

# It's Okay to Ask for Help

## Mental Health Resources for Yourself and Your Friends



### National Suicide Prevention Lifeline

1-800-273-TALK (8255),  
Veterans: Press 1



### Crisis Text Line

Text TALK to 741741 to text with  
a trained counselor for free



### The Trevor Project

TrevorLifeline: 1-866-488-7386  
TrevorText: Text TREVOR to  
1-202-304-1200  
TrevorChat: [thetrevorproject.org](http://thetrevorproject.org)



### RAINN

National Sexual Assault Hotline  
Lifeline: 1-800-656-4673  
Chat: Via [hotline.rainn.org](http://hotline.rainn.org)



### TWLOHA

Connect to mental health resources in  
your community [twloha.com/find-help](http://twloha.com/find-help)



### National Eating Disorders Association

Helpline: 1-800-931-2237  
Chat: Via [myneda.org](http://myneda.org)



### Seize the Awkward

[seizetheawkward.org](http://seizetheawkward.org)  
[@seizetheawkward](https://twitter.com/seizetheawkward)



### My3 App

Define your network and your plan  
to stay safe [my3app.org](http://my3app.org)

# LGBTQ

## Suicide Prevention Resources



### National Suicide Prevention Lifeline

1-800-273-TALK (8255), Veterans: Press 1



### Text TALK to 741741

Text with a trained counselor from the Crisis Text Line for free, 24/7



### The Trevor Project

TrevorLifeline: Available 24/7 at 1-866-488-7386

TrevorText: Text TREVOR to 1-202-304-1200

TrevorChat: Via [thetrevorproject.org](http://thetrevorproject.org)



### Trans Lifeline

Support for transgender people, by transgender people

1-877-565-8860



### SAGE LGBT Elder Hotline

Peer-support and local resources for older adults

1-888-234-SAGE



### The LGBT National Hotline

Peer-support and local resources for all ages

1-888-843-4564

# We Stand With You:

## Mental Health Resources for the Black Community

**Black Emotional and Mental Health Collective (BEAM)** is a training, movement building, and grant making organization dedicated to the healing, wellness, and liberation of Black and marginalized communities.

**Black Girls Smile Inc.** promotes positive mental health for young African American girls.

**Black Mental Health Alliance** develops, promotes, and sponsors trusted, culturally-relevant educational forums, trainings, and referral services that support the health and wellbeing of Black people and other vulnerable communities.

**Eustress** raises awareness on the importance of mental health in underserved communities, allowing individuals to identify and overcome challenges to achieve a healthier and productive lifestyle.

**Black Mental Wellness** provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, highlights and increases the diversity of mental health professionals, and decreases the mental health stigma in the Black community.

**Inclusive Therapists** aims to make the process of seeking therapy simpler and safer for all people, especially marginalized populations.

**Melanin and Mental Health** connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities.

**National Organization for People of Color Against Suicide**, founded by suicide loss survivor, Dr. Donna Barnes, works to reduce the stigma of suicide prevention among communities of color through training and advocacy.

**Sista Afya Community Mental Wellness** sustains the mental wellness of Black women through building community, sharing information, and connecting Black women to quality mental wellness services.

**The AAKOMA Project** helps diverse teenagers and their families achieve optimal mental health through dialogue, learning, and the understanding that everyone deserves care and support.

**The Loveland Foundation** provides financial support for therapy for Black women and girls.

**The National Queer & Trans Therapists of Color Network (NQTTCN)** is a healing justice organization committed to transforming mental health for queer and trans people of color (QTPOC).

**Therapy for Black Girls** is an online space dedicated to encouraging the mental wellness of Black women and girls.

**Therapy for Black Men** is a directory to help men of color in their search for a therapist.

# We're Here for You:

## Mental Health Resources for Diverse Communities

**Asian Mental Health Collective** raises awareness of mental health care and the importance of mental wellbeing amongst Asian communities globally. Their website has a list of therapists across the country and accessible information about mental health via blogs and videos.

**Asian Pacific Islander Mental Health** is a space for APIs by APIs to redefine the mental health conversation and speak openly about mental health within the community.

**Black Girls Smile** promotes positive mental health for young African American females by creating a sense of community for those struggling with their mental health, as well as by providing Black women and girls with the tools they need to live mentally healthy lives.

**Black Emotional and Mental Health Collective (BEAM)** is a training, movement building, and grant making organization dedicated to the healing, wellness, and liberation of Black and marginalized communities. BEAM offers a virtual therapist listing, healing justice trainings, video trainings, and resources for finding a therapist.

**The Boris Lawrence Henson Foundation** aims to eradicate the stigma around mental health issues in the African-American community. The foundation will ensure cultural competency in caring for African Americans who struggle with mental illness by providing scholarships to African-American students who seek a career in the mental health field; offer mental health services and programs to young people in urban schools; and combat recidivism within the prison system.

**Brother, You're on My Mind** is a campaign launched by Omega Psi Phi Fraternity, Inc. and the National Institute on Minority Health and Health Disparities to start conversations about and share information on mental health among African American men.

**Center for Native American Youth** is a national policy program and resource exchange that works to improve the health, safety and well-being of Native American youth through youth recognition, inspiration, leadership, research, advocacy, and policy change.

**Inclusive Therapists** helps people connect to culturally responsive licensed therapists online and strives to advance justice and equity for all intersectional identities through decolonizing mental health care. Inclusive Therapists provides an easy to use therapist locator system with info on each provider.

**The Loveland Foundation** provides resources and drives initiatives to prioritize opportunity, access, validation, and healing for Black women and girls. The Loveland Therapy Fund provides financial assistance to Black women and girls nationally seeking therapy to help combat the barriers affecting access to treatment by members of diverse ethnic and racial groups.

**MANA, A National Latina Organization** represents the interests of Latina women, youth and families on issues that impact our communities, particularly in the areas of education, health and well-being, financial literacy, equal and civil rights, and immigration reform.

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**Melanin and Mental Health** connects culturally competent clinicians to Black & Latinx/Hispanic individuals in need of mental health care. They provide a therapist locator for all types of clinicians, including life coaches, psychologists, social workers, and more, as well as a podcast “Between Sessions” on wellness topics.

**National Alliance for Hispanic Health** focuses on improving the health and wellbeing of Hispanics through improving the quality of care and its availability to all. The National Hispanic Family Health Helpline provides free reliable and confidential health information in Spanish and English to help callers navigate the health system. To reach the helpline, call 1-866-783-2645.

**SanaMente/Each Mind Matters** is California’s Mental Health Movement and offers culturally focused info on mental health in Spanish on their website.

**Therapy for Black Girls** is an online network of therapists that work to provide therapy and a space to encourage mental wellness for Black women and girls. Their website includes a blog, podcast, and therapy directory. Additionally, Black women can join a mental health community on their website for a fee.

**Therapy for Latinx** is a new online database providing an easy to use therapist locator that helps Latinx people find mental health professionals in their own communities. The directory is available in English and Spanish.