

## US Mental Health Resources

### Crisis & Mental Health Support Lines

#### 988 Suicide & Crisis Lifeline

- Call or text **988** (English and Spanish) | 24 hours, 7 days a week | Free & confidential
- 240+ languages available when calling
- For anyone facing mental health struggles, emotional distress, or who simply needs someone to talk to — trained counselors are available around the clock.

#### SAMHSA National Helpline

- Call **1-800-662-4357** (English and Spanish) | Text "HELLO" to **435748** | 24 hours, 7 days a week | Free & confidential
- A confidential and anonymous resource for persons seeking treatment for mental and substance use disorders in the United States and its territories.

#### NAMI HelpLine

- Call **1-800-950-NAMI (6264)** | Mon–Fri, 10am–10pm ET
- A free, confidential nationwide service that provides one-on-one emotional support, mental health information, and resources for individuals and families facing tough challenges.

#### Crisis Text Line

- Text **HOME** to **741741** | 24/7 Free text-based crisis support for anyone in emotional distress.

### Finding a Mental Health Professional

#### Psychology Today Therapist Finder

- Website: [Psychologytoday.com/us/therapists](https://www.psychologytoday.com/us/therapists)
- A website allows individuals to look for therapists by location, specialty, insurance, and other personal preferences — making it easier to find the right provider.

#### SAMHSA Treatment Locator

- Website: [findtreatment.gov](https://www.samhsa.gov/findtreatment)



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- A confidential online tool for finding mental health and substance use treatment in the United States and its territories.

### **Open Path Collective**

- Website: [openpathcollective.org](https://openpathcollective.org)
- Affordable therapy (sessions as low as \$30–\$80) for individuals and families who do not have insurance or cannot afford typical rates for therapists.

Email the GBCC team at [GlobalBrainCareCoalition@mgb.org](mailto:GlobalBrainCareCoalition@mgb.org) with any questions.