

National Suicide Prevention Lifeline: 1-800-273-TALK (8255), free 24-hour help

SAMHSA's National Helpline (also known as the Treatment Referral Routing Service) 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. Callers can also order free publications and other information.

Call 1-800-662-HELP (4357)

Covenant House Hotline: 800-999-9999 This crisis line is available 24/7 for youth, teens, and families. Operators provide counseling and give locally based referrals throughout the U.S. Provides help for youth and parents regarding drugs, abuse, homelessness, runaway children, and message relays.

National Association of Anorexia Nervosa & Associated Disorders (ANAD): 847-831-3438 (long distance)

Parent Hotline: 800-840-6537 Parent Hotline is a website dedicated to helping families who are in a crisis situation. It lists behaviors for parents to be aware of such as drug use and a questionnaire to help determine if a child is in need of intervention.

National Runaway Switchboard: 800-621-4000 Provides 24/7 crisis intervention and travel assistance to runaways. Gives referrals to shelters for adolescents and families. Also relays messages or sets up conference calls with parents at the request of the runaway child.

National Drug Information Treatment and Referral Hotline: 800-662-HELP (4357) 24/7 information, support, treatment options and referrals to local rehab centers for any drug or alcohol problem.

National Suicide Prevention Lifeline: 800-273-TALK (8255) This is a 24-hour suicide prevention hotline that is free and available to anyone who is in emotional distress or crisis.

National Youth Crisis Hotline: 800-448-4663 Provides 24/7 short-term counseling and referrals to local drug treatment centers, shelters, and counseling services. Responds to youth dealing with pregnancy, molestation, suicide, and child abuse.

Youth Development International Crisis Hotline: 800-HIT-HOME (448-4663) This youth crisis hotline provides crisis intervention counseling, information and referral on youth issues, child abuse, pregnancy, runaways, suicide, shelters, churches, transportation and more.

Resources

1.  **American Psychological Association (APA)**

<http://www.apa.org>

The APA provides information and education about a variety of mental health issues for people of all ages.

2.  **Center for Mental Health Services (CMHS)**

<http://www.mentalhealth.org>

CMHS is a federal agency that provides information about mental health to users of mental health services, their families, the general public, policy makers, providers, and the media.

3.  **Mental Help Net**

<http://www.mentalhelp.net>

This site offers helpful content for those seeking help for addiction, eating disorders, and other mental and emotional troubles.

National Institute of Mental Health (NIMH): www.nimh.nih.gov.

NIDA for Teens, Drugs & Health: <http://teens.drugabuse.gov/blog>