

The National Institute of Mental Health: <https://www.nimh.nih.gov/health/find-help/index.shtml>

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Help for Mental Illnesses

If you or someone you know has a mental illness, is struggling emotionally, or has concerns about their mental health, there are ways to get help. Use these resources to find help for you, a friend, or a family member.

Please note that the National Institute of Mental Health (NIMH) is a research funding agency. Resources on this page are provided for informational purposes only. The list is not comprehensive and does not constitute an endorsement by NIMH.

Get Immediate Help in a Crisis

Call 911 if you or someone you know is in immediate danger or go to the nearest emergency room.

National Suicide Prevention Lifeline

Call 1-800-273-TALK (8255); En Español 1-888-628-9454

The Lifeline is a free, confidential crisis hotline that is available to everyone 24 hours a day, seven days a week. The Lifeline connects callers to the nearest crisis center in the Lifeline national network. These centers provide crisis counseling and mental health referrals. People who are deaf, hard of hearing, or have hearing loss can contact the Lifeline via TTY at 1-800-799-4889.

Crisis Text Line

Text “HELLO” to 741741

The Crisis Text hotline is available 24 hours a day, seven days a week throughout the U.S. The Crisis Text Line serves anyone, in any type of crisis, connecting them with a crisis counselor who can provide support and information.

Veterans Crisis Line

Call 1-800-273-TALK (8255) and press 1 or text to 838255

The Veterans Crisis Line is a free, confidential resource that connects veterans 24 hours a day, seven days a week with a trained responder. The service is available to all veterans, even if they are not registered with the VA or enrolled in VA healthcare. People who are deaf, hard of hearing, or have hearing loss can call 1-800-799-4889.

Disaster Distress Helpline

Call 1-800-985-5990 or text “TalkWithUs” to 66746

The disaster distress helpline provides immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. The helpline is free, multilingual, confidential, and available 24 hours a day, seven days a week.

Contact social media outlets directly. if you are concerned about a friend’s social media updates **or dial 911 in an emergency.**

View the **NIMH 5 action steps for helping someone in emotional pain** infographic to see how you can help those in distress.

Find a Health Care Provider or Treatment

Treatment for mental illnesses usually consists of therapy, medication, or a combination of the two. Treatment can be given in person or through a phone or computer (telehealth). It can sometimes be difficult to know where to start when looking for mental health care, but there are many ways to find a provider who will meet your needs.

Primary Care Provider: Your primary care practitioner can be an important resource, providing initial mental health screenings and referrals to mental health specialists. If you have an appointment with your primary care provider, consider bringing up your mental health concerns and asking for help.

Federal Resources: Some federal agencies offer resources for identifying health care providers and help in finding low-cost health services. These include:

Substance Abuse and Mental Health Services Administration (SAMHSA): For general information on mental health and to locate treatment services in your area, **call the SAMHSA Treatment Referral Helpline at 1-800-662-HELP (4357)**. SAMHSA also has a Behavioral Health Treatment Locator on its website that can be searched by location.

Health Resources and Services Administration (HRSA): HRSA works to improve access to health care. The HRSA website has information on finding affordable healthcare, including health centers that offer care on a sliding fee scale.

Centers for Medicare & Medicaid Services (CMS): CMS has information on its website about benefits and eligibility for mental health programs and how to enroll.

The National Library of Medicine (NLM) MedlinePlus: NLM's website has directories and lists of organizations that can help in identifying a health practitioner.

Mental Health and Addiction Insurance Help: This website from the U.S. Department of Health and Human Services offers resources to help answer questions about insurance coverage for mental health care.

National Agencies and Advocacy and Professional Organizations: Advocacy and professional organizations can be a good source of information when looking for a mental health provider. They often have information on finding a mental health professional on their website, and some have practitioner locators on their websites. Examples include but are not limited to:

Anxiety and Depression Association of America
Depression and Bipolar Support Alliance
Mental Health America
National Alliance on Mental Illness

State and County Agencies: The website of your state or county government may have information about health services in your area. You may be able to find this information by visiting their websites and searching for the health services department.

Insurance Companies: If you have health insurance, a representative of your insurance company will know which local providers are covered by your insurance plan. The websites of many health insurance companies have searchable databases that allow you to find a participating practitioner in your area.

University, College, or Medical Schools: Your local college, university, or medical school may offer treatment options. To find these, try searching on the website of local university health centers for their psychiatry, psychology, counseling, or social work departments.

Help for Service Members and Their Families: Current and former service members may face different mental health issues than the general public. For resources for both service members and veterans, please visit the MentalHealth.gov page Help for Service Members and Their Families page or the U.S. Department of Veteran Affairs' mental health page.