



Mental Health Resources



**National Alliance on
 Mental Illness (NAMI)**
 HelpLine 800-950-NAMI (6264)



NAMI Keystone Pennsylvania
<https://www.namikeystonepa.org/>



Nation Suicide Prevention Lifeline
 800-273-8255



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



Crisis Text Line
 Text HOME to 741741



**Substance Abuse and Mental
 Health Services Administration
 (SAMHSA) National Helpline**
 800-662-HELP (4357)



National Sexual Assault Hotline
 800-656-4673



US Child Abuse Hotline
 800-422-4453



Veteran Crisis Line
 800-273-8255 press 1



National Parent Helpline
 855-427-2736



**LGBTQIA+ Trevor
 Project Crisis Hotline**
 866-488-7386 (24/7)
 Text "Trevor" to 1-202-304-1200
 (Tues-Fri 3-9pm)
 Crisis Chat Room (3-9pm, 7 Days a Week)



BetterHelp
<https://www.betterhelp.com/>



National Institute of Mental Health
<https://www.nimh.nih.gov/health/find-help>



**RAINN: Rape, Abuse,
 Incest National Network**
www.rainn.org



Employer Resources
[FP Flash Survey Reveals: Majority
 of Employers Grappling with Workers'
 Mental Health Issues](#)

[10 Steps to Mental Health
 Wellness for Your Employees](#)