UNITED STATES

Mental Health Resources

National Suicide Prevention Lifeline 1-800-273-8255	Provides free, confidential support and crisis intervention 24/7 for individuals in distress or considering suicide.
Crisis Text Line Text **HOME** to 741741	Offers free, 24/7 support via text messaging for individuals in crisis.
National Alliance on Mental Illness https://www.nami.org/	Provides education, support, and advocacy for individuals living with mental illness. Offers local chapters and online resources.
Substance Abuse and Mental Health Services Administration 1-800-662-4357	Offers a national helpline providing information, referrals, and support for mental health and substance use issues.
ULifeline https://www.ulifeline.org/	An online resource offering mental health information, self-assessment tools, and campus-specific resources for college students.
The Steve Fund https://www.stevefund.org/	An organization supporting the mental health and emotional well-being of students of color. Provides resources, programs, and advocacy.
The JED Foundation https://www.jedfoundation.org/	Offers mental health and suicide prevention programs and resources for college students. Provides online tools and educational materials.
Mental Health America https://www.mhanational.org/	Provides mental health education, advocacy, and support services. Offers online screening tools, resources, and info on mental health topics.
Men's Health Network https://menshealthnetwork.org/	While not specifically focused on mental health, provides resources and information on men's health issues, including mental health.
Veterans Crisis Line 1-800-273-8255 (Press 1)	Offers free, confidential support and crisis intervention for veterans, service members, and their families.

CANADA

Mental Health Resources

Crisis Services Canada 1-833-456-4566 or text 45645	Offers a national helpline providing support and crisis intervention 24/7.
Kids Help Phone (Jeunesse J'écoute) 1-800-668-6868 or text CONNECT to 686868	Provides free, confidential support for young people under 25. Offers phone, text, and online chat counseling services 24/7.
Canadian Mental Health Association https://www.nami.org/	Provides mental health education, support, and resources across Canada. Offers local chapters and online information.
Here2Talk https://here2talk.ca/	A free, confidential mental health support service for post-secondary students in British Columbia, offering 24/7 access to professional counseling.
Good2Talk/Allo J'écoute 1-866-925-5454 or text GOOD2TALKON to 686868	Offers free, confidential support for post-secondary students in Ontario, available 24/7 via phone or text.
MindYourMind https://www.stevefund.org/	Provides mental health resources, tools, and information for young people, including self-help resources and interactive tools.
Wellness Together Canada https://ca.portal.gs/	Offers free, confidential mental health and substance use support, including counseling, self-guided courses, and resources for individuals.
Canadian Men's Health Foundation https://menshealthfoundation.ca/	While not specifically focused on mental health, provides resources and information on men's health issues, including mental health.
Jack.org https://jack.org/	A youth-led organization focused on mental health. Has resources, programs, and initiatives to support young people's mental health.
Healthy Minds Canada https://healthymindscanada.ca/	Provides mental health education, advocacy, and support services across Canada. Offers resources, workshops, and community initiatives.