



Community Resilience Campaign

Hotlines

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Substance-related
 - Substance Abuse and Mental Health Services Administration Disaster Distress Helpline: 1-800-985-5990
 - Al-Anon/Al-A-Teen: 1-888-425-2666
 - Alcohol/Drug Abuse Hotline: 1-800-662-HELP (4357)
 - Remote NA Chat: <https://www.neveraloneclub.org/>
 - Cocaine Anonymous: <https://www.ca-online.org/>
- Eating Disorders Hotline: 1-888-236-1188
- Gay, Lesbian, Bisexual, and Transgender Youth Hotline: 1-800-850-8078
- [Trans Lifeline](https://www.translifeline.org/): 877-565-8860
- National Child Abuse Hotline: 1-800-422-4453
- National Domestic Violence Hotline: 1-800-799-SAFE (7233)
 - Chat forum: <https://www.thehotline.org/help/>
- National Runaway Switchboard: 1-800-621-4000
- National Youth Crisis Hotline: 1-800-448-4663
- National Parent Helpline: 1 (855) 4A PARENT [1 (855) 427-2736]
 - <http://www.nationalparenthelpline.org>
- Nine Line (Teens in Crisis): 1-800-999-9999
- Crisis Text line: text TALK to 741741
- Disaster Distress Helpline
 - This is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster, including infectious disease outbreaks. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call 1-800-985-5990 or text the phrase "TalkWithUs" to 66746 to connect with a trained crisis counselor.

Helpful Links

[Stress and Coping Self Test.pdf \(livewellsiouxfalls.org\)](#)

[Keys to Handling Life's Transitions | Psychology Today](#)

[Resilience: Build skills to endure hardship - Mayo Clinic](#)

[Work-life balance: Tips to reclaim control - Mayo Clinic](#)

[Stress in the workplace \(apa.org\)](#)

[Guide to Stress Management](#)

[Getting Started with Mindfulness - Mindful](#)

[Free Downloadable PDF Resources - Anxiety Canada](#)

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Additional Support Services

With support from the **United Way**, **211** is a robust 24/7 resource for anyone who needs help. The 211 helpline is the most comprehensive source for local social service information and very easy to access. Anyone can call or text 211 to speak with a specialist that will find services available in their community for any need such as nutrition programs, shelter, addiction prevention, mental health support groups, and health care information. 211 is the most comprehensive source of information about local resources and services in the country. Visit <https://www.211.org/> or **simply dial 211!**

National Alliance on Mental Illness (NAMI)

<https://nami.org/help>

The NAMI Helpline can be reached Monday through Friday, 10 am–8 pm, ET.

1-800-950-NAMI (6264) or info@nami.org

Because we're in this together, you are not alone.

The NAMI Helpline is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health conditions, their family members and caregivers, mental health providers and the public. Helpline staff and volunteers are experienced, well-trained and able to provide guidance.

- They understand, many from their own experiences, listen and offer support.
- They are informed on NAMI Programs, NAMI Support Groups and locate your local NAMI Affiliate.
- They are trained to help identify the best resource options for your individual concern.
- They are knowledgeable and a source of accurate information about relevant topics.
- They care.

Unfortunately, the NAMI Helpline is unable to provide mental health counseling, advice, personal advocacy or referrals to mental health providers or lawyers. The NAMI Helpline does not provide individual casework, legal representations or any type of individual advocacy.

The NAMI Helpline is not a hot line, crisis line or suicide prevention line. If you or someone you know is experiencing a crisis, please see the resources below.

Need Immediate Help In An Emergency

If you or a loved one is in immediate danger [calling 911 and talking with police](#) may be necessary. It is important to notify the operator that it is a psychiatric emergency and ask for police officers trained in [crisis intervention](#) or trained to assist people experiencing a psychiatric emergency.

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Need Immediate Help In A Crisis

[National Suicide Prevention Lifeline](#) – Call 800-273-TALK (8255)

If you or someone you know is in crisis—whether they are considering suicide or not—please call the toll-free Lifeline at 800-273-TALK (8255) to speak with a trained crisis counselor 24/7.

The [National Suicide Prevention Lifeline](#) connects you with a crisis center in the Lifeline network closest to your location. Your call will be answered by a trained crisis worker who will listen empathetically and without judgment. The crisis worker will work to ensure that you feel safe and help identify options and information about mental health services in your area. Your call is confidential and free.

[Crisis Text Line](#) – Text NAMI to 741-741

Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.

[National Domestic Violence Hotline](#) – Call 800-799-SAFE (7233)

Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information. Help is available in Spanish and other languages.

[National Sexual Assault Hotline](#) – Call 800-656-HOPE (4673)

Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Crisis chat support is available at [Online Hotline](#). Free help, 24/7.

National Alliance on Mental Illness Connecticut- NAMI Connecticut envisions a world where all persons affected in any way by mental health conditions experience the best possible quality of life and where mental health is accepted as an integral part of overall wellbeing. <https://namict.org/>

Apps to help!

