

National Mental Health Resources

Hotlines



National Suicide Prevention Lifeline
(24/7 access) - 800-273-TALK (8255)

Crisis Text Line
(24/7 access) - Text HOME to 741741

National Domestic Violence Hotline
-800-799- SAFE (7233)

Smartphone Apps



Headspace Meditation App
<https://www.headspace.com/meditation/guided-meditation>