Who Can I Call for Help?

Immediate Telephone Support:

If you or someone you know needs immediate help in the U.S., call the line for hope to talk to someone live in your local area. They can listen to you and direct you to local resources if further assistance is needed. If someone has talked to you about suicide, and you believe they are currently a threat to themselves or someone else but won't take your help, call 911.

(800)273-8255 1-800-273-TALK National Suicide Prevention Lifeline
(800) 784-2433 1-800-SUICIDE National Suicide Prevention Hotline
(800)784-2432 1-800-SUICIDA Spanish Speaking Suicide Hotline
(877)968-8454 1-877-YOUTHLINE Teen to Teen Peer Counseling Hotline

Immediate Online Support:

• 24-hour online crisis center, visit www.imalive.org

Online Information for Depression and Suicide

• International Foundation for Research and Education on Depression - www.ifred.org
• Inspire: iFred's Anxiety and Depression Support Community - www.inspire.com/groups/ifred-anxiety-and-depression/
• Healthy Place - www.healthypage.com
• American Foundation for Suicide Prevention - www.afsp.org
• National Alliance on Mental Illness - www.nami.org
• Substance Abuse and Mental Health Services Administration (SAMHSA) - www.samhsa.gov
• Grief Recovery - www.griefrecovery.ws
• World Health Organization - www.who.int/en
• Mental Health America - www.mentalhealthamerica.net
• National Institute of Mental Health - www.nimh.nih.gov/index.shtml
• PsychCentral - psychcentral.com
• American Academy of Child & Adolescent Psychiatry - www.aacap.org
• Children's Mental Health Network - www.cmhnetwork.org
• American Society of Clinical Psychopharmacology - www.ascpp.org

#teachhope

The mission of the International Foundation for Research and Education on Depression is to shine a positive light on depression and eliminate the stigma associated with the disease through prevention, research and education. Its goal is to ensure that 100% of the 350 million people affected by depression seek and receive treatment.