

# Some Important Mental Health Links



## For Everyone

- [How Right Now — Finding What Helps](#)
- [Coping with a Disaster or Traumatic Event](#)
- [Suicide Prevention](#)
- [I'm So Stressed Out! Fact Sheet \(NIMH\)](#)
- [Mindfulness Coach – PTSD: National Center for PTSD \(va.gov\)](#)

## For Families and Children

- [Helping Children Cope with Emergencies](#)
- [Adolescent Mental Health](#)
- [Tools for Supporting Emotional Wellbeing in Children and Youth](#)
- If you or someone you know is struggling or in crisis, help is available. [Call](#) or [text](#) 988 or chat at [988lifeline.org](#)
- [Disaster Distress Helpline](#): CALL or TEXT 1-800-985-5990 (**press 2 for Spanish**)
- [National Domestic Violence Hotline](#): [1-800-799-7233](#) or text LOVEIS to 22522
- [National Child Abuse Hotline](#): 1-800-4AChild ([1-800-422-4453](#)) or text 1-800-422-4453
- [National Sexual Assault Hotline](#): [1-800-656-HOPE](#) (4673) or [Online Chat](#)
- [Trans Lifeline](#): [1-877-565-8860](#) (**para español presiona el 2**)
- The Trevor Project's [Trevor Lifeline](#): [1-866-488-7386](#)
- [Veteran's Crisis Line](#): 988, then select 1, or [Crisis Chat](#) or text: 838255
- [U.S. Department of Veterans Affairs Mental Health Resources](#)
- [Help for Military Service Members and Their Families](#)
- [The Eldercare Locator](#): 1-800-677-1116 – [TTY Instructions](#)
- Alzheimer's Association Helpline: [1-800-272-3900](#) (**para español presiona el 2**)

## Source:

U.S. Centers for Disease Control and Prevention (2023). Mental Health: *Resources for Help and Support*. [National Center for Injury Prevention and Control](#). Retrieved on 5.26.24:1630 from <https://www.cdc.gov/mentalhealth/tools-resources/index.htm>