



Resource/Activity	Description	Type	Audience
<a href="#">Alzheimer's Association</a>	Offers resources, support, and evidence-based education on those affected by Alzheimer's or related dementia	Support, Resources, Mental Health, Elder	All Ages
<a href="#">Dialectical Behavior Therapy</a>	Dialectical Behavior Therapy (DBT) focuses on teaching people strategies to help them live their best and most productive life. DBT is often used to help people with depression, anxiety, borderline personality disorders, addictions, eating disorder, and PTSD.	Support, Resources, Mental Health	All Ages
<a href="#">Empower Work</a>	Empower Work is a support text line that provides free, immediate, and confidential support for people facing tough, non-legal work situations. Text <b>510-674-1414</b>	Support, Resources, Hotline, Workplace	Adults
<a href="#">Indian Health Services: Find Healthcare</a>	Provides a directory of Indian Health Service, Tribal or Urban Indian Health Program facilities through The Federal Health Program for American Indians and Alaska Natives.	AI/AN Support	All Ages
<a href="#">MannMukti</a>	Encourages healthy, open dialogue of South Asian mental health issues in an effort to remove stigma, improve awareness and promote self-care.	A/PIA Support, Resources, Mental Health, Self-Care	All Ages
<a href="#">Mijente</a>	Mijente helps people effect gender, racial, economic, and environmental change through campaigns, connecting people across a wide network that serves as a hub for culture, learning and advocacy.	Latinx Support, Anti-Racism, Social Justice, Advocacy	Adults & Teens
<a href="#">SAGE</a>	SAGE works to achieve a high quality of life for LGBTQIA+ older people, supports and advocates for their rights, fosters a greater understanding of aging in all communities, and promotes positive images of LGBTQIA+ life in later years. Call <b>877-360-LGBT</b>	Support, Elder, LGBTQ+	Adults & Older Adults

Resource/Activity	Description	Type	Audience	How to Access
<a href="#">Crisis Text Line</a>	Provides free, 24/7 crisis support through SMS text messaging.	Mental Health, Support, Coping, Crisis, Helpline	All Ages	Text 'HOME' to 741741, Email <a href="mailto:info@crisistextline.org">info@crisistextline.org</a>
<a href="#">National Suicide Prevention Lifeline</a>	Provides free, 24/7 confidential support to people in suicidal crisis or emotional distress through a hotline.	Mental Health, Crisis, Support, Suicide, Helpline	All Ages	Call 1-800-273-8255
211	Connects people with local curated social services resources and assistance.	Mental Health, Support, Resources, Local, Service	Teens & Adults	Text your zip code to 898211, Call 211
<a href="#">Alcoholics Anonymous</a>	Provides support for individuals who have struggled with drinking through a 12-step program including regular attendance at group meetings.	Addiction, Recovery, Alcoholism, Support, Service, Substance Abuse	Adults	Call 212-870-3400
<a href="#">The Boris Lawrence Henson Foundation</a>	Provide scholarships to African-American students who seek a career in the mental health field; offer mental health services and programs to young people in urban schools; and combat recidivism within the prison system. <b>Launched the COVID-19 Free Virtual Therapy Support Campaign to raise money for mental health services provided by licensed clinicians in our network. Individuals with life-changing stressors and anxiety related to the coronavirus will have the cost for up to five (5) individual sessions defrayed on a first come, first serve basis until all funds are committed or exhausted.</b>	Support, Resources, Mental Health, Therapy, Counseling, Scholarships	Black/African American	Text NOSTIGMA to 707070
<a href="#">Break the Cycle</a>	Provides dating abuse programs and peer support via text for young people ages 12 to 24. Also gives information on navigating the justice system and finding safety.	Abuse, Relationships, Support, Service, Advocacy	Teens & Young Adults	Text 'loveis' to 22522
<a href="#">CareerOneStop</a>	Provides resources and guides for unemployment insurance benefits, career exploration, job training, as well as job searching.	Resources, Support, Career, Job, Unemployment, COVID-19	Teens & Adults	Call 1-877-872-5627
<a href="#">Caregiver Action Network</a>	Provides education, peer support, and resources to people who care for loved ones with chronic conditions, disabilities, disease, or old age.	Support, Chronic, Disability, Caregiver, Coping, Service, COVID-19	Adults	Call 855-227-3640
<a href="#">Centers for Disease Control and Prevention</a>	Offers guides on healthy living, healthy traveling, and emergency preparedness with up-to-date information on current threats to health and local clinics.	Support, Wellness, Health, Service, COVID-19	All Ages	Call 800-232-4636
<a href="#">The Compassionate Friends</a>	Provides support for family members who have lost a child at any age. Offers local and virtual chapter meetings. <b>(Deaf/Hard-of-Hearing approved)</b>	Support, Relationships, Loss, Grief	All Ages	Call 630-990-0010
<a href="#">Cyber Civil Rights Initiative</a>	Provides victims of non-consensual pornography, revenge porn and other forms of online abuse with legal information and advocacy resources. Victims the US can also call their helpline 24/7. Interpretation is available to callers in most languages. <b>(Deaf/Hard-of-Hearing approved)</b>	Support, Advocacy, Pornography, Revenge Porn, Bullying, Cyberbullying, Abuse	All Ages	Call 844-878-2274
<a href="#">Feeding America</a>	Offers a Zip-code based directory of food banks in the US for people in need.	Resources, Food, Poverty, Hunger	All Ages	Call 1-800-910-5524
<a href="#">GirlsHealth</a>	Teaches girls about health and well-being, relationships (including family), bullying, illness, and disabilities.	Support, Coping, Resources, Teens, Girls, Bullying, Service	Teens	Call 800-994-9662
<a href="#">Healthcare.gov</a>	Provides services relating to obtaining health insurance through the Affordable Care Act.	Support, Resources, Health, Wellness, COVID-19	Adults	Call 1-800-318-2596
<a href="#">Hearing Voices Network: USA</a>	Helps to find local support groups for those hearing voices.	Mental Health, Support, Resources, Hallucinations	Adults	Email <a href="mailto:info@hearingvoicesusa.org">info@hearingvoicesusa.org</a>
<a href="#">HopeLine</a>	A free and confidential crisis and suicide prevention helpline that offers crisis intervention, supportive and non-judgmental active listening, gentle and understanding discussion of crisis resolution, and referrals to appropriate community resources.	Mental Health, Crisis, Support, Suicide, Helpline	All Ages	Call or text 919-231-4525; 1-877-235-4525
<a href="#">HRSA Health Centers Database</a>	Provides a database of public health centers funded by the US Department of Health and Human Services to give access to healthcare for economically or medically vulnerable populations. This includes people living with HIV/AIDS, pregnant women, mothers and their families, and those otherwise unable to access high quality health care.	Support, Resources, Service, Health, Wellness, Clinic	Adults	Call 877-464-4772
<a href="#">International Bipolar Foundation</a>	Empowers individuals living with bipolar disorder and their caregivers by providing advocacy, education, support, and awareness.	Mental Health, Bipolar, Advocacy, Information, Wellness	Teens & Adults	Call (858) 598 5967
<a href="#">Job Corps</a>	Provides free residential education and career training. Students can earn a high school diploma or the equivalent, and college credits. Job Corps offers tuition-free housing, meals, basic health care, a living allowance, and career transition assistance.	Resources, Service, Job, Unemployment	Ages 16-24	Call (800) 733-5627
<a href="#">Just Think Twice</a>	Provides facts about different drugs and drug abuse, addresses common myths, and includes advice and stories from teens about drugs.	Addiction, Recovery, Support, Service, Substance Abuse	Teens	Call 202-307-7936
<a href="#">Love is Respect</a>	Educates young people to prevent and end abusive relationships by offering support and resources. <b>(Deaf/Hard-of-Hearing approved)</b>	Abuse, Relationships, Support, Service	Teens & Adults	Call 1-866-331-9474
<a href="#">Military Help Line</a>	Provides free 24/7 confidential crisis intervention and suicide prevention focused on military-specific issues.	Military, Suicide, Crisis, Helpline	Military; Veterans; Adults	Call (888) 457-4838, text MIL1 to 839863.

