

Mental Health Resources

ADHD

Children and Adults with Attention-Deficit/Hyperactivity Disorder
800-233-4050
www.chadd.org

Borderline Personality Disorder

Treatment and Research Advancements for Borderline Personality Disorder
888-482-7227
www.tara4bpd.org

Bullying and Cyberbullying

CyberBullying Research Center
www.cyberbullying.us

CyberTipline
800-843-5678
Twenty-four hours a day, seven days a week
<http://www.cybertipline.com>

Stop Bullying Now Campaign
www.stopbullying.gov

Crisis Lines

Crisis Call Center
800-273-8255 or text ANSWER to 839863
Twenty-four hours a day, seven days a week
<http://crisiscallcenter.org/crisisservices.html>

Crisis Text Line
741-741 (Text only)
Twenty-four hours a day, seven days a week
<http://www.crisistextline.org>

National Domestic Violence Hotline
800-799-7233
Twenty-four hours a day, seven days a week
www.thehotline.org

National Suicide Hotline
800-SUICIDE (784-2433)
800-442-HOPE (4673)
Twenty-four hours a day, seven days a week
<http://www.hopeline.com>

National Suicide Prevention Lifeline
800-273-TALK (8255)
Twenty-four hours a day, seven days a week
<http://www.suicidepreventionlifeline.org>

Samaritans
877-870-HOPE (4673) (Call or Text)
Twenty-four hours a day, seven days a week
<http://samaritanshope.org>

The Trevor Lifeline
866-4-U-TREVOR (488-7386)
Twenty-four hours a day, seven days a week
<http://www.thetrevorproject.org>

Depression and Bipolar Disorders

The Balanced Mind Foundation
www.bpkids.org

Depression and Bipolar Support
800-826-3632
<http://www.dbsalliance.org>

Depression Screening
www.depression-screening.org

Families for Depression Awareness
www.familyaware.org

National Hopeline Network
800-SUICIDE (784-2433)
800-442-HOPE (4673)
Twenty-four hours a day, seven days a week
<http://www.hopeline.com>

Crisis Center and Hotlines Locator by State
<http://www.suicidepreventionlifeline.org/getinvolved/locator>

Pendulum
www.pendulum.org

Suicide Prevention Services Depression Hotline
630-482-9696
Twenty-four hours a day, seven days a week
<http://www.spsamerica.org>

Eating Disorders

Eating Disorders Anonymous
www.eatingdisordersanonymous.org

National Association of Anorexia Nervosa and Eating Disorders
630-577-1330
9 a.m. to 5 p.m. EST, Monday to Friday
<http://www.anad.org>

Mental Health Resources

National Eating Disorders Association
800-931-2237
9 a.m. to 5 p.m. EST, Monday to Friday
<http://www.nationaleatingdisorders.org>

Overeaters Anonymous
www.aa.org

Something Fishy
www.somethingfishy.org

Grief and Loss

National Hopeline Network
800-SUICIDE (784-2433)
800-442-HOPE (4673)
Twenty-four hours a day, seven days a week
<http://www.hopeline.com>

National Mental Health Association Hotline
800-273-TALK (8255)
Twenty-four hours a day, seven days a week
<http://www.nmha.org>

Tragedy Assistance Program for Survivors (TAPS)
800-959-TAPS (8277)
Twenty-four hours a day, seven days a week
<http://www.taps.org>

Mental Health

American Psychiatric Association Answer Center
888-35-PSYCH (77924)
8:30 a.m. to 6 p.m.
American Psychological Association Public Education Line
800-964-2000

Brain & Behavior Research Foundation
www.bbrfoundation.org

Mental Health America
800-950-NMHA (6642)
www.mentalhealthamerica.net

National Alliance on Mental Illness
800-950-NAMI (6264)
www.namimass.org

National Council for Community Behavioral Healthcare
www.thenationalcouncil.org

National Hopeline Network
800-SUICIDE (784-2433)
800-442-HOPE (4673)
Twenty-four hours a day, seven days a week
<http://www.hopeline.com>

National Institute of Mental Health Information Center
866-615-6464
8 a.m. to 8 p.m. EST, Monday to Friday
<http://www.nimh.nih.gov/site-info/contact-nimh.shtml>

National Mental Health Association Hotline
800-273-TALK (8255)
Twenty-four hours a day, seven days a week
<http://www.nmha.org>

Recovery, Inc.
www.recovery-inc.com

Substance Abuse and Mental Health Service Administration
www.samhsa.gov

Treatment Referral Helpline
800-662-HELP (4357)
www.findtreatment.samhsa.gov

Rape, Sexual Violence, and Domestic Violence

Center for the Study and Prevention of Violence
www.colorado.edu/cspv

Childhelp USA National Child Abuse Hotline
800-4-A-CHILD (422-4453)
Twenty-four hours a day, seven days a week
<http://www.childhelpusa.org>

