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 - 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.healthyplace.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.org
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
PsychCentral - www.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.