<a href="#">Military OneSource</a>	Offers community resources via the website and hotline that serves all of Department of Defense, Active Duty Military, National Guard, and Reserve personnel and their direct family members. Issues include: spouse education and career opportunities, matters specific to families with special needs, financial and tax counseling or other important issues.	Military, Service, Support, Resources, Coping, Self-Care	Current military or up to one year post separation/retirement	Call <b>800-342-9647</b>
<a href="#">mRelief</a>	Facilitates a fast and simplified process for qualifying for food stamps via their website or text	Support, Resources, Service, Hunger, Food	Adults	Text 'SNAP' to <b>74544</b>
<a href="#">Nar-Anon</a>	Provides support for family and friends of addicts, specifically through group meetings that focus on a 12-step program.	Addiction, Support, Service, Substance Abuse	Adults	Call <b>800-477-6291</b>
<a href="#">Narcotics Anonymous</a>	Provides support for individuals who are recovering from drug addiction through a 12-step program including regular attendance at group meetings.	Addiction, Support, Service, Substance Abuse	Adults	Call <b>818-773-9999</b>
<a href="#">National Alliance for Grieving Children</a>	Provides information on supporting children through grief, including a national database of grief support programs, camps, and community resources.	Support, Bereavement, Children, Loss, Grief	All Ages	Call <b>866-432-1542</b>
<a href="#">National Association of Anorexia Nervosa and Associate Disorders</a>	Supports and educates individuals struggling with eating disorders and their families. <b>(Deaf/Hard-of-Hearing approved)</b>	Eating/Body Image, Eating Disorder, Support, Treatment, Service, Information	Teens & Adults	Call <b>630-577-1330</b>
<a href="#">The National Center for PTSD</a>	Provides articles about PTSD: how and why it occurs, its symptoms, and ways to cope with it. Also provides information for third party individuals looking to support a loved one with PTSD.	Mental Health, Support, Resources, Service, PTSD, Website	All Ages	Call <b>802-296-6300</b>
<a href="#">National Center for Transgender Equality</a>	Provides information and multi-level resources about transgender people and issues such as healthcare, homelessness, and civil rights.	Gender/Sexual Identity, LGBTQ+, Transgender, Queer, Advocacy, Service	All Ages	Call <b>202-642-4542</b>
<a href="#">National Domestic Violence Hotline</a>	Offers 24/7 help for domestic assault victims over the phone, and has information on how to recognize and prevent domestic abuse. <b>(Deaf and Hard-of-Hearing approved)</b>	Abuse, Trauma, Relationships, Helpline, Support, Resources	Teens & Adults	Call <b>1-800-799-SAFE (7233)</b>
<a href="#">National Eating Disorder Association</a>	Offers forums, support groups, and free screenings to determine if an individual with an eating disorder should seek professional help.	Eating/Body Image, Eating Disorder, Support, Treatment, Service, Information	Teens & Adults	Call <b>1-800-931-2237</b>
<a href="#">National Human Trafficking Hotline</a>	Offers a crisis hotline and resource directory serving victims and survivors of human trafficking. <b>(Deaf and Hard-of-Hearing approved)</b>	Abuse, Trafficking, Survivor, Hotline, Trauma, Support, Resources	Teens & Adults	Call <b>1-888-373-7888</b> , Text <b>233733</b>
<a href="#">National Sexual Violence Resource Center</a>	Advocates for leadership and prevention of sexual violence through their resources and media centers.	Abuse, Trauma, Sexual Assault, Rape, Relationships, Helpline, Support, Resources	Adults	Call <b>717-909-0710</b>
<a href="#">Objective Zero</a>	Connects veterans, service members, their families, and caregivers to peer support via voice, video, and text. Also provides free access to wellness resources such as yoga and meditation.	Military, Mental Health, Wellness, Support, Advocacy, Service, Resources	Military; Veterans; Adults	Call <b>(212) 815-2681</b> , Email <b>contactus@objectivezero.org</b>
<a href="#">Parental Stress Line</a>	Provides a 24 hour helpline for parents who need to discuss issues related to their children. Translators available to support all languages.	Parents, Helpline, Service, Relationships, Third-Party (Translators available)	Adults	Call <b>1-800-632-8188</b>
<a href="#">PFLAG</a>	Provides LGBTQ community and their loved ones with information, tools, resources, advocacy, education and peer support chapters. <b>(Deaf/Hard-of-Hearing approved)</b>	Gender/Sexual Identity, LGBTQ+, Transgender, Queer, Advocacy, Service, Information	Teens & Adults	Call <b>202-467-8180</b>
<a href="#">Postpartum Support International</a>	Provides information about postpartum life and complications, including loss of a child, and other related struggles. Also provides resources for pregnant women with anxiety or mental health issues.	Mental Health, Depression/Sadness, Grief, Loss, Parents, Mother	Adults	Call <b>800-944-4773(4PPD)</b> , Email <b>support@postpartum.net</b>
<a href="#">RAINN</a>	Provides information, resources and confidential hotline for survivors of sexual assault. <b>(Deaf/Hard-of-Hearing approved)</b>	Abuse, Trauma, Sexual Assault, Rape, Relationships, Helpline, Support, Resources	All Ages	Call <b>1-800-656-4673</b> , Email <b>info@rainn.org</b>
<a href="#">The Rape Crisis Center</a>	Provide help, hope and healing to those impacted by sexual violence and cultivate a safe, nonviolent community through crisis intervention, client advocacy, education, counseling, and community engagement.	Abuse, Trauma, Sexual Assault, Rape, Relationships, Helpline, Support, Resources	All Ages	Call <b>210-349-7273</b>
<a href="#">Rapid Response Referral Program</a>	Provides confidential, 24/7 peer to peer support, comprehensive care management, and resources for veterans and their families. Ideal for support with finances, mental health, homelessness, disability claims, employment, education, and legal issues.	Military, Mental Health, Wellness, Support, Service, Resources	Military; Veterans; Adults	Call <b>1-855-91RAPID (72743)</b>
<a href="#">School Closures</a>	Provides resources about keeping up with school closures, finding food for children out of school, home schooling, childcare resources, and staying connected socially. Also offers a free hotline.	Support, Resources, COVID-19	Adults	Call or text <b>18552642051</b>
<a href="#">Sex Addicts Anonymous</a>	Offers information and help locating local meetings of this 12-step program for people trying to overcome sex addiction.	Support, Coping, Addiction, Recovery	Adults	Call <b>1-800-477-8191</b> , Email <b>info@saa-recovery.org</b>
<a href="#">StrongHearts Native Helpline</a>	Offers a safe domestic, dating, and sexual violence helpline for American Indians and Alaska Natives, offering culturally-appropriate support and advocacy daily from 8 a.m. to 11 p.m. EST. Anonymous and confidential.	AI/AN Support, Support, Domestic Violence, Relationships, Helpline	All Ages	Call or text <b>1-844-7NATIVE (762-8483)</b>

