

# MENTAL HEALTH FIRST AID

## CRISIS RESOURCES

If you start to feel the warning signs of mental health distress, contact a member of the H&W team immediately, or call 911 or one of the crisis resources below.

### **NATIONAL SUICIDE PREVENTION LIFELINE - Call or Text 988**

- This is a crisis hotline that can help with many issues, not just suicide. For example, anyone who feels sad, hopeless, or suicidal; family and friends who are concerned about a loved one; or anyone interested in mental health treatment referrals can call the Lifeline. Callers are connected with a professional nearby who will talk with them about what they are feeling or concerns for other family and friends. Call the toll-free Lifeline, 24 hours/day, 7 days/week.

### **CRISIS TEXT LINE - Text “MHFA” to 741741**

- Available 24/7, 365 days a year, helps people with mental health challenges by connecting callers with trained crisis volunteers who will provide confidential advice, support, and referrals if needed.

### **LIFELINE CRISIS CHAT – [www.988lifeline.org](http://www.988lifeline.org)**

- Chat online with crisis centers around the US.

### **THE TREVOR PROJECT - Call 866-488-7386 or Text “START” to 678678**

- Trained counselors available 24/7 to support youth who are in crisis, feeling suicidal, or in need of a safe and judgment free place to talk. Specializing in supporting the LGBTQ+ community.

### **SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION’S (SAMHSA) DISASTER DISTRESS HELPLINE - Call 1-800-985-5990 or text TalkWithUs to 66746**

- SAMHSA’s Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

## ADDITIONAL RESOURCES

### **MENTAL HEALTH FIRST AID USA - [www.mentalhealthfirstaid.org/mental-health-resources/](http://www.mentalhealthfirstaid.org/mental-health-resources/)**

- The Mental Health First Aid website has additional resources related to the most common mental health disorders.

### **CHILD WELFARE INFORMATION GATEWAY’S MANDATORY REPORTERS OF CHILD ABUSE AND NEGLECT: SUMMARY OF STATE LAWS – [www.childwelfare.gov/systemwide/laws\\_policies/state/index.cfm](http://www.childwelfare.gov/systemwide/laws_policies/state/index.cfm)**

- This summary will also tell you whether you are required to report by law and specific statute information for a particular state.