

# 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: Via [thetrevorproject.org](https://thetrevorproject.org)



### **RAINN**

National Sexual Assault Hotline

Lifeline: 1-800-656-4673

Chat: Via [hotline.rainn.org](https://hotline.rainn.org)



### **TWLOHA**

Connect to mental health resources in your community

[twloha.com/find-help](https://twloha.com/find-help)



### **National Eating Disorders Association**

Helpline: 1-800-931-2237

Chat: Via [myneda.org](https://myneda.org)



### **Seize the Awkward**

[seizetheawkward.org](https://seizetheawkward.org)

@seizetheawkward



### **My3 App**

Define your network and your plan to stay safe

[my3app.org](https://my3app.org)

[afsp.org/resources](https://afsp.org/resources)



**American  
Foundation  
for Suicide  
Prevention**