<a href="#">Trans Lifeline</a>	A national trans-led organization dedicated to improving the quality of trans lives by responding to the critical needs of our community with direct service, material support, advocacy, and education. Vision is to fight the epidemic of trans suicide and improve overall life-outcomes of trans people by facilitating justice-oriented, collective community aid.	Gender/Sexual Identity, LGBTQ+, Transgender, Queer, Support, Service, Information, Helpline, Textline	Teens & Adults	Call <b>877-565-8860</b>
<a href="#">Trevor Project</a>	Provides crisis intervention services to lesbian, gay, bisexual, transgender, and questioning youth, including a 24/7 hotline and textline.	Gender/Sexual Identity, LGBTQ+, Transgender, Queer, Support, Service, Information, Helpline, Textline	Teens & Adults	Call <b>866-488-7386</b>
<a href="#">Veterans Crisis Line</a>	A free, confidential resource that's available to anyone, even if you're not registered with VA or enrolled in VA health care. The caring, qualified responders at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances. Many of them are Veterans themselves.	Military, Mental Health, Wellness, Support, Service, Resources, Helpline	Military; Veterans; Adults	Call (English) <b>1-800-273-8255</b> , Call (Support for Deaf and Hard Hearing) <b>1-800-799-4889</b> , Text <b>838255</b>
<a href="#">Web Poison Control</a>	Offers an interactive website, hotline, and app triage tool that guides users faced with a poison emergency.	Emergency, Support, Resources, Helpline, Substance Use, Medical, Suicide	All Ages	Call <b>1-800-222-1222</b>
<a href="#">Your Life Your Voice</a>	Connects kids, teens, and young adults to support lines and tips on dealing with a variety of issues. Also offers an app for mood tracking.	Mental Health, Resources, Support, Kids, Teens, Service	Kids & Teens	Call <b>1-800-448-3000</b>



