

## “Stay at Home” Mental Health Resource List

Below is a list of mental health apps, online therapy, additional online resources, and hotlines that can be utilized at home when leaving the house for outside resources is not an option.

<b>Mental Health Apps</b>	
<b>ACT Coach</b>	<p>ACT Coach, developed by the U.S. Department of Veterans Affairs, teaches users how to tolerate negative thoughts and feelings.</p> <p>The app virtually guides people through awareness exercises and gives tips on how to ditch self-doubt. With an extra focus on mindfulness, this app also provides a log to track your progress.</p>
<b>AETAS</b>	<p>Designed by therapist Rosemary Sword, this app offers mind-balancing exercises to help you relax, focus, and develop a sense of well-being.</p> <p>The app offers meditations, guided visualization exercises, and a self-discovery quiz. The approach is based on Time Perspective Therapy, a method to curb unhelpful or obsessive thoughts. The app offers information and research on this approach.</p>
<b>Breathe2Relax</b>	<p>Created by the National Center for Telehealth and Technology, this app teaches users how to do diaphragmatic breathing (read: breathe down into the low belly).</p> <p>There are educational videos on the stress response, logs to record stress levels, and customizable guided breathing sessions.</p>
<b>DBT Diary Card and Skills Coach</b>	<p>This app works as a daily mood and thought diary based on the dialectical behavior therapy (DBT) approach. It has a coaching module that gives tips on sticky emotional situations, like how to ask for what you need or how to successfully resolve conflict.</p>

	<p>Users get positive reinforcement when they're consistent with their entries. The app also includes a super-helpful DBT reference section for more info on coping skills — all backed by research.</p>
<p><b>Depression CBT Self-Help Guide</b></p>	<p>This app is based on cognitive behavioral therapy (CBT). It helps you monitor dips in your mood and learn about clinical depression and treatments.</p> <p>You can also try guided relaxation techniques in the app's Relaxation Audio. You can learn strategies to challenge negative thinking with the Emotion Training audio and the Cognitive Thought Diary. There is a motivation points system that will keep you engaged.</p>
<p><b>Happify</b></p>	<p>Designed with input from 18 health and happiness experts, Happify's positive mood-training program is psychologist-approved. Its website links to bonus videos that are sure to make you smile.</p>
<p><b>Sanvello</b></p>	<p>Formerly called Pacifica, the Sanvello app teaches techniques for dealing with anxiety, depression, and stress. It is based on cognitive behavioral therapy (CBT). It teaches through a combination of: videos, audio exercises, interactive activities, and mood and health habit tracking.</p> <p>Sanvello is integrated with Apple Health, so you can input exercise, sleep, and caffeine figures. Sanvello also tracks Mindfulness Minutes in Apple Health, based on your meditation practice.</p> <p>You can also connect to a community of users where other people post on a variety of topics, including personal strategies and words of encouragement.</p>
<p><b>Daylio</b></p>	<p>Daylio is a journaling and mood-tracking app. Tracking moods can help you tune in to the positive things in your life. You enter your moods by choosing icons from Daylio's large online database. Daylio also offers a journaling function to write about your activities.</p>

<p style="text-align: center;"><b>MindShift</b></p>	<p>This straightforward stress management tool helps users rethink what’s stressing them out through a variety of onscreen prompts. The app encourages new ways to take charge of anxiety and tune into body signals based on cognitive behavioral therapy (CBT).</p>
<p style="text-align: center;"><b>Operation Reach Out</b></p>	<p>This mood tracker and resource locator was designed by Emory University researchers to aid in suicide prevention.</p> <p>The setup is simple: Users create a personal profile that includes emergency contact information, current medications, safety plans, and reminders for appointments or medications. The app uses GPS to locate mental health care services nearby, should any user enter crisis mode.</p>
<p style="text-align: center;"><b>PTSD Coach</b></p>	<p>If you suffer from PTSD symptoms, this 24-hour tool can be very valuable. It’s linked directly to support services. PTSD Coach is available as an app or through a browser online.</p> <p>You’ll select the specific issue you want to deal with, from anxiety and anger, to insomnia and alienation. The app then gives you guidance on how to lift your mood, shift your mindset, and reduce stress.</p>
<p style="text-align: center;"><b>Quit It</b></p>	<p>This app’s approach is different from that of other stop-smoking apps. It shows you the hit your wallet takes every time you get another pack.</p> <p>Quit It calculates how much money you save each time you don’t smoke. Think of it as extra financial incentive to kick nicotine and tobacco and save for something far better.</p>
<p style="text-align: center;"><b>Quit Pro</b></p>	<p>Think of this as a fitness tracker for your smoking habit. It monitors your cravings over time, the places you puff the most, the triggers that lead you to light up, and the money you save by resisting a cigarette.</p> <p>By keeping track of your quitting progress and offering you motivational messages and statistics along the way, this comprehensive</p>

