



## Mental Health Resources

### NATIONAL CRISIS LINES

*If you or someone you know is in immediate danger, please call 911 and ask for a Mental Health Crisis Team or a mental health professional to accompany law enforcement.*

- **Hopeline Text Service:** Text "HOPELINE" to 741741
- **National Domestic Violence Hotline:**
  - 1-800-799-SAFE (7233) or text "LOVEIS" to 22522
- **National Eating Disorders Association (NEDA) Helpline:** 1-800-931-2237
- **National Suicide Prevention Lifeline:**
  - 1-800-273- (TALK) 8255 (En Español – 1-888-628-9454)
- **Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline:**
  - 1-800-622-HELP (4357)
- **TEEN CRISIS LINE:** 310-855-4673 or text TEEN to 839863
- **THE TREVOR PROJECT (LGBTQ CRISIS AND SUICIDE HOTLINE):**
  - 1-866-488-7386 or text START to 678678
- **U.S. DEPARTMENT OF VETERANS AFFAIRS CRISIS LINE:** 1-800-273-8255

### NAMI NATIONAL WARMLINE DIRECTORY

- [Listed by state](#)
- [NAMI AZ Crisis Lines](#)

### EMPLOYER RESOURCES

- **Employee Assistance Program (EAP)**
- **Medical Plan**
- **Wellness or other vendor partners**

### NATIONAL RESOURCES

- [Mental Health America](#)
- [Mental Health First Aid](#)
- [National Alliance on Mental Illness](#)
- [PsychHub](#)
- [Take Five to Save Lives](#)