

Mental Health Resources

- CDC: <https://www.cdc.gov/mentalhealth/tools-resources/individuals/index.htm>
- The Jed Foundation: <https://jedfoundation.org/>
- The Steve Fund: <https://www.stevelfund.org/>
- The Mental Health Coalition: <https://www.thementalhealthcoalition.org/>
- Mental Health America: <https://www.mhanational.org/>
 - (BIPOC specific resources): <https://www.mhanational.org/bipoc-mental-health>
- Substance Abuse and Mental Health Services Administration (SAMSHA): <https://www.samhsa.gov/>
- New York Project Hope: <https://nyprojecthope.org/>
- American Foundation for Suicide Prevention: <https://afsp.org/>

Hotlines and Text-lines

- Suicide Prevention Lifeline: 1-800-273-8255
- Crisis Text Line: Text HELLO to 741-741