

TENd

to Your Mental Wellbeing

Reach out when you need help

988 Suicide & Crisis Lifeline

Call or text 988, or use online chat
988lifeline.org/chat; Veterans press 1

SAMHSA's Disaster Distress Helpline

Call 1-800-985-5990

SAMHSA's National Helpline

For treatment referral, call 1-800-662-
4357 or text your zip code to 435748

National Sexual Assault Hotline

Call 800-656-4673 (HOPE)

National Alliance for Eating Disorders

Call 866-662-1235

911

In case of an emergency



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING