

It's Ok to Ask for Help

You are important and worthy. You are seen and valued. Life can be hard and the pandemic has made everything harder.

Whether you need help coping with grief and loss, stress, anxiety, depression, compassion fatigue or overall mental wellness, help and hope is available.

You are not alone and there's strength in reaching out for help. Where to find free assistance:

National COVID-19 Resiliency Network's (NCRN): Multilingual call center at 1-877-904-5097 for mental health and COVID-19 resources. Confidential, free and available M-F 9am-9pm.
<https://ncrn.msm.edu/>

National Suicide Prevention Lifeline: 1-800-273-TALK (8255) or En español 1-888-628-9454
Confidential, free and available 24/7
<https://suicidepreventionlifeline.org/>

Veterans Crisis Line: 1-800-273-8255 Press 1 or Text 838255; Chat and support for deaf and hard of hearing also available; Confidential, free and available 24/7
<https://www.veteranscrisisline.net/>

Crisis Text Line: Text HOME to 741-7411; Facebook and WhatsApp also available
Confidential, free and available 24/7

Mentalhealth.gov: Visit <https://www.mentalhealth.gov/> for free mental health resources and information.

National Domestic Violence Hotline: 1-800-799-SAFE (7233); TTY 1-800-787-3224 or Text "START" to 88788
Confidential, free and available 24/7

SAMHSA's National Helpline: 1-800-662-HELP (4357); TTY: 1-800-487-4889; Referral and information available in English or En español; Confidential, free and available 24/7
<https://www.samhsa.gov/find-help/national-helpline>

Disaster Distress Helpline: 1-800-985-5990 or text "TalkWithUs" to 66746; Confidential, free and available 24/7
<https://www.samhsa.gov/find-help/disaster-distress-helpline>

National Alliance on Mental Illness (NAMI): 1-800-950-NAMI (6264) Confidential, free and available M-F 10am-10pm
<https://www.nami.org/home>

The Trevor Project hotline for LGBTQ young people: 1-866-488-7386; Chat and text also available; Confidential, free and available 24/7 (<https://thetrevorproject.org>)

Check with your Human Resources Department or Health Plan to find out if a free and confidential **Employee Assistance Program (EAP)** is available.

If you or a loved one is in immediate danger, call 911. Notify the operator that it is a psychiatric emergency and ask for police officers trained to help people in a psychiatric emergency.

