

# MENTAL HEALTH RESOURCES



## 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.

## 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 affiliated with U.S. Figure Skating and U.S. Figure Skating makes no representations or warranties regarding the services they provide