

# MENTAL HEALTH RESOURCES



## EDUCATION

### [Mental Health First Aid](#)

- a skills-based training course that teaches participants about mental health and substance-use issues.

[QPR Institute](#) - a collection of courses, including a course specifically for coaches, that teach participants how to recognize the warning signs of a suicide crisis and to Question, Persuade, and Refer someone to help.

[TrueSport](#) - a collection of free resources for parents, coaches, athletes, and administrators looking to explore mental wellness through the lens of youth sport.

## DISCLAIMER

*This document is a collection of resources for participants to utilize if they/someone they know is in need of mental health support. This is to be used as a general guide of publicly available services you can explore depending on your needs. These organizations are not specifically endorsed by and are not affiliated with U.S. Figure Skating.*

## Are you or someone you know looking to find ways to get support related to mental health?

Contact your Primary Care Physician and/or School Counselor to explore available services and providers in your community.

### [NAMI](#)

Call 800-950-6264 or text "Helpline" to 62640

## Are you or someone you know looking to talk about a specific mental health concern?

### [NEDA](#)

Call or text 800-931-2237 or [chat](#)

If you need support, resources, or treatment options for yourself or a loved one who is struggling with an eating disorder.

### [The Trevor Project](#)

Text START to 678678, [chat](#) or call 1-866-488-7386

If you need information or a safe, non-judgmental place to talk for LGBTQ youth struggling with issues such as coming out, LGBTQ identity, depression, and suicide.

### [SAMHSA](#)

Call 800-662-HELP (4357) or text your zip code to HELP4U (435748)

If you need confidential referrals and information about mental and/or substance use disorders, prevention, treatment, and recovery.

## Are you or someone you know experiencing a mental health crisis?

**Call 911** if you or someone you know is experiencing a life-threatening medical emergency or may be a danger to someone else.

**Call or Text 988** or [chat](#) for the [Suicide & Crisis Lifeline](#) if you or someone you know is thinking about suicide or needs immediate emotional support.

### [Crisis Text Line](#)

Text HOME to 741741

If you're experiencing any painful emotion and anytime you need support.

## Are you or someone you know a survivor of abuse?

### [Childhelp](#)

Call or text 800-422-4453 or [chat](#)

If you have questions or need support for child abuse situations. The counselors can also help research additional resources that may be available to you.

### [RAINN](#)

Call 800-656-HOPE (4673) or [chat](#)

The National Sexual Assault Hotline is available if you're looking for support, information, advice, or a referral.

### [1in6](#)

Call 1-800-656-4673 or anonymously join a scheduled [online group](#)

If you need information or services for men with histories of unwanted or abusive sexual experiences.

### [SafeSport Helpline](#)

Call 866-200-0796, [chat](#) or download app ([iOS](#), [Android](#))

If you need crisis intervention, referrals, and emotional support specifically designed for athletes, staff, and other SafeSport participants affected by sexual violence.