

NATIONAL MENTAL HEALTH DAY – MONDAY, OCTOBER 10

ADD THESE NUMBERS TO YOUR CONTACTS

No one is immune to mental health challenges, and MHFA wants you to be prepared when you or someone around you needs help. Add the following important resources to your contact list. They could make an impactful difference in your own life or the life of someone you know.

- **Call 911** in an emergency, if you feel unable to keep yourself safe or if someone appears at risk of self-harm.
- **988 Suicide & Crisis Lifeline**: Dial or text 988 for 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress.
- **Veterans Crisis Line**: Text 838-255 **OR** dial 988 then press 1 to get 24/7 confidential crisis support. Responders are real people, many of them veterans, who are specially trained to support veterans.
- **The Trevor Project**: Text “Start” to 678-678 **OR** call 866-488-7386 all day, any day to reach trained counselors who can support people under 25 who are in crisis, feeling suicidal or in need of a safe and judgment-free place to talk. The Trevor Project specializes in supporting the LGBTQ+ community.
- **National Sexual Assault Hotline**: Call 800-656-4673 (HOPE) for confidential support services for survivors, regardless of where they are in their recovery.
- **National Eating Disorders Helpline**: Call or text 800-931-2237 for support, resources and treatment options for yourself or a loved one who may be experiencing an eating disorder.