

Free or Low Cost Mental Health Resources for Adults

1. Crisis Support Hotlines

- The National Suicide Prevention Lifeline at 800-273-TALK (8255)
- Youth Talkline at 1-800-246-PRIDE (800-246-7743)
- Trans Lifeline at 877-565-8860
- The GLBT National Help Center at 1-888-THE-GLNH (888-843-4564)
- The Crisis Call Center at 1-800-273-8255
- The Samaritan's Crisis Hotline at 1-212-673-3000
- The National Sexual Assault Hotline at 1-800-656-4673
- The National Domestic Violence Hotline at 1-800-799-7223
- The National Crime Victim Helpline at 1-800-394-2255

2. Free emotional support-7 Cups

- a. <https://www.7cups.com/>

3. Online Therapists or Stranger-Blah Therapy (free 7-day trials)

- a. <https://blatherapy.com/>

4. Support Network for Patients and Care-givers-We Are More

- a. <https://wearemore.life/>

5. The Crisis Text Line 24/7

- a. <https://www.crisistextline.org/>

6. Crisis Network- I Am Alive

- a. <https://www.imalive.org/>

7. Crisis Intervention and Suicide Prevention-The Trevor Project

- a. <https://www.thetrevorproject.org/>

8. Recognizing Warning Signs/Disorders

- a. <https://www.mentalhealth.gov/>

9. Mental Health/Counseling/ Other Resources-Dial 211

- a. <https://www.fcc.gov/consumers/guides/dial-211-essential-community-services>
- b. Phone- Dial 211

10. Free Online Counseling

- a. <https://buildingcapacity.usc.edu/receive-free-online-counseling-through-usc-telehealth/>