	<p>app is a much better thing to have in your back pocket than a pack of smokes.</p>
<b>SAM</b>	<p>The SAM (Self-Help for Anxiety Management) app lets you know what’s pushing you over the edge, so you can reel yourself back in. SAM’s approach is to monitor anxious thoughts, track behavior over time, and use guided self-help exercises to discourage stress.</p> <p>SAM takes it to the next level by offering a “Social Cloud” feature that allows users to confidentially share their progress with an online community for added support.</p>
<b>Stop, Breathe, Think!</b>	<p>5 minutes is enough time to cultivate mindfulness, which can improve your mood, lower stress, and help you feel more compassion toward yourself and the world.</p> <p>Consider that mindfulness and happiness tend to go hand-in-hand. And, as added incentive, this app can also improve your focus.</p>
<b>Stop Drinking</b>	<p>Relying on the powers of relaxation, visualization, and positive suggestions, this pro-sobriety app has the goal of calming your mind and getting it to a less-stressed place — where you’ll be less likely to crave a drink.</p> <p>Take advantage of the reminder feature that gives periodic chimes to prompt you to breathe and focus on the good throughout the day.</p>
<b>Stress and Anxiety Companion</b>	<p>This app can help make the wellness process a lot easier by guiding you through proven techniques to reduce those off-kilter thoughts and emotions while cultivating a much more present mindset.</p> <p>Additional features allow you to identify anxiety triggers to make sure they don’t catch you off guard.</p>
<b>Talkspace</b>	<p>For a low fee, you can text message with a trained professional as needed, and they’ll respond 1–2 times per day.</p>

	<p>Talkspace offers services for both individuals and couples. The app is free to download, but service plans will cost some money.</p>
<p><b>Worry Watch</b></p>	<p>This app enables users to track what kick-starts their anxiety, note trends in their feelings, observe when the outcomes were harmless, and keep tabs on insights to stop future freak-outs.</p> <p>To lower your anxiety even further, Worry Watch is password-protected, so whatever you divulge in the diary feature is safe and sound.</p>
<p><b>Websites, Online Support, and Forums</b></p>	
<p><b>Body Dysmorphic Disorder Foundation</b></p>	<p>People with Body Dysmorphic Disorder (BDD) have a damaging preoccupation with their appearance and an obsessive focus on their physical flaws. If that sounds familiar, you might find some relief on the BDD Foundation’s website.</p> <p>It’s all laid out here — resources for better understanding the problem, seeking treatment, spreading the word about the disorder, and more.</p> <p>Website: <a href="https://bddfoundation.org/">https://bddfoundation.org/</a></p>
<p><b>Center for Complicated Grief</b></p>	<p>Hosted by the Center for Complicated Grief, this site offers help for those who feel “stuck” in grief. Instead of healing after the loss of a loved one, those with complicated grief continue to have difficulty managing painful emotions, troubling thoughts, and dysfunctional behavior.</p> <p>The website provides resources including articles, research, social support groups, and organizations to connect with when healing from the loss of a loved one. It also offers a self-assessment tool to see if you’re experiencing complicated grief.</p> <p>Website: <a href="https://complicatedgrief.columbia.edu/for-the-public/complicated-grief-public/overview/">https://complicatedgrief.columbia.edu/for-the-public/complicated-grief-public/overview/</a></p>

