

LIST OF RESOURCES

Mental Health and Crisis Resources

[A list of international suicide hotlines](#)

[US, Canada, UK, Ireland] [Crisis Text Line \(24/7\)](#)

- Text HOME to 741-741 (USA)
- Text HOME to 85258 (UK)
- Text HOME to 686868 (CANADA)

These resources will provide you with information that is specific to your type of crisis (suicidality, psychosis) and location, including referrals to nearby emergency services, mobile mental health, and other resources.

INSIDE THE UNITED STATES:

National Suicide Prevention Hotline: Call or text [988](#) or chat [988lifeline.org](#)

Toll-free, confidential, 24/7 crisis counseling and mental health referrals

SAMHSA's National Helpline Call 1-800-662-HELP (4357)

(also known as the Treatment Referral Routing Service) is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, for individuals members facing mental health and/or substance use disorders.

This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

<http://www.samhsa.gov/find-hclp/national-hclpline>

National Association of Mental Illness Helpline 1-800-950-NAMI (6264)

<https://www.nami.org/Find-Support/NAMI-HelpLine>

email: info@nami.org

Contact NAMI (Monday-Friday, 10 am- 6 pm, ET)

- telephone hotline: 1-800-950-NAMI (6264)
- email: info@nami.org

DCoE Outreach Center: 1-866-966-1020

Information and resources about psychological health, PTSD and traumatic brain injury

Crisis Call Center: 775-784-8090

24-hour crisis hotline

The Trevor Project: 866-488-7286

Depression and Suicide

Violence Hotline: 1-800-799-7233

National Domestic Violence Hotline

Alcohol And Drug Helpline: 800-821-4357

Alcohol and Drug Abuse Hotline: 800-729-6686

Eating Disorders Awareness and Prevention: 800-931-2237

MEDITATION DIFFICULTY RESOURCES

[Cheetah House](#)

[Meditating in Safety](#)

PSYCHEDELIC DIFFICULTY RESOURCES

[Cheetah House](#)

[FiresideProject.org](#)

[Psychedelic.Support](#)

[International Center for Ethnobotanical Education, Research, and Service \(ICEERS\)](#)