

# 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  
855-8I2-1001 (hearing impaired video phone)  
[www.thehotline.org](http://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 Healthcare<sup>SM</sup> 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](http://www.aa.org/pages/enUS/find-aa-resources)
- **Narcotics Anonymous**  
[www.na.org/meetingsearch](http://www.na.org/meetingsearch)
- **Nar-Anon/Al-Anon Family Groups**  
800-477-6291  
[www.nar-anon.org/find-a-group](http://www.nar-anon.org/find-a-group)  
888-425-2666  
[www.al-anon.org](http://www.al-anon.org)
- **US Dept of Veterans Affairs**  
800-698-2411  
[www.mentalhealth.va.gov](http://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](http://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.

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