<p align="center"><b>CenterLink: The Community of LGBT Centers</b></p>	<p>Founded in 1994 as an alliance to promote and maintain LGBTQ+ community centers, CenterLink’s helpful services have now moved online.</p> <p>Check out all they have to offer — from links to health centers across the United States to advocacy groups and educational services.</p> <p>Website: <a href="https://www.lgbtcenters.org/">https://www.lgbtcenters.org/</a></p>
<p align="center"><b>LGBT National Help Center</b></p>	<p>A great resource for people identifying all across the LGBTQ+ spectrum, this site includes information on everything from support to education to community organizing.</p> <p>One of the center’s best resources is its online volunteer-run chat room. Chats are open during 1–9 p.m. (PST) during the week and between 9 a.m. and 2 p.m. (PST) on Saturday.</p> <p>Website: <a href="http://www.glbtnationalhelpcenter.org/">http://www.glbtnationalhelpcenter.org/</a></p>
<p align="center"><b>Healing From BPD</b></p>	<p>For anyone with borderline personality disorder, this peer-run Facebook group is the perfect online space to ask questions about BPD and its treatment, especially considering that mental health professionals often chime in.</p> <p>It’s also a place to share experiences, discuss progress and challenges, and potentially make some new friends who get where you’re coming from because they’re right there with you.</p> <p>Website: <a href="https://www.my-borderline-personality-disorder.com/">https://www.my-borderline-personality-disorder.com/</a></p>
<p align="center"><b>IMAlive</b></p>	<p>If you’re in a place where picking up the phone seems too daunting, you can still access support through IMAlive’s virtual crisis chat.</p> <p>Staffed by a network of trained and supervised peer volunteers around the country, IMAlive’s goal is to empower</p>

	<p>individuals in despair, address their situation, and help them navigate the darkest and most difficult emotional times.</p> <p>Website: <a href="https://www.imalive.org/">https://www.imalive.org/</a></p>
<p><b>International OCD Foundation</b></p>	<p>This website offers an invaluable space for those struggling with obsessive-compulsive disorder. It offers many links, resources, and opportunities to either get involved or get help in the ongoing fight to preserve mental health.</p> <p>Find help, learn more about the illness, find out about events, get help and support, or share your own personal story to the community.</p> <p>Website: <a href="https://iocdf.org/">https://iocdf.org/</a></p>
<p><b>MentalHealth.gov</b></p>	<p>The main goal of this government-sponsored resource: Educate as many people as possible about the realities of mental illness in America, while offering resources to those seeking help. The site is provided by the U.S. Department of Health and Human Services. Consider this your go-to site for a rundown on what mental health disorders look like. It also includes information on how to get help, support someone you love, or start a dialog about mental health in your community.</p> <p>Support is provided for almost any aspect of mental health, including eating disorders, anxiety disorders, veterans’ issues, substance abuse, obsessive-compulsive disorder, psychotic disorders, schizophrenia, suicidal behavior, and trauma and stress-related disorders</p> <p>Website: <a href="https://www.mentalhealth.gov/">https://www.mentalhealth.gov/</a></p>
<p><b>National Alliance on Mental Illness (NAMI)</b></p>	<p>From education about mental illness to updates on insurance coverage, NAMI offers a slew of resources. People who want to get informed about the workings of the mind and the government’s recognition of mood and behavioral disorders will get the full scoop here.</p>

	<p>Arguably the most helpful resource is the heart-wrenching and hopeful personal stories from individuals across the country from individuals sharing their accounts of living with mental illness.</p> <p>Website: <a href="https://www.nami.org/">https://www.nami.org/</a></p>
<p><b>National Center for Victims of Crime</b></p>	<p>This resource enables victims of all types of crimes (think: bullying, physical abuse, stalking, and even terrorism) to secure the help they need. Services are anonymous and confidential, with no collection of phone numbers or IP addresses.</p> <p>Individuals in need can access the center’s Victim Connect Resource Center to get immediate help via chat or phone, report a crime, read about victim rights and how to get a protective or restraining order. Information is also available about financial and legal avenues of help.</p> <p>Website: <a href="https://victimsofcrime.org/">https://victimsofcrime.org/</a></p>
<p><b>National Eating Disorders Association (NEDA)</b></p>	<p>A pioneer in the education and treatment for eating disorders, the National Eating Disorders Association of America (NEDA) extends a wide range of support services, learning tools, and opportunities to advocate on behalf of those with an eating disorder.</p> <p>The website offers information about the various types of eating orders, plus a list of recovery resources. There is also a hotline where you can get immediate help if you need it.</p> <p>Anyone wanting to learn how to support a family member or friend affected by an eating disorder can download the Parent Toolkit. It provides answers to questions about the signs of an eating disorder, symptoms and medical consequences, and treatment and levels of care.</p> <p>Website: <a href="https://www.nationaleatingdisorders.org/">https://www.nationaleatingdisorders.org/</a></p>