Resource/Activity	Description	Type	Audience
<a href="#">Asian &amp; Pacific Islander American Health Forum</a>	Aims to enable Asian Americans and Pacific Islanders to attain the highest possible level of health and well-being through advocacy, working with local Asian American and Native Hawaii and Pacific Islander communities. Programming includes health information networks, coalition on domestic violence, and educational programs.	Health, Education, Domestic Violence, Abuse	A/PIA
<a href="#">Asian Mental Health Collective</a>	Aims to raise awareness about the importance of mental health care and promote emotional well-being amongst Asian Diasporic communities worldwide. Includes resources in the U. S., Canada, Australia, New Zealand, UK, India, Hong Kong, Singapore, the Philippines. Includes an Asian Pacific Islander Desi American (APIDA) Therapist Directory. Event programming in Atlanta, NYC, LA, San Francisco.	Mental Health, Therapy	A/PIA
<a href="#">ASISTA</a>	A national non-profit dedicated to helping attorneys and advocates assist immigrant survivors of violence with their immigration matters, ultimately enhancing their safety and security.	Abuse, Sexual Assault/Violence, Legal	Immigrants [U.S.]
<a href="#">Black Emotional and Mental Health</a>	Provides a toolkit with journaling prompts and worksheets for: self de-escalation, self care, and coping strategies for Black and marginalized communities. Also provides resources for finding a therapist or a mobile crisis team.	Mental Health, Support, Self-Care, Therapy	Black/African American
<a href="#">BlackLine</a>	Offers an anonymous hotline for the Black, Black LGBTQ+, Brown, Native, and Muslim community to confidentially report negative, physical, and inappropriate contact with police and vigilantes. *No one will be turned away from the Hotline based on race* Call 1 (800) 604-5841	Support, Anti-Racism, Social Justice, Helpline	Black/African American
<a href="#">The Boris Lawrence Henson Foundation</a>	Provide scholarships to African-American students who seek a career in the mental health field; offer mental health services and programs to young people in urban schools; and combat recidivism within the prison system. <b><i>Launched the COVID-19 Free Virtual Therapy Support Campaign to raise money for mental health services provided by licensed clinicians in our network. Individuals with life-changing stressors and anxiety related to the coronavirus will have the cost for up to five (5) individual sessions defrayed on a first come, first serve basis until all funds are committed or exhausted. [Text NOSTIGMA to 707070]</i></b>	Mental health, Therapy, Counseling	Black/African American
<a href="#">Dive in Well</a>	Provide workshops and resources to cultivate space, community, conversations and change for a more equitable and accessible wellness industry. Offerings both offline and online experiences, resources and tools to empower consumers and participants who believe in soul-centered wellness so we may all be well.	Mental Health	Black/African American
<a href="#">Ethel's Club</a>	Create healing spaces that center and celebrate people of color through conversation, wellness and creativity. Includes book clubs, group workouts, guided meditation, creative workshops.	Mental Health, Self-Care	All Communities of Color
<a href="#">Heal Haus</a>	Joint wellness space and cafe based in Brooklyn that offer a variety of healing services (i.e. yoga, meditation) with goal of building a community that is dedicated to changing the stigma attached to healing.	Mental Health, Self-Care, Physical Wellness	All Communities of Color
<a href="#">Inclusive Therapists</a>	Offers a safer, simpler way to find a culturally responsive, social justice-oriented therapist. Centered around the needs of marginalized populations, including Black, Indigenous, and People of Color, the LGBTQ+ community, neurodivergent folks, and people with disabilities.	Mental Health, Therapy, Inclusive	All Communities of Color
<a href="#">Latinx Therapy</a>	A directory and podcast with bilingual therapists and mental health resources targeted towards Latinx people to help break down stigma in the community. Directory helps connect to therapists in your area. Includes resources for undocumented immigrants.	Mental Health, Therapy, Undocumented Immigrants	Latinx
<a href="#">Melanin and Mental Health</a>	Connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities. Directory for local therapist/counselors, access to free mental health resources, nationwide events.	Mental Health, Health Care Services, Therapy	Black/African American; Latinx

<a href="#">Mental Health Directories</a>	Provides a list of top mental health directories for help finding a therapist. Offers an additional list of directories for Black, and Black LGBTQ+ people.	Mental Health, Black, LGBTQ+, Therapy, Directory	Adults
<a href="#">Nalgona Positivity Pride</a>	An in-community eating disorders and body-positive organization dedicated in creating visibility and resources for Black, Indigenous, communities of color (BICC.) Goal to shed light on the experiences and barriers that exist in BICC affected by body-image and troubled eating to create opportunities of healing by and for BICC.	Eating/Body Image	All Communities of Color
<a href="#">National Asian American Pacific Islander Mental Health Association</a>	Promote the mental health and well being of the Asian American and Pacific Islander communities by working with community-based organizations to provide resources, as well as advocating for public policy change,	Mental Health, Advocacy, Policy	A/PIA
<a href="#">National Indian Child Welfare Association</a>	Works to support the safety, health, well-being, and spiritual strength of American Indian/Alaska Native children. NICWA provides prevention education, as well as influences and informs the policy and practices of the tribal and state systems that respond to child abuse and neglect.	AI/AN Support, Anti-Racism, Support	All Ages
<a href="#">National Queer and Trans Therapists of Color Network</a>	Offers a directory of Queer and Trans therapists of color, as well as a mental health fund for assisting Queer and Trans people of color pay for their treatment.	Mental Health, BIPOC, LGBTQ+, Therapy, Counseling	All Ages
<a href="#">Ourselves, Black</a>	Provides information regarding mental health issues from articles and videos, allows one to join a conversation or read about others' experiences in a forum, and use the links and referral sources to find resources for you, your family and members of your community.	Mental Health, Forum	Black/African American
<a href="#">The Safe Place</a>	A Minority Mental Health App geared towards the Black Community. Goal is to bring more awareness, education, and hope to this serious issue. Resources include self-care tips, podcasts, videos, open forums.	Mental Health, Self-Care, Forum, App	Black/African American
<a href="#">Sista Afya</a>	Mission of sustaining the mental wellness of Black women through building community, sharing information, and connecting Black women to quality mental wellness services. Mental wellness education, resource connection, community support, mental wellness merchandise	Mental Health, Mental Wellness, Community, Education	Black/African American Female-Identifying Persons
<a href="#">The Steve Fund</a>	Focused on supporting the mental health and emotional well-being of young people of color by working with colleges and universities, non-profits, researchers, mental health experts, families, and young people to promote programs and strategies that build understanding and assistance for the mental and emotional health of the nation's young people of color. Offer workshops, annual conferences, scholarships, and other resources.	Mental Health, Youth, Education	Young People of Color
<a href="#">StrongHearts Native Helpline</a>	Offers a safe domestic, dating, and sexual violence helpline for American Indians and Alaska Natives, offering culturally-appropriate support and advocacy daily from 8 a.m. to 11 p.m. EST. Anonymous and confidential. Call or text <b>1-844-7NATIVE (762-8483)</b>	AI/AN Support, Support, Domestic Violence, Relationships, Helpline	All Ages
<a href="#">Therapy for Black Girls</a>	An online space dedicated to encouraging the mental wellness of Black women and girls. Includes a podcast, blog posts, and directory to find counseling and therapy options.	Mental Health, Counseling	Black/African American Female-Identifying Persons
<a href="#">Therapy for Latinx</a>	Serve as a national mental health resource for the Latinx community by working with licensed therapists across the country. We provide resources for our community to heal, thrive, and become advocates for their own mental health. Resources include directory for therapists/counselors, support groups, book recommendations, mental health screenings, helplines	Mental Health, Counseling	Latinx
<a href="#">United We Dream</a>	Advocates for DACA recipients and Latinx immigrants with additional resources like legal, leadership development, deportation defense, community sustainability, and health and wellness.	Resources, DACA, Latinx, Immigration, Anti-Racism, Social Justice	All Ages
<a href="#">We R Native</a>	Provides comprehensive health resources and information for Native youth, by Native youth. Includes information about culture, environment, mental health, physical health, relationships, life tips, spirituality, wellness, and activism.	AI/AN Support, Anti-Racism, Support	14-24 y.o.

