

## MENTAL HEALTH RESOURCES

Suicide Prevention Lifeline	988 (available on the back of student ID)
Crisis Text Line	text HOME to 741741
Depression Hotline	1-630-482-9696
Depression Text Line	text CONNECT to 741741
Eating Disorder Hotline	1-800-931-2237
Eating Disorder Text Line	text NEDA to 741741
National Domestic Violence Hotline	1-800-799-7233
National Rape and Sexual Assault Hotline	1-800-656-4673
LGBTQ+ Crisis Hotline	1-800-246-7743
Grief Support	1-650-321-5272
Exhale (after abortion hotline)	1-866-439-4253
Teen Line	1-800-852-8336
Trevor Project “...an American non-profit organization...focused on suicide prevention among lesbian, gay, bisexual, transgender, queer, and questioning youth.”	1-866-488-7386
Lifeline Crisis Chat - “...A national chat network that provide emotional support, crisis intervention, and suicide prevention services. Chat specialists are available to listen and support you through whatever difficult times you may be facing.”	<a href="https://suicidepreventionlifeline.org/chat/">https://suicidepreventionlifeline.org/chat/</a>

If you are finding help for someone else, go to: <https://suicidepreventionlifeline.org/help-someone-else/>

Additional resources: <https://sacymh.org/resources>