

## HELPLINES

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[National Hopeline Network](#) 1.800.SUICIDE (784-2433)

[National Suicide Prevention Lifeline](#) 1.800.273.TALK (273-8255)  
For hearing and speech impaired with TTY equipment 1.800.799.4TTY (779-4889)  
Español 1.888.628.9454

[National Child Abuse Hotline](#) 1.800.4.A.CHILD (422-4453)

[National Domestic Violence Hotline](#) 1.800.799.SAFE (799-7233)

[Rape, Abuse, and Incest National Network \(RAINN\)](#) 1.800.656.HOPE (656-4673)

[The Trevor Project](#) 1.866.4.U.TREVOR (488-7386)

## FIND TREATMENT OR COUNSELING

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[American Psychological Association](#) Counseling Services Locator

[American Association for Marriage and Family Therapy](#) Counseling Services Locator

[Befrienders Worldwide](#) Counseling Services Locator  
[Substance Abuse and Mental Health Service Administration \(SAMSHA\)](#) Substance Abuse Treatment Locator

[Department of Veterans Affairs](#) Resource Locator for Veterans

[American Association of Christian Counselors](#) Christian Counseling Service Locator

## ADDITIONAL RESOURCES

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[International Foundation for Research and Education on Depression \(iFred\)](#) is dedicated to helping research the causes of depression, to support those dealing with depression and to combat the stigma associated with depression.

[The Jed Foundation](#) works nationally to reduce the rate of suicide and the prevalence of emotional distress among college and university students.

[Minding Your Mind](#) leads initiatives that reduce the stigma associated with mental health issues among adolescents in middle school, high school and college.

[The Addiction Project](#) is a documentary series produced by HBO in partnership with the Robert Wood Johnson Foundation, the National Institute on Drug Abuse (NIDA) and the National Institute on Alcohol Abuse and Alcoholism (NIAAA).

[Mental Health America](#) is dedicated to promoting mental health, preventing mental and substance use conditions and achieving victory over mental illnesses and addictions through advocacy, education, research and service.

[National Alliance of Mental Illness \(NAMI\)](#) has established itself as the most formidable grassroots mental health advocacy organization in the country. Dedication, steadfast commitment and unceasing belief in NAMI's mission by grassroots advocates have produced profound changes in the mental health community.

[American Foundation for Suicide Prevention](#) (AFSP) is dedicated to understanding and preventing suicide through research, education, advocacy and to reaching out to people with mental disorders and those impacted by suicide.

[Suicide Prevention Initiatives](#) (SPI) develops, implements and funds suicide prevention projects across the world, deciding what projects are most likely to prevent suicide and creating a team to see the projects through. The organization is also dedicated to providing support for survivors of suicide -- children, youth, and adults who have lost a relative or friend to suicide.

[Active Minds](#) is an organization working to utilize the student voice to change the conversation about mental health on college campuses.

[USA Cares](#) provides financial and advocacy assistance to post 9/11 active duty US military service personnel, veterans and their families.

[Binge Drinking and Your Health](#) compiles information and research from Centers for Disease Control, Alcoholics Anonymous, the National Institute on Alcohol Abuse and Alcoholism, and more to offer an in-depth look at the current state of binge drinking. Learn how to recognize alcohol abuse, who is at risk, where to get help, and the legal, emotional, economic, and physical consequences.

[Self-injury Outreach and Support](#) (SiOS) is a non-profit outreach initiative providing information and resources about self-injury to those who self-injure, those who have recovered, and those who want to help.

[The Cornell Research Program on Self-Injurious Behavior in Adolescents and Young Adults](#) generates new research and insight into self-injury and translates this knowledge into resources and tools useful for those seeking to better understand and treat it.

[ReachOut.com](#), a project of the Inspire USA Foundation, is a place where teens and young adults can improve their understanding of mental health issues, develop resilience, build their coping-skills, and increase help-seeking behavior.

[Speak Your Silence](#) is a non-profit aiming to conquer the stigma of child sexual abuse by sparking conversation and providing counseling services to those who have been affected by child sexual abuse.

## SELF INJURY

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[SAFE Alternatives](#) is a nationally recognized treatment approach, professional network, and educational resource base, which is committed to helping you and others achieve an end to self-injurious behavior.

[Self-Injury Foundation](#) provides funding for research, advocacy support and education for self-injurers, their loved ones and the professionals who work with them.

[Self-injury Outreach and Support](#) (SiOS) is a non-profit outreach initiative providing information and resources about self-injury to those who self-injure, those who have recovered, and those who want to help.

[The Cornell Research Program on Self-Injurious Behavior in Adolescents and Young Adults](#) generates new research and insight into self-injury and translates this knowledge into resources and tools useful for those seeking to better understand and treat it.

## ADDICTION

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[Alcoholics Anonymous](#) is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership. Their primary purpose is to help people stay sober and help other alcoholics to achieve sobriety.

[The Al-Anon Family Groups](#) are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems. They believe alcoholism is a family illness and that changed attitudes can aid recovery. There are no dues. Al-Anon has but one purpose: to help families of alcoholics.

[Narcotics Anonymous](#) is an international, community-based association of recovering drug addicts with more than 43,900 weekly meetings in over 127 countries worldwide. Today, NA is well established throughout much of the Americas, Western Europe, Australia and New Zealand, with newly formed groups throughout the Indian subcontinent, Africa, East Asia, the Middle East and Eastern Europe.

[Nar-Anon](#) members are relatives and friends who are concerned about the addiction or drug problems of another. The Nar-Anon Family Group is for those who know or have known a feeling of desperation due to the addiction problem of someone close to them. Nar-Anon members share their experiences, strength and hope at weekly meetings.

[In The Rooms](#) is an online global recovery community for people seeking help, in recovery or are friends and family of people in recovery. In The Rooms offers a free database on their website of anonymous 12-step meetings available all over the world, as well as forums with message boards where members can connect with one another in recovery.

[Cumberland Heights](#) is a nationally recognized alcohol and drug treatment center located west of Nashville on the Cumberland River, offering both in-patient and out-patient services for individuals as well as programs for family members.

[Cornerstone of Southern California](#) provides a range of individualized care programs, including detoxification, primary rehabilitation, extended care, outpatient and residential treatment, alternative sentencing, recovery homes, and sober living. Free after care/continuing care is available for all Cornerstone Alumni and their families who have successfully completed the program.