<a href="#">Yo Soy Ella</a>	Provides support for women of color in mental health, domestic violence, immigration, and finances. This is done through education, advocacy, and supportive services. Also provides access to community support and professional development.	Mental Health, Domestic Violence, Abuse, Immigration, Education, Advocacy	Female-identifying Persons of Color
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Resource/Activity	Description	Type	Audience
<a href="#">American Foundation for Suicide Prevention</a>	Provides resources for those affected by suicide through research, education, and advocacy. <b>(Deaf/Hard-of-Hearing approved)</b>	Mental Health, Support, Resource, Education, Advocacy, Suicide	All Ages
<a href="#">Center for Relationship Abuse Awareness</a>	Provides information and resources about relationship abuse, sexual assault, gender violence, barriers for leaving, and safety planning. <b>(Deaf and Hard-of-Hearing approved)</b>	Support, Resources, Abuse, Sexual Assault	Teens & Adults
<a href="#">The Compassionate Friends</a>	Provides support for family members who have lost a child at any age. Offers local and virtual chapter meetings. <b>(Deaf/Hard-of-Hearing approved) [Call 630-990-0010]</b>	Mental Health, Support, Resources, Grief, Loss, Parents	All Ages
<a href="#">Cornell Research Program on Self-Injury and Recovery</a>	Provides distraction techniques and alternative coping skills for dealing with self-harm. <b>(Deaf/Hard-of-Hearing approved)</b>	Mental Health, Support, Resources, Self-Harm	All Ages
<a href="#">Cyber Civil Rights Initiative</a>	Provides victims of non-consensual pornography, revenge porn and other forms of online abuse with legal information and advocacy resources. Victims the US can also call their helpline 24/7. Interpretation is available to callers in most languages. <b>(Deaf/Hard-of-Hearing approved) [Call 844-878-2274]</b>	Support, Resources, Bullying, Cyberbullying, Advocacy, Legal, Helpline	All Ages
<a href="#">Deaf Counseling</a>	A website matching up deaf-licensed therapists with deaf individuals across the country, both locally as well as via teletherapy. Includes access to mental health assessments, national and emergency services, and books and films. <b>(Deaf/Hard-of-Hearing approved)</b>	Mental Health, Support, Resources, Advocacy, Counseling/Therapy, Deaf/Hard of Hearing	Teens & Adults
<a href="#">Deaf Overcoming Violence through Empowerment</a>	Provides support for victims and survivors of domestic violence and sexual assault in the deaf community. <b>(Deaf and Hard-of-Hearing approved)</b>	Support, Resources, Abuse, Sexual Assault	All Ages
<a href="#">Help Guide</a>	Provides evidence-based articles, self-help tools, and readings for 21 topics for teens, adults, parents, and elderly <b>(Deaf/Hard-of-Hearing approved)</b> .	Mental Health, Support, Resources, Anxiety/Stress, Depression/Sadness, Grief, Isolation/Loneliness	All Ages
<a href="#">Love is Respect</a>	Educates young people to prevent and end abusive relationships by offering support and resources. <b>(Deaf/Hard-of-Hearing approved) [Call 1-866-331-9474]</b>	Support, Resources, Abuse, Sexual Assault, Relationships, Helpline	Teens & Adults
<a href="#">MyPlate</a>	Provides nutritional education and online tools to create healthier lifestyle choices. Also offers an app to build healthy eating habits. <b>(Deaf/Hard-of-Hearing approved)</b>	Support, Resources, App, Eating/Body Image	Teens & Adults
<a href="#">National Association of Anorexia Nervosa and Associate Disorders</a>	Supports and educates individuals struggling with eating disorders and their families. <b>(Deaf/Hard-of-Hearing approved) [Call 630-577-1330]</b>	Support, Resources, Eating/Body Image, Anorexia, Helpline	Teens & Adults
<a href="#">National Association of the Deaf</a>	Preserves, protects, and promotes the rights of deaf and hard of hearing individuals. <b>(Deaf and Hard-of-Hearing approved)</b>	Support, Resources, Advocacy, Deaf/Hard of Hearing	All Ages
<a href="#">National Deaf Therapy</a>	Working to better address the hurdles deaf people face in finding and receiving mental health help. This site features articles and videos to help deaf individuals with their mental health care as well as a form to fill out in order to find a therapist or counselor from which to receive regular treatment. <b>(Deaf and Hard-of-Hearing approved)</b>	Mental Health, Support, Resources, Advocacy, Deaf/Hard of Hearing	All Ages
<a href="#">National Domestic Violence Hotline</a>	Offers 24/7 help for domestic assault victims over the phone, and has information on how to recognize and prevent domestic abuse. <b>(Deaf and Hard-of-Hearing approved) [1-800-799-SAFE (7233)]</b>	Support, Resources, Abuse, Sexual Assault, Helpline	Teens & Adults
<a href="#">National Human Trafficking Hotline</a>	Offers a crisis hotline and resource directory serving victims and survivors of human trafficking. <b>(Deaf and Hard-of-Hearing approved) [Call 1-888-373-7888]</b>	Support, Resources, Abuse, Sexual Assault, Human Trafficking, Helpline	Teens & Adults

