

National Resource Guide

Mental Health, Substance Use Disorders and Other Resources



Emergency or crisis

- **United States Emergency Number**
Call 911
- **National Suicide Prevention Lifeline**
Call or text 988
Search for mobile crisis services in your home county for an onsite assessment. You may also dial 911 and ask.

Domestic violence, abuse, and sexual assault

- **National Domestic Violence Hotline**
800-799-SAFE (7233) or
855-812-1001 (hearing impaired video phone)
www.thehotline.org
- **RAINN (Rape, Abuse, & Incest National Network)**
800-656-HOPE (4673)
Visit <https://rainn.org/> for live chat

LGBTQ+ resources

- **LGBT National Help Center***
General - 888-843-4564
Visit <https://lgbthotline.org/> for live messaging
- **Trevor Project Crisis Line – Youth**
Text “START” to 678-678
866-4-U-TREVOR (488-7386)
Visit <https://www.thetrevorproject.org> for live messaging
- **LGBT National Youth Talkline***
800-246-PRIDE (7743)
<https://lgbthotline.org/>

Disaster resources

- **Cigna HealthcareSM Disaster Resource Center**
<https://www.cigna.com/knowledge-center/disaster-resource-center>
- **National Disaster Distress Helpline**
800-985-5990

Self-help resources

- **Alcoholics Anonymous**
www.aa.org/pages/enUS/find-aa-resources
 - **Narcotics Anonymous**
www.na.org/meetingsearch
 - **Nar-Anon/Al-Anon Family Groups**
800-477-6291
www.nar-anon.org/find-a-group
888-425-2666
www.al-anon.org
 - **US Dept of Veterans Affairs**
800-698-2411
www.mentalhealth.va.gov
 - **Cigna Healthcare Veteran Support Line**
855-244-6211
 - **NAMI (National Alliance on Mental Illness)**
Call 800-950-6264
Text “helpline” to 62640
www.Nami.org
 - **SAMHSA (Substance Abuse and Mental Health Services Administration)**
800-662-HELP (4357)
<https://findtreatment.gov/>
 - **Autism Speaks Response Team****
888-AUTISM2 (288-4762)
<https://www.autismspeaks.org/autism-response-team>
 - **Findhelp (Find free and reduced-cost resources like food, housing and healthcare)**
<https://www.findhelp.org/>
- ### Suicide prevention and awareness
- **Cigna Healthcare Suicide Prevention Resources**
Visit <https://www.cigna.com/knowledge-center/suicide-signs-and-prevention>

*Monday–Friday: 1:00 pm–9:00 pm/Pacific Time, 4:00 pm–12:00 am/Eastern Time. Sat: 9:00 am–2:00 pm/Pacific Time, 12:00 pm–5:00 pm/Eastern Time.

**Available Monday–Friday. If your call is not answered, leave a voicemail and someone will get back to you.

This information is for educational purposes only. It's not medical advice. Always ask your doctor for appropriate examinations, treatment, testing, and care recommendations.

All Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group. The Cigna Healthcare name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.

930496 b 10/24 © 2024 Cigna Healthcare. Some content provided under license.

