



## National Resources

### **National Suicide Prevention Lifeline**

The Lifeline provides 24/7, free and confidential support for people in distress and prevention and crisis resources for you or your loved ones. Phone: 800-273-8255  
Website: [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

### **SAMHSA's National Helpline**

SAMHSA's National Helpline is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Phone: 800-662-HELP (4357) Website: [samhsa.gov](https://samhsa.gov)

### **Veterans Crisis Line**

Free, 24/7, confidential support is a call away. The Veterans Crisis Line can help even if you're not registered with VA or enrolled in VA health care. Phone: 800-273-8255 Press 1 Website: [veteranscrisisline.net](https://veteranscrisisline.net)

### **National Eating Disorders Association**

Contact the NEDA Helpline for support, resources, and treatment options for yourself or a loved one who is struggling with an eating disorder.  
Crisis Text Line. Phone: 800-931-2237 (this is not a 24-hr helpline)  
Website: [nationaleatingdisorders.org](https://nationaleatingdisorders.org)