<a href="#">Online Intergroup: Alcoholics Anonymous</a>	Provides support for those recovering from alcoholism through online support groups and online meetings. <b>(Deaf and Hard-of-Hearing approved.)</b>	Support, Resources, Substance Abuse, Addiction, Alcoholism, Recovery	All Ages
<a href="#">Pixel Thoughts</a>	Offers an interactive, 60-second meditation tool to communicate worries and release bothersome thoughts. <b>(Deaf/Hard-of-Hearing approved)</b>	Mental Health, Support, Anxiety/Stress	All Ages
<a href="#">RAINN</a>	Provides information, resources and confidential hotline for survivors of sexual assault. <b>(Deaf/Hard-of-Hearing approved) [Call 1-800-656-4673] [Email info@rainn.org]</b>	Support, Resources, Abuse, Sexual Assault, Helpline	All Ages
<a href="#">To Write Love on Her Arms</a>	Provides support and help for people struggling with depression, addiction, self-injury and suicidal thoughts. Their FIND HELP Tool can be used to locate local free or reduced cost counseling and other mental health resources. <b>(Deaf/Hard-of-Hearing approved)</b>	Mental Health, Support, Resources, Depression/Sadness, Substance Abuse, Addiction, Self-Harm, Suicide, Counseling	All Ages
<a href="#">Veterans Crisis Line</a>	A free, confidential resource that's available to anyone, even if you're not registered with VA or enrolled in VA health care. The caring, qualified responders at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances. Many of them are Veterans themselves. <b>[Call (English) 1-800-273-8255] [Call (Support for Deaf and Hard of Hearing) 1-800-799-4889] [Text 838255]</b>	Military, Mental Health, Wellness, Support, Service, Resources, Helpline	Veterans; Adults
<a href="#">Wendt Center for Loss and Healing</a>	Provides information and resources for people who have experienced loss, terminal illness, abuse, or other trauma. <b>(Deaf and Hard-of-Hearing approved)</b>	Mental Health, Support, Resources, Grief, Loss	All Ages

Resource/Activity	Description	Audience
<a href="#">1-in-6</a>	Provides support for people who identify as male who have been sexually abused.	Male-identifying persons
<a href="#">ASISTA</a>	A national non-profit dedicated to helping attorneys and advocates assist immigrant survivors of violence with their immigration matters, ultimately enhancing their safety and security.	Immigrants [U.S.]
<a href="#">Break the Cycle</a>	Provides dating abuse programs and peer support via text for young people ages 12 to 24. Also gives information on navigating the justice system and finding safety. <b>[Text 'loveis' to 22522]</b>	Teens & Young Adults
<a href="#">Center for Relationship Abuse Awareness</a>	Provides information and resources about relationship abuse, sexual assault, gender violence, barriers for leaving, and safety planning. <b>(Deaf and Hard-of-Hearing approved)</b>	Teens & Adults
<a href="#">Childhelp National Child Abuse Hotline</a>	Provides parents and teachers with resources, training and support for child abuse prevention, intervention, and treatment.	All Ages
<a href="#">Deaf Overcoming Violence through Empowerment</a>	Provides support for victims and survivors of domestic violence and sexual assault in the deaf community. <b>(Deaf and Hard-of-Hearing approved)</b>	All Ages
<a href="#">Moving Ahead</a>	Educates survivors of domestic violence on navigating financial and safety challenges when ending an abusive relationship.	Adults, DV Survivors
<a href="#">My Plan App</a>	Offers intimate partner violence safety planning with personalized safety information and resources for self or someone else in an abusive relationship. <b>[Apple Store, Google Play, Web App]</b>	All Ages
<a href="#">National Adult Protective Services Association</a>	Provides information about protective services and reporting abuse for senior adults and adults with disabilities.	Adults
<a href="#">National Domestic Violence Hotline</a>	Offers 24/7 help for domestic assault victims over the phone, and has information on how to recognize and prevent domestic abuse. <b>(Deaf and Hard-of-Hearing approved) [1-800-799-SAFE (7233)]</b>	Teens & Adults
<a href="#">National Human Trafficking Hotline</a>	Offers a crisis hotline and resource directory serving victims and survivors of human trafficking. <b>(Deaf and Hard-of-Hearing approved) [Call 1-888-373-7888]</b>	Teens & Adults
<a href="#">National Sexual Violence Resource Center</a>	Advocates for leadership and prevention of sexual violence through their resources and media centers.	Adults
<a href="#">RAINN</a>	Provides information, resources and confidential hotline for survivors of sexual assault. <b>(Deaf/Hard-of-Hearing approved) [Call 1-800-656-4673] [Email info@rainn.org]</b>	All Ages
<a href="#">Stop it Now</a>	Provides immediate help for adults to intervene to stop child sexual abuse, and information to prevent child sexual abuse from occurring. Also helpful for perpetrators/abusers.	Adults

<a href="#">StrongHearts Native Helpline</a>	Offers a safe domestic, dating, and sexual violence helpline for American Indians and Alaska Natives, offering culturally-appropriate support and advocacy daily from 8 a.m. to 11 p.m. EST. Anonymous and confidential. Call or text <b>1-844-7NATIVE (762-8483)</b>	All Ages
<a href="#">The Rape Crisis Center</a>	Provide help, hope and healing to those impacted by sexual violence and cultivate a safe, nonviolent community through crisis intervention, client advocacy, education, counseling, and community engagement. <b>[Call 210-349-7273]</b>	All Ages
<a href="#">Therapy for Black Girls</a>	An online space dedicated to encouraging the mental wellness of Black women and girls. Includes a podcast, blog posts, and directory to find counseling and therapy options.	Black/African American
<a href="#">WomensLaw.org</a>	Provides legal information for male and female survivors of domestic or sexual abuse including: pressing charges in criminal and civil court, what to expect in court, obtaining restraining orders, and finding a lawyer.	Adults
<a href="#">Workplaces Respond</a>	Provides legal information, safety planning, and direct contacts to immediate help for survivors of abuse or harassment in the workplace.	Teens & Adults

