

Immediate and Urgent Support

If there is a safety concern for you or someone you know, contact 911 or go to the nearest emergency room. This includes suicide, self-harm, and harm to others.

Crisis Management

If you or someone you know is in crisis, explore the following free and confidential support for those experiencing a suicidal crisis OR emotional distress:

- 988 Suicide and Crisis Lifeline: Available 24/7
 - Connected to 200+ local crisis centers to help direct you to additional resources and support in your community.
 - Call 988 or visit their website at <https://988lifeline.org/> for chat support and additional information and resources.
- National Alliance on Mental Illness; NAMI: Available M-F; 10:00 am -10:00 pm ET
 - NAMI National Support Call 800-950-6264 or text “Helpline” to 62640.
 - Visit their website at <https://nami.org/Home> for chat support and additional information and resources.
 - NAMI Local Support
 - Contact your local NAMI organization at <https://nami.org/findsupport>.
 - Find additional support groups at <https://nami.org/Support-Education/Support-Groups>.
 - American Psychological Association
 - Visit their website at <https://www.apa.org/topics/crisis-hotlines> for crisis hotlines, support connecting to a local psychologist, and additional information and resources.
 - Crisis support and information around the globe
 - To explore additional hotlines, resources, and information visit <https://support.google.com/websearch/answer/11181469>.

Non-immediate, long-term clinical support

- Psychology Today – In-person and telehealth options available
 - Visit <https://www.psychologytoday.com/us> for clinical support.
 - Connect to a therapist that is a good fit for you by narrowing your search by location, problem/concern, insurance, gender, types of therapy, age, price, and more (ethnicity served, sexuality, language, faith).

Source: Kiley Richards, Licensed Independent Social Worker, PMSF Caregiver Support Group Facilitator