Daybreak- in Central Massachusetts
508-755-9030
Twenty-four hours a day, seven days a week
www.ywcaworcester.org

loveisrespect, National Teen Dating Abuse Helpline
(866) 331-9474
Twenty-four hours a day, seven days a week
<http://www.loveisrespect.org>

National Domestic Violence Hotline
800-799-SAFE (7233)
Twenty-four hours a day, seven days a week
<http://www.ndvh.org>

Mental Health Resources

National Sexual Violence Resource Center
717-728-9740
www.nsvrc.org

Pathways For Change
800-870-5905
Twenty-four hours a day, seven days a week
www.centralmasspfc.org

Rape, Abuse, and Incest National Network
800-656-HOPE (4673)
Twenty-four hours a day, seven days a week
<http://www.rainn.org>

Safe Horizon's Rape, Sexual Assault & Incest Hotline
Domestic Violence Hotline: 800-621-HOPE (4673)
Crime Victims Hotline: 866-689-HELP (4357)
Rape, Sexual Assault & Incest Hotline: 212-227-3000
TDD phone number for all hotlines: 866-604-5350
Twenty-four hours a day, seven days a week
<http://www.safehorizon.org>

School Violence

National Center for Mental Health Promotion and Youth Violence Prevention
9 a.m. to 5 p.m. EST, Monday to Friday
<http://www.promoteprevent.org>

SPEAK UP
866-SPEAK-UP (773-2587)
Twenty-four hours a day, seven days a week
<http://www.bradycampaign.org/our-impact/campaigns/speak-up>

Schizophrenia and Related Disorders

Schizophrenia.com
www.schizophrenia.com

Schizophrenia and Related Disorders Alliance of America
240-423-9432
www.sardaa.org

Schizophrenia Anonymous
www.sanonymous.com

Schizophrenia Treatment and Evaluation Program
www.psychiatry.unc.edu/step

Self-Harm

S.A.F.E. Alternatives
800-DONTCUT (366-8288)
<http://www.selfinjury.com>

Sexuality and Sexual Health

GLBT National Youth Talkline
800-246-PRIDE (7743)
4 p.m. to 12 a.m. EST, Monday to Friday
12 p.m. to 5 p.m. EST, Saturday
<http://www.glnh.org/talkline>

SWAGLY
508-755-3773
<http://aidsprojectworchester.org>

Trans Lifeline
877) 565-8860
This hotline is staffed by volunteers who are all trans identified and educated in the range of difficulties transgender people experience. Operators are generally available twenty-four hours a day, seven days a week.
<http://www.translifeline.org>

The Trevor Lifeline
866-4-U-TREVOR (488-7386)
Twenty-four hours a day, seven days a week
<http://www.thetrevorproject.org>

Stress and Anxiety

Anxiety and Depression Association of America
240-485-1001
www.adaa.org

Anxiety Disorders Message Board
www.anxietypanicattack.com

International OCD Foundation
617-973-5801
<http://iocdf.org/>

National Institute of Mental Health Information Center
866-615-6464
8 a.m. to 8 p.m. EST, Monday to Friday
<http://www.nimh.nih.gov/index.shtml>

Mental Health Resources

National Mental Health Association Hotline

800-273-TALK (8255)

Twenty-four hours a day, seven days a week

<http://www.nmha.org>

Substance Use

Al-Anon/Alateen

888-425-2666

800-352-9996

8 a.m. to 6 p.m. EST, Monday to Friday

<http://www.al-anon.alateen.org/index.php>

www.aa.org

www.na.org

The National Alcohol and Substance Abuse Information Center

800-784-6776

Twenty-four hours a day, seven days a week

<http://www.addictioncareoptions.com>

National Cocaine Hotline

800-COCAINE (262-2463)

National Institute on Alcohol Abuse & Alcoholism

800-662-HELP (4357)

Twenty-four hours a day, seven days a week

<http://www.niaaa.nih.gov>

New England Region of Narcotics Anonymous

1-866-NA HELP U (624-3578)

<http://www.centralmassna.org>

Substance Abuse and Mental Health Service Administration

www.samhsa.gov

Suicide

American Foundation for Suicide Prevention

888-333-2377

www.afsp.org

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<http://www.thetrevorproject.org>

Trauma

The National Child Traumatic Stress Network

www.nctsnet.org

Sidran Institute

410-825-8888

www.sidran.org