Resource/Activity	Description	Audience
<a href="#">54321 Grounding Technique</a>	Leads person through a five step grounding exercise to find calm. Also includes additional grounding exercises.	All Ages
<a href="#">Anxiety and Depression Association of America</a>	Promotes prevention, treatment and support for anxiety, depression, OCD, PTSD, stress, suicide, and co-occurring disorders. They also have a therapist directory	Teens & Adults
<a href="#">Breathing GIF</a>	Leads viewer through a breathing exercise following an animated visual aid. Helpful for anxiety or panic attacks.	All Ages
<a href="#">Dartmouth Relaxation Downloads</a>	Provides audio files for guided relaxation, meditation, mindfulness, and imagery exercises.	All Ages
<a href="#">Grounding: Create Personal Calm</a>	(Worksheet) Educates and puts into practice the use of grounding techniques during a heated moment.	Teens & Adults
<a href="#">Just for Teens: A Personal Plan for Managing Stress</a>	Educates young people about stress, triggers, and stress management. At the end, a worksheet is provided to create a personal stress and self care management plan.	Teens
<a href="#">KidsHealth</a>	Informs teens, kids, and parents about physical and mental health, wellness, relationships, puberty, studying, sports, nutrition, self esteem, and more	Kids, Teens, & Parents
<a href="#">Mass Shooting and Violence Resource</a>	Offers information and specific strategies to support children who have faced trauma, with links to trauma recovery resources	Adults
<a href="#">My Life</a>	Provides short activities to guide people through meditation and grounding for mindfulness and self-regulation.	All Ages
<a href="#">My Study Life</a>	Provides users with a planner for school and allows them to gain organizational and time management skills.	Teens & Adults
<a href="#">The National Center for PTSD</a>	Provides articles about PTSD: how and why it occurs, its symptoms, and ways to cope with it. Also provides information for third party individuals looking to support a loved one with PTSD. <b>[Call 802-296-6300]</b>	All Ages
<a href="#">Parental Stress Line</a>	Provides a 24 hour helpline for parents who need to discuss issues related to their children. Translators available to support all languages.	Adults
<a href="#">Pixel Thoughts</a>	Offers an interactive, 60-second meditation tool to communicate worries and release bothersome thoughts. <b>(Deaf/Hard-of-Hearing approved)</b>	All Ages
<a href="#">PTSD Coach</a>	Provides people with PTSD with information, treatment options, symptom tracking, and coping skills.	Teens & Adults
<a href="#">Self-help Anxiety Management App</a>	Facilitates self-help for anxiety with resources to build one's own Anxiety Toolkit through an app for iOS and Android.	Teens & Adults
<a href="#">Ten Ways to Untwist Your Thinking</a>	Educates readers on techniques for managing negative thoughts.	Teens & Adults
<a href="#">TheTribe Wellness Community</a>	Connects teens and adults to online peer support groups for help facing mental health challenges and/or difficult family dynamics. Also provides a directory to find a local therapist.	Teens & Adults

<a href="#">What's Up?</a>	Assists with coping with depression, anxiety, and stress. Also includes grounding and breathing techniques and tracking negative thoughts and habits. Offers a forum to connect with others.	All Ages
<a href="#">Woebot</a>	Provides support for people with depression or anxiety. Provides daily check-ins and lessons to help them change some of their thought patterns.	Adults
<a href="#">You Feel Like Shit</a>	Offers an interactive self care game/guide with grounding exercises for people struggling with feeling sad or anxious.	All Ages



Resource/Activity	Description	Audience
<a href="#">Be Strong</a>	Provides resources, support, and intervention for those who are affected by bullying, depression, suicide, and other adversities.	Teens
<a href="#">Cyber Civil Rights Initiative</a>	Provides victims of non-consensual pornography, revenge porn and other forms of online abuse with legal information and advocacy resources. Victims the US can also call their helpline 24/7. Interpretation is available to callers in most languages. <b>(Deaf/Hard-of-Hearing approved)</b> <b>[Call 844-878-2274]</b>	All Ages
<a href="#">Disability.gov</a>	Educates people with disabilities on: civil rights, benefits, employment, emergency preparedness, housing, technology, and transportation.	Adults
<a href="#">GirlsHealth</a>	Teaches girls about health and well-being, relationships (including family), bullying, illness, and disabilities. <b>[Call 800-994-9662]</b>	Teens; Female-identifying persons
<a href="#">National Bullying Prevention Center</a>	Provides victims of bullying resources and support. Also provides resources for parents and teachers on how they can help combat bullying.	All Ages
<a href="#">Stomp Out Bullying</a>	Provides information and advocacy resources for victims of bullying, cyberbullying, sexting, and other forms of peer abuse.	Teens
<a href="#">Stop Bullying</a>	Provides information from various government agencies on what bullying is, what cyberbullying is, who is at risk, and how you can prevent and respond to bullying.	Teens
<a href="#">Workplaces Respond</a>	Provides legal information, safety planning, and direct contacts to immediate help for survivors of abuse or harassment in the workplace.	Teens & Adults

