

National Resources

Resource	Type / Focus	Contact / Website	Notes
988 Lifeline	Crisis / Mental Health	Dial 988	24/7 suicide & crisis support
Crisis Text Line	Crisis / Mental Health	Text HOME to 741741	Trained counselors via text
NAMI Helpline	Mental Health Support	1-800-950-6264	Info, support, referral to local services
The Trevor Project	LGBTQ+ Crisis Support	1-866-488-7386	Chat, call, or text support for LGBTQ+ youth
Veterans Crisis Line	Veterans / Mental Health	1-800-273-8255 (Press 1)	Call or text for crisis support

SAMHSA Helpline	Substance Use / Mental Health	1-800-662-4357	Confidential treatment referrals & resources
Alcoholics Anonymous (AA)	Substance Use / Recovery	https://www.aa.org	Local & online meetings
Narcotics Anonymous (NA)	Substance Use / Recovery	https://www.na.org	Local & online meetings
SMART Recovery	Substance Use / Recovery	https://www.smartrecovery.org	Self-management & peer support
CDC	Public Health / Wellness	https://www.cdc.gov	Health info, guidelines, prevention
NIH	Public Health / Wellness	https://www.nih.gov	Research-based medical guidance

Healthfinder.gov	Health / Clinics	https://www.healthfinder.gov	Searchable resources for clinics, preventive care
Active Minds	Student Mental Health	https://www.activeminds.org	Awareness & advocacy for college mental health
Jed Foundation (JED)	Student Mental Health	https://www.jedfoundation.org	Suicide prevention & mental wellness programs
APA College Student Resources	Student Mental Health	https://www.apa.org/topics/college-student-mental-health	Guides & strategies for student well-being
RAINN	Sexual Assault / Crisis Support	1-800-656-4673	Counseling, reporting, and advocacy

National Domestic Violence Hotline	Domestic Violence Support	1-800-799-SAFE	24/7 confidential support
DREDF	Disability Rights & Support	https://dredf.org	Advocacy and education for disabilities