

# It's Okay to Ask for Help

## Mental Health Resources for Yourself and Your Friends



### National Suicide Prevention Lifeline

1-800-273-TALK (8255)  
Veterans: Press 1



### Crisis Text Line

Text TALK to 741741 to text with a trained counselor for free



### The Trevor Project

TrevorLifeline: 1-866-488-7386  
TrevorText: Text TREVOR to 1-202-304-1200  
TrevorChat: Via [thetrevorproject.org](http://thetrevorproject.org)



### RAINN

National Sexual Assault Hotline  
Lifeline: 1-800-656-4673  
Chat: Via [hotline.rainn.org](http://hotline.rainn.org)



### TWLOHA

Connect to mental health resources in your community  
[twloha.com/find-help](http://twloha.com/find-help)



### National Eating Disorders Association

Helpline: 1-800-931-2237  
Chat: Via [myneda.org](http://myneda.org)



### Seize the Awkward

[seizetheawkward.org](http://seizetheawkward.org)  
[@seizetheawkward](https://twitter.com/seizetheawkward)



### My3 App

Define your network and your plan to stay safe  
[my3app.org](http://my3app.org)

[afsp.org/resources](http://afsp.org/resources)



American  
Foundation  
for Suicide  
Prevention