Resource/Activity	Description	Audience
<a href="#">Antidepressant Skills Workbook</a>	Workbook that offers a step-by-step self-care guide with antidepressant skills for individuals managing depression or concerned family members, friends, or partners.	Adults
<a href="#">Antidepressant Skills Workbook for Teens</a>	Interactive workbook that offers a step-by-step self-care guide with antidepressant skills for teens managing depression or concerned family members, friends, or partners.	Teens
<a href="#">Aunt Bertha</a>	Connects people to local resources and support (similar to 211), with the ability to search for low-cost care options.	All Ages
<a href="#">Breathing GIF</a>	Leads viewer through a breathing exercise following an animated visual aid. Helpful for anxiety or panic attacks.	All Ages
<a href="#">Carbon Health</a>	Provides a list of clinics, hospitals, doctors offices, and pop-up testing centers currently offering COVID-19 testing.	Teens
<a href="#">CareerOneStop</a>	Provides resources and guides for unemployment insurance benefits, career exploration, job training, as well as job searching. <a href="#">[Call 1-877-872-5627]</a>	Teens & Adults
<a href="#">Caregiver Guide to Helping Families Cope with COVID-19</a>	Educates parents and caregivers on the coronavirus, how to protect, and care for their family and children, as well as how to cope with stress and anxiety.	Adults
<a href="#">Centers for Disease Control and Prevention</a>	Offers guides on healthy living, healthy traveling, and emergency preparedness with up-to-date information on current threats to health and local clinics. <a href="#">[Call 800-232-4636]</a>	All Ages
<a href="#">Coping with Debt</a>	Provides information on how to manage debt via self-help, debt relief services, debt consolidation, or bankruptcy.	Adults
<a href="#">Coronavirus Checker</a>	Provides a screening tool based on CDC guidelines to assess for COVID-19. When the screening is complete, it gives recommendations for care.	All Ages
<a href="#">Coronavirus Information for kids</a>	Educates children on the coronavirus, how it's spread, and how to slow the spread.	Kids
<a href="#">Feeding America</a>	Offers a Zip-code based directory of food banks in the US for people in need. <a href="#">[Call 1-800-910-5524]</a>	All Ages
<a href="#">Get Your Refund</a>	Provides free tax filing assistance to families earning less than \$66,000 a year.	Adults
<a href="#">Help with Bills</a>	Provides information about government programs that help with bill payment and temporary assistance.	Adults
<a href="#">Homeless Shelter Directory</a>	Provides a national directory of homeless shelters, Low Income and Affordable Housing, dental/medical clinics, rent assistance, relief organizations, soup kitchens, and food banks.	All Ages

<a href="#">How to Stay Calm During a Coronavirus Outbreak</a>	Provides information to help protect yourself from infection, manage feelings, and set a realistic mindset.	Adults
<a href="#">HUD Housing and Homeless Assistance</a>	Directory for locating national homeless assistance, food banks, and disaster relief. 24/7 hotline also available specifically for homeless veterans.	All Ages
<a href="#">Khan Academy</a>	Provides free education on math, science, programming, animation, etc. Also provides courses and schedules for homeschooling pre-school through 12th grade.	All Ages
<a href="#">Kindness</a>	Facilitates the sharing and doing of acts of kindness both digital and real for those looking for connection and a happier world.	All Ages
<a href="#">mRelief</a>	Facilitates a fast and simplified process for qualifying for food stamps via their website or text <a href="#">[Text 'SNAP' to 74544]</a>	Adults
<a href="#">Pixel Thoughts</a>	Offers an interactive, 60-second meditation tool to communicate worries and release bothersome thoughts. <b>(Deaf/Hard-of-Hearing approved)</b>	All Ages
<a href="#">Prism</a>	Manages information about personal bills and paycheck schedules to help keep track of personal expenses and assist with budgeting and financial planning.	Teens & Adults
<a href="#">Rapid Response Referral Program</a>	Provides confidential, 24/7 peer to peer support, comprehensive care management, and resources for veterans and their families. Ideal for support with finances, mental health, homelessness, disability claims, employment, education, and legal issues. <a href="#">[Call 1-855-91RAPID]</a>	Adults
<a href="#">School Closures</a>	Provides resources about keeping up with school closures, finding food for children out of school, home schooling, childcare resources, and staying connected socially. Also offers a free hotline <b>(call or text 18552642051)</b> .	Kids, Teens, and Parents
<a href="#">Self-help Anxiety Management App</a>	Facilitates self-help for anxiety with resources to build one's own Anxiety Toolkit through an app for iOS and Android.	Teens & Adults
<a href="#">World Health Organization</a>	Promotes health and addresses health topics to inform individuals about proper care options.	All Ages

Resource/Activity	Description	Audience
<a href="#">Antidepressant Skills Workbook</a>	Workbook that offers a step-by-step self-care guide with antidepressant skills for individuals managing depression or concerned family members, friends, or partners.	Adults
<a href="#">Antidepressant Skills Workbook for Teens</a>	Interactive workbook that offers a step-by-step self-care guide with antidepressant skills for teens managing depression or concerned family members, friends, or partners.	Teens
<a href="#">Anxiety and Depression Association of America</a>	Promotes prevention, treatment and support for anxiety, depression, OCD, PTSD, stress, suicide, and co-occurring disorders. They also have a therapist directory.	Teens & Adults
<a href="#">Be Strong</a>	Provides resources, support, and intervention for those who are affected by bullying, depression, suicide, and other adversities.	Teens
<a href="#">Connect2Affect</a>	Provides resources that meet the needs of Elderly adults who are isolated or lonely, by building social connections in the form of social activities, volunteering, learning, wellness, etc. Resources regarding transportation, money, food, and more are also available.	Elderly Adult
<a href="#">Depression and Bipolar Support Alliance</a>	Provides support, education, and resources to improve the lives of people with depression and bipolar disorder as well as support and resources for family, and friends (third party).	Teens & Adults
<a href="#">Half of Us</a>	Offers information on a wide variety of struggles that young people face and connects students with resources to decrease mental health stigma, help themselves, or a third party.	College Age
<a href="#">Help Guide</a>	Provides evidence-based articles, self-help tools, and readings for 21 topics for teens, adults, parents, and elderly ( <b>Deaf/Hard-of-Hearing approved</b> ).	All Ages
<a href="#">International Bipolar Foundation</a>	Empowers individuals living with bipolar disorder and their caregivers by providing advocacy, education, support, and awareness.	Teens & Adults
<a href="#">Mental Health America</a>	Provides education, resources, and screenings to detect mental illness and to those living with mental illness.	Adults
<a href="#">National Alliance on Mental Health</a>	Provides education, information, and advocacy for those affected by mental illness including a HelpLine for symptom checking, treatment options, local support and services, job services, and legal issues.	Teens & Adults
<a href="#">Postpartum Support International</a>	Provides information about postpartum life and complications, including loss of a child, and other related struggles. Also provides resources for pregnant women with anxiety or mental health issues.	Adults
<a href="#">Stopping Stupid Thoughts</a>	Offers an activity for coping with and conquering negative thoughts.	All Ages

<a href="#">TheTribе Wellness Community</a>	Connects teens and adults to online peer support groups for help facing mental health challenges and/or difficult family dynamics. Also provