



American
Foundation
for Suicide
Prevention