IF YOU OR SOMEONE YOU KNOW IS STRUGGLING WITH MENTAL HEALTH

National Resources

National Suicide Prevention Lifeline: Call 988

National Alliance on Mental Illness: Call 1-800-950-6264 OR Text “helpline” to 62640

National Crisis Text Line: Text “HOME” to 741741

The Trevor Project (LGBTQ): Call 1-866-488-7386 OR Text “START” to 678678

Veterans Crisis Line: Text 838255

Options for Deaf & Hard of Hearing: Call 1-800-799-4889

National Domestic Violence Hotline: Call 1-800-799-7233 OR Text “START” to 88788

Women in Distress 24-Hr Crisis Hotline: Call 954-761-1133

Substance Abuse Helpline: Call 1-800-662-4357

National Alliance for Eating Disorders Helpline: Call 1-866-662-1235

Depression and Bipolar Support Alliance: Text DBSA to 741741

ABA Commission on Lawyer Assistance Programs (CoLAP): Visit americanbar.org/groups/lawyer_assistance



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