<p><b>National Institute of Mental Health</b></p>	<p>The National Institute of Mental Health (NIMH) site is one of the most comprehensive and trusted sources for information about mental illness. It's packed with educational tools designed to promote awareness and provide funding for research.</p> <p>It serves as a hub on a variety of topics: the latest news on a range of disorders, updates on new treatments, and reports on insurance coverage. And yes, you can also search for support via the NIMH site.</p> <p>Website:  <a href="https://www.nimh.nih.gov/index.shtml">https://www.nimh.nih.gov/index.shtml</a></p>
<p><b>OK2Talk</b></p>	<p>This site is designed for teens and young adults with mental illness. It offers an online outlet for people to come forward with their own stories, find support, and discuss the diagnoses they may have received.</p> <p>OK2Talk comes with plenty of motivational posts and mantras as well. Spend some time here, and you'll soon be reassured that whatever you're struggling with, you're most certainly not alone.</p> <p>Website: <a href="https://ok2talk.org/">https://ok2talk.org/</a></p>
<p><b>Stalking Resource Center</b></p>	<p>You probably already know that stalking is an extremely serious issue. But you may not know what type of help to seek if you or someone you know is a victim. Here's where the Stalking Resource Center can help.</p> <p>The Stalking Resource Center presents a number of options for anyone struggling with endless unwanted attention or obsessive behavior. Use their VictimConnect phone helpline if you need help. But dial 911 if you are in immediate danger.</p> <p>You can also download a brochure explaining what stalking is (and how to tell if you're being followed). Learn how to develop a safety plan, and when to call the police.</p>

	<p>You'll find encouragement to trust your instincts and take threats seriously.</p> <p>Website: <a href="https://victimsofcrime.org/our-programs/past-programs/stalking-resource-center/help-for-victims">https://victimsofcrime.org/our-programs/past-programs/stalking-resource-center/help-for-victims</a></p>
<p><b>Substance Abuse and Mental Health Services Administration</b></p>	<p>This resource is chock-full of data, research insights, treatment options, and educational tools about substance dependencies and mood or behavioral issues. It's provided by the U.S. Department of Health and Human Services primarily to help those with substance abuse issues.</p> <p>This site also offers training and grant application resources to people interested in becoming practitioners in the substance abuse field.</p> <p>Its Evidence-Based Practices Resource Center provides communities, clinicians, and policy-makers with information and tools to incorporate practices into their communities.</p> <p>Website: <a href="https://www.samhsa.gov/">https://www.samhsa.gov/</a></p>
<p><b>Trevor Space</b></p>	<p>This site, an endeavor sponsored by the Trevor Project, is an excellent safe haven to connect to other young gay, lesbian, bisexual, trans, or queer people.</p> <p>You'll also pick up news about LGBTQ+ issues and get tips for joining in the community, wherever you live.</p> <p>Website: <a href="https://www.trevorspace.org/">https://www.trevorspace.org/</a></p>
<p><b>Online Therapy</b></p>	
<p><b>Better Help</b></p>	<p>BetterHelp offers access to licensed, trained, experienced, and accredited psychologists (PhD / PsyD), marriage and family therapists (LMFT), clinical social workers (LCSW / LMSW), and board licensed professional counselors (LPC). It is an online therapy platform.</p> <p>Cost: The cost of counseling through BetterHelp ranges from \$40 to \$70 per week</p>

	<p>(billed monthly). You can cancel your membership at any time for any reason.</p> <p>Website: <a href="https://www.betterhelp.com/faq/">https://www.betterhelp.com/faq/</a></p>
<p><b>Faithful Counseling</b></p>	<p>Faithful Counseling is designed as a solution for people seeking traditional mental health counseling who would prefer hearing from the perspective of a Christian. If you are seeking a mental health professional who is a practicing Christian, Faithful Counseling may be a great option for you. This is an online therapy platform.</p> <p>Cost: Faithful Counseling offers a more comprehensive full-time counseling service at the rate of \$40 to \$70 per week (billed monthly). You can cancel your membership at any time for any reason.</p> <p>Website: <a href="https://www.faithfulcounseling.com/">https://www.faithfulcounseling.com/</a></p>
<p><b>Regain</b></p>	<p>Regain is an online relationship counseling platform. We change the way people get help facing relationship challenges by providing convenient, discreet, and affordable access to a licensed therapist. Regain makes professional counseling available anytime, anywhere, through a computer, tablet or smartphone. Regain may be used by individuals or couples seeking counseling for relationship or marital issues.</p> <p>Cost: The cost of counseling through Regain ranges from \$40 to \$70 per week (billed monthly). You can cancel your membership at any time for any reason.</p> <p>Website: <a href="https://www.regain.us/">https://www.regain.us/</a></p>
<p><b>Talkspace</b></p>	<p>Talkspace is an online and mobile therapy company based in New York City. It was founded by Oren and Roni Frank in 2012. Talkspace users have access to licensed therapists through the website or mobile app on iOS and Android.</p> <p>Cost: Choose a payment plan that suits your budget. Plans start at \$65/wk</p>

	<p>Website: <a href="https://www.talkspace.com/">https://www.talkspace.com/</a></p>
<p><b>Teen Counseling</b></p>	<p>TeenCounseling is an online platform where teens from ages 13-19 can get help from a licensed therapist online. All teens can benefit from having a professional counselor at their fingertips to discuss issues such as coping skills, anxiety, stress, self-esteem, depression, bullying, anger, eating disorders or any other mental challenges.</p> <p>Cost: TeenCounseling ranges from \$40 to \$70 per week (billed monthly) and includes messaging, chats, phone, and video sessions.</p> <p>Website: <a href="https://www.teencounseling.com/">https://www.teencounseling.com/</a></p>
<p><b>HealthSapiens</b></p>	<p>HealthSapiens is an online counseling service that gives you 24/7, unlimited access to licensed, U.S.-based therapists, for a flat monthly fee. The online therapy site also offers also in-person consultations on top of online for members who prefer face-to-face counseling.</p> <p>Typical issues HealthSapiens therapists address include Anxiety, Bulimia, Depression, Grieving/loss of a loved one, Insomnia, Mood Disorders, Obsessive-Compulsive Disorder (OCD), Post Traumatic Stress Disorder (PTSD), Relationship Issues, Stress, Substance Abuse, Teen/parenting issues</p> <p>Cost: HealthSapiens typically charges \$197 per month</p> <p>Website: <a href="https://healthsapiens.com/">https://healthsapiens.com/</a></p>
<p><b>Pride Counseling</b></p>	<p>Whether you are struggling with mental health issues, your identity, or just need someone to talk to, help should be accessible to everyone. Individuals in the LGBTQ community suffer from mental health issues at a disproportionately high rate and we wanted to help. Provides a platform for people to get the help they need discretely, affordably, and conveniently. Message your</p>

	<p>counselor whenever an issue arises. Schedule sessions that work with your schedule.</p> <p>Cost: The cost of counseling through Pride Counseling ranges from \$40 to \$70 per week (billed monthly). You can cancel your membership at any time for any reason.</p> <p>Website: <a href="https://www.pridecounseling.com/">https://www.pridecounseling.com/</a></p>
<p><b>Online-Therapy</b></p>	<p>A dedicated online-based team of consultant therapists, cognitive behavioral therapists, practitioners and support staff that collaboratively works to help people in need of emotional support.</p> <p>Cost: Starting at \$31.96/week (including our 20% discount first month).</p> <p>Website: <a href="https://www.online-therapy.com/">https://www.online-therapy.com/</a></p>
<p style="text-align: center;"><b>Hotlines and Call Centers</b></p>	
<p><b>Borderline Personality Disorder Resource Center</b></p>	<p><i>Get support now: 1-888-694-2273</i></p> <p>If you've been diagnosed with borderline personality disorder (BPD), or you have a hunch you or a loved one may be displaying symptoms of BPD, this hotline may be able to help. It provides education about BPD and connects you to established resources for treatment and support.</p> <p>The Borderline Personality Disorder Resource Center hotline is monitored by certified social workers. They can provide immediate over-the-phone crisis counseling and can refer you to local resources in your area.</p>
<p><b>Disaster Distress Hotline</b></p>	<p><i>Get support now: 1-800-985-5990</i></p> <p>If you're a survivor of a disaster (whether caused by nature or man), this is your go-to contact for all things related to counseling and relief.</p> <p>The trained counselors staffing the Disaster Distress Hotline provide help to those experiencing distress in the wake of hurricanes, floods, wildfires, droughts, and</p>

	<p>earthquakes, as well as incidences of mass violence or health epidemics.</p> <p>The call center is also open to friends and family members of survivors of disaster. An alternative way to connect: Text “TalkWithUs” to 66746.</p>
<p style="text-align: center;"><b>Friendship Line</b></p>	<p><i>Get support now: 1-800-971-0016</i></p> <p>Friendship Line is the Institute on Aging’s 24-hour toll-free crisis line for people aged 60 years and older, and adults living with disabilities. This nationwide hotline reaches out to lonely, depressed, isolated, frail older adults who are depressed, and who may be considering suicide.</p> <p>Trained volunteers offer a caring ear and a friendly conversation with depressed older adults. They provide emotional support as well as active suicide intervention. They also provide information and referrals, elder abuse reporting, well-being checks, and grief support.</p> <p>In addition to receiving incoming calls on the hotline, Friendship Line also reaches out to eligible callers by connecting with them on a regular basis and helping monitor their physical and mental health.</p>
<p style="text-align: center;"><b>LGBT National Help Line</b></p>	<p><i>Get support now: 1-888-843-4564</i></p> <p>Need to talk to someone who gets it when it comes to coming out, being bullied for your sexual orientation, or navigating same-sex relationships? You can find a sympathetic ear on the GLBT National Help Line, run by peers and allies of the LGBTQ+ community.</p> <p>This hotline is ready to hear your concerns and can connect you to the GLBT National Help Center’s massive list of resources for LGBTQ-friendly services and organizations near you.</p>
	<p><i>Get support now: 1-800-246-7743</i></p>

<p><b>LGBT National Talkline for Youth</b></p>	<p>If you're under 21 and looking to speak with a peer counselor who really understands issues related to gender or sexual identity, this is the number to call.</p> <p>This help line is similar to the national help line, but this version is for young LGBTQ-identified individuals. You can dial in to talk about hardships you face in your day-to-day lives, as well as access resources to help bolster you into your 20s and beyond.</p>
<p><b>National Suicide Prevention Lifeline</b></p>	<p><i>Get support now: 1-800-273-8255</i></p> <p>This suicide prevention hotline is available 24/7 to offer a compassionate ear — no matter what you're dealing with. Their primary aim is to keep you going, even in the darkest of times. Pour your heart out to a skilled staffer without fear of being judged.</p> <p>If you'd like referrals to local mental health care services after your call, hotline representatives can set you up.</p>
<p><b>Veterans Crisis Line</b></p>	<p><i>Get support now: 1-800-273-8255</i></p> <p>This is a crisis support line specifically for veterans and active service members, especially for those contemplating suicide. It is conducted by the U.S. Department of Veterans Affairs.</p> <p>It also offers help with other mental health issues, such as anxiety, bipolar disorder, PTSD, and substance abuse.</p> <p>Although there are other mental health hotlines, some of them may not know how to support the veteran or service member in their life who is going through a difficult time. The line is also available to family and friends of veterans and service members.</p>
	<p><i>Get support now: 1-630-577-1330</i></p> <p>Need more info on eating disorders? Looking for treatment for yourself, a friend, or a loved one? The National Association of Anorexia</p>

<p><b>National Association of Anorexia Nervosa and Associated Disorders</b></p>	<p>Nervosa and Associated Disorders (ANAD) national helpline is here for you.</p> <p>It is available from 9 a.m. to 5 p.m. (CST) Monday through Friday.</p> <p>Whether you're looking for immediate counseling or recommendations for treatment and support, this is the number to call. People who prefer to connect with a volunteer or counselor but would prefer not to do it by phone can take advantage of ANAD's services via email.</p>
<p><b>VictimConnect</b></p>	<p><i>Get support now: 1-855-484-2846</i></p> <p>If you've been the victim of any type of crime, this toll-free, confidential helpline can connect you with the resources that best address your current situation. It is offered by the National Center for Victims of Crime.</p> <p>This is a centralized hotline that can refer you to whatever help you may need, from directing you to specific counseling centers and resources to connecting you with legal advice. Whatever the crime, this hotline is a trustworthy first step in getting you the assistance you need.</p>
<p><b>National Domestic Violence Hotline</b></p>	<p><i>Get support now: 1-800-799-7233</i></p> <p>Trained domestic violence advocates are available 24/7 to help those involved in abusive or dangerous home situations. To receive immediate counseling free of charge and gain access to local resources to implement a safety plan and find refuge, make the call.</p> <p>Help is available free of charge to anyone regardless of sexual orientation or home situation. If it is not convenient or safe to talk, you can use the chatline 24/7. If you are in immediate danger, call 911.</p>
	<p><i>Get support now: 1-800-931-2237</i></p>

<p><b>National Eating Disorder Association Helpline</b></p>	<p>Need some help figuring out who to turn to when dealing with an eating disorder, perhaps your own or someone else's? Call a trained NEDA representative at this hotline and they'll provide you with information about eating disorders, treatment options, and referrals.</p> <p>The helpline is available Monday through Thursday from 9 a.m. to 9 p.m. (EST), and Friday from 9 a.m. to 5 p.m. (EST), with holiday closures.</p>
<p><b>National Organization for Victim Assistance</b></p>	<p><i>Get support now: 1-800-879-6682</i></p> <p>Whether you're a victim or a witness to a crime (or even if you're a criminal justice or mental health professional seeking services for a client), NOVA's Victim Assistance Helpline can assist you. The helpline is available 9 a.m. to 5 p.m. (EST) Monday through Friday.</p> <p>Though the association doesn't offer counseling, NOVA representatives can connect you within minutes to a counseling hotline that best fits your needs. They also provide information about crime and crisis recovery, as well as referrals to victim advocacy.</p>
<p><b>National Sexual Assault Hotline</b></p>	<p><i>Get support now: 1-800-656-4673</i></p> <p>You don't have to suffer in silence if you've been sexually assaulted. This hotline can offer counsel and link you to resources that can help you navigate this traumatic situation.</p> <p>The group's website also hosts a free and confidential online chat, if that's easier than picking up the phone. The website also offers information about sexual assault, and tips for prevention and recovery.</p>
	<p><i>Get support now: 1-712-432-0075</i></p> <p>Maybe you want to connect with others who can relate to the obsessions or compulsions that are weighing on you, but you can't attend</p>

<p style="text-align: center;"><b>Obsessive Compulsive Anonymous Nationwide Conference Call</b></p>	<p>in-person meetings. That's where this call center can step in.</p> <p>The conference call can help lift you out of isolation and link you up with peers who know exactly what you're going through. Modeled after Alcoholics Anonymous, OCA's conference calls follow the basic format of a 12-step meeting.</p> <p>Participation in the conference calls is free, except for the cost of the telephone call. They ask that you become familiar with the 12-step process before participating.</p> <p>Visit the group's website for times of the conference calls, plus additional resources related to OCD. Some conferences focus on specific topics, such as Trichotillomania (hair-pulling, including skin-picking and nail-biting) and Body Dysmorphic Disorder (BDD).</p>
<p style="text-align: center;"><b>Samaritan's Crisis Hotline</b></p>	<p><i>Get support now: 1-212-673-3000</i></p> <p>Staffed by trained volunteers, this 24/7 suicide prevention hotline is free of charge and available to extend a compassionate, nonjudgmental ear when you're in crisis. This is the ideal resource for anyone who can't afford therapy but desperately needs to talk and be heard.</p> <p>Call the Samaritans morning, noon, or night if you're feeling overwhelmed, depressed, or isolated and can't turn to family and friends. They will help you deal with every kind of problem, illness, trauma, or loss you have experienced.</p> <p>The hotline provides those in crisis (as well as the people who care for them) with a 24-hour safety net. It is intended to be used to fill in gaps in service, bridge the time between therapy appointments, and act as a source of ongoing emotional maintenance.</p>
	<p><i>Get support now: 1-866-488-7386</i></p>

<p><b>Trevor Lifeline</b></p>	<p>For LGBTQ+ youth who need help grappling with urges to self-harm or thoughts of suicide, this number can literally be a lifeline. Available free of charge and at all hours, this number is manned by a trained staffer ready to field your call.</p> <p>During your call, you can open up about whatever issues you're facing. Not into phone calls? Access TrevorChat on the website to text with a skilled support line responder.</p>
<p><b>Crisis Call Center</b></p>	<p><i>Get support now: 1-800-273-8255</i></p> <p>Another 24-hour helpline, this crisis call center gives Nevada residents support for emotional distress — whatever the reason — and connects them with resources throughout the state that they can access.</p> <p>Pick up the phone when you need to talk, or text "CARE" to 839863 to connect. This helpline covers almost any aspect of mental health, including depression and suicide, sexual assault, elder abuse, child abuse, domestic violence, and substance abuse</p>