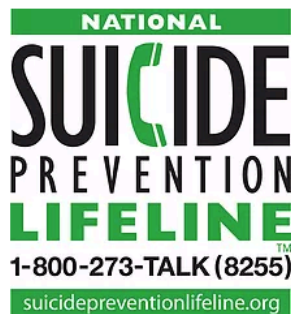


# be nice.®

**If you're thinking about suicide or you're worried about a friend or loved one, and need immediate help, please call 9-1-1 or the Suicide Prevention Lifeline:**



**1-800-273-8255**

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. We're committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.

## **Crisis Resource Hotlines (24/7)**

National Suicide Prevention Lifeline [1-800-273-8255](tel:1-800-273-8255)

Crisis Text Line text GO to the phone number [741741](tel:741741)

Disaster Distress Helpline [1-800-985-5990](tel:1-800-985-5990) or text TalkWithUs to [66746](tel:66746)

### DATING ABUSE & DOMESTIC VIOLENCE

National Domestic Violence Hotline

[1-800-799-7233](tel:1-800-799-7233)

Email the National Domestic Violence Hotline

### RAINN: Rape, Abuse and Incest National Network

[1-800-656-467](tel:1-800-656-467) or live chat with RAINN HUMAN

TRAFFICKING

### CHILD ABUSE

USA National Child Abuse Hotline [1-800-422-4453](tel:1-800-422-4453)

### RUNAWAYS

National Runaway Safeline [1-800-786-2929](tel:1-800-786-2929)

Live Chat with National Runaway Safeline (5:30pm – 12:30am EST)

### EATING DISORDERS

National Eating Disorders Association [1-800-931-2237](tel:1-800-931-2237) (Monday-Friday, 11:30 am-7:30 pm EST)

### CUTTING/SELF-INJURY

Safe Alternatives

Email SAFE Alternatives for information on seeking help or call [1-800-366-8288](tel:1-800-366-8288) for information on seeking help

### SUPPORT FOR GAY, LESBIAN, BISEXUAL AND TRANSGENDER (GLBT) YOUTH

GLBT National Youth Talk

Call [1-800-246-7743](tel:1-800-246-7743)

### VETERANS

Veterans Crisis Line

Call [1-800-273-8255](tel:1-800-273-8255)





## National Alliance on Mental Illness

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raise awareness and build a community for hope for all of those in need.

NAMI is the foundation for hundreds of NAMI State Organizations, NAMI Affiliates and volunteer leaders who work in local communities across the country to raise awareness and provide essential and free education, advocacy and support group programs.

[www.nami.org](http://www.nami.org)

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## Substance Abuse & Mental Health Services Administration

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

[www.samhsa.gov](http://www.samhsa.gov)

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## National Institutes of Mental Health

The mission of NIMH is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure.

[www.nimh.nih.gov](http://www.nimh.nih.gov)

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Depression and Bi-polar Support Alliance

Depression and Bi-polar Support Alliance. Depression and bipolar disorder can be isolating illnesses, but DBSA support groups can help you connect with others who have been there as well. Visit a DBSA support group and get the support that is essential to recovery.

[www.dbsalliance.org](http://www.dbsalliance.org)

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Depression Toolkit

[www.depressiontoolkit.org](http://www.depressiontoolkit.org)

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Depression Center - U of M

[www.depressioncenter.org/hipple/default.asp](http://www.depressioncenter.org/hipple/default.asp)

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For more resources, visit the MHF's "Get Help" Page at <https://www.benice.org/get-help>

