

Where to Find Support

WHERE TO FIND SUPPORT

U.S. SUICIDE HOTLINES AND IMMEDIATE TELEPHONE SUPPORT

If you or someone you know needs immediate help in the U.S., call any of the lines for hope below to talk to someone 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.

988	New Suicide Hotline
(800)273-8255	1-800-273-TALK National Suicide Prevention Lifeline
(888)628-9454	National Suicide Prevention Lifeline: Spanish Language Available
(800)799-4889	National Suicide Prevention Lifeline: Deaf & Hard of Hearing Options
(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
(866)488-7386	TrevorLifeLine for LGBTQ Support
(877)565-8860	Trans Lifeline

You can also text **HOME** to **741741** to connect with a crisis counselor from [crisistextline.org](https://www.crisistextline.org).

IMMEDIATE ASSISTANCE OUTSIDE OF THE UNITED STATES

List of International Online Crisis Intervention Services:

https://www.iasp.info/resources/Online_Crisis_Intervention_Services/

List of International Resources and Crisis Centers:

https://www.iasp.info/resources/Crisis_Centres/

IMMEDIATE ONLINE SUPPORT

24-hour online crisis center: <http://www.imalive.org/>

TrevorChat 24-hour online LGBTQ support: <http://www.thetrevorproject.org/>

APPS FOR SUPPORT

7 Cups - Free peer to peer support: www.7cups.com

TalkSpace - Therapy App

FIND A THERAPIST NEAR YOU IN THE UNITED STATES:

Psychology Today's therapist finder:

http://therapists.psychologytoday.com/nmha/prof_search.php

ORGANIZATIONS FOCUSED ON HOPE AND MENTAL HEALTH

Introducing your children to hopeful behaviors- positive feelings and smart actions - is important for the long term health and happiness of your children. There are thousands of organizations working around the world to help children live happy, hopeful lives. iFred and Hopeful Minds is proud to collaborate with and/or support the following organizations:

- American Academy of Child & Adolescent Psychiatry: <http://www.aacap.org/>
- American Foundation for Suicide Prevention (AFSP): <https://afsp.org/>
- American Psychiatric Association: <https://www.psychiatry.org/>
- American Society of Clinical Psychopharmacology: www.ascpp.org
- Anxiety and Depression Association of America (ADAA): <https://adaa.org/>
- Big Brothers, Big Sisters: <https://www.bbbs.org/>
- Black Lives Matter: <https://blacklivesmatter.com/>
- Born This Way Foundation: <https://bornthisway.foundation/>

ORGANIZATIONS FOCUSED ON HOPE AND MENTAL HEALTH CONT.

- Children's Mental Health Network: <https://www.cmhnetwork.org/>
- Cities Rise: <http://cities-rise.org/>
- The Clay Center for Young, Healthy Minds: <https://www.mghclaycenter.org/>
- The Depression and Bipolar Support Alliance: <https://www.dbsalliance.org/>
- Dignity and Power Now: <http://dignityandpowernow.org/>
- Erica's Lighthouse: <https://www.erikaslighthouse.org/>
- Fundamental SDG: <https://www.fundamentalsdg.org/>
- Global Coalition on Youth Mental Health: <https://ymentalhealth.org/>
- Grief Recovery: <http://www.griefrecovery.ws>
- Healthy Place: <http://www.healthyplace.com/>
- Hopeful Minds: <https://hopefulminds.org/curriculum/>
- Hopeful Minds Parent Guide: <https://hopefulminds.org/curriculum/>
- International Association for Suicide Prevention (IASP): http://www.iasp.info/resources/Crisis_Centres
- International Foundation for Research and Education on Depression: <https://www.ifred.org>
- Inspire, iFred's Anxiety and Depression Support Community: <https://www.inspire.com/groups/ifred-anxiety-and-depression/>
- The Kennedy Forum: <https://www.thekennedyforum.org/>
- The Lovell Foundation: <https://lovellfoundation.org/>
- "The Mask You Live In" Documentary: <http://therepresentationproject.org/film/the-mask-you-live-in-film/>
- Matthew Ornstein Foundation: <https://www.mornstein.org/>
- Mental Health America: <https://www.mhanational.org/>
- Movement for Global Mental Health: <http://globalmentalhealth.org/>

ORGANIZATIONS FOCUSED ON HOPE AND MENTAL HEALTH CONT.

- National Alliance on Mental Illness (NAMI): <https://www.nami.org/Home>
- National Council for Behavioral Health: <https://www.thenationalcouncil.org/>
- National Institute of Mental Health: <http://www.nimh.nih.gov/index.shtml>
- One Mind: <https://onemind.org/>
- Peg's Foundation: <https://pegsfoundation.org/>
- Pretty Girl Passion Society: <https://www.prettygirlpassionsociety.com/>
- PsychCentral: <http://psychcentral.com/>
- The Scattergood Foundation: <https://www.scattergoodfoundation.org/>
- "Screenagers" Documentary: <https://www.screenagersmovie.com/>
- Steinberg Institute: <https://steinberginstitute.org/>
- Substance Abuse and Mental Health Services Administration: <http://www.samhsa.gov>
- Treatment Advocacy Center: <https://www.treatmentadvocacycenter.org/>
- The Trevor Project: <https://www.thetrevorproject.org/>
- Voices around the World: <https://voicesaround.com/>
- Welcoming Schools: <https://www.welcomingschools.org/>
- Well Being Trust: <https://wellbeingtrust.org/>
- Women's Brain Project: <http://www.womensbrainproject.com/>
- World Dignity Project: <http://theworlddignityproject.org/>
- World Health Organization: <http://www.who.int/en/>
- Youth Mental Health First Aid: <https://www.mentalhealthfirstaid.org/population-focused-modules/youth/>
- Zimbabwe Friendship Bench: <https://www.friendshipbenchzimbabwe.org/>
- Thrive Global: <https://thriveglobal.com/>