

- [7 Cups](#) free emotional support
- [Emotional support hotlines](#) (warm lines) directory
- [Free screenings and resources](#) for depression, anxiety, PTSD and more
- [How to find affordable therapy](#)
- [The Open Path Collective](#), a non-profit that offers reduced-cost, inclusive therapy
- [Inclusive Therapists directory](#) offers a number of resources for Black, Indigenous, and People of Color, the LGBTQ+ community, neurodivergent people, and people with disabilities
- [SAMHSA Treatment Referral Helpline](#): 1-877-SAMHSA7 (726-4727) a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
- [NAMI Resource Directory](#): the nation's largest mental health resource database providing mental health resources identified by peers and families as helpful, [peer support groups](#)
Call: 800-950-NAMI (6264)
Text: 62640
Webchat: nami.org/help
Email: helpline@nami.org
- [The Veterinary Interactive Support Program](#) or VISP is an online referral tool that [Not One More Vet](#) provides in partnership with Veterinary Social Work and the American Foundation for Suicide Prevention

Suicide Prevention Info:

- [About Suicide Prevention](#)
- [Suicide Prevention Lifeline](#) 1-800-273-TALK (8255): Free, confidential, trained crisis workers will listen and tell you about local services.
- [Crisis Text Line](#): Text **"GO" TO 741741** to access free, confidential, 24/7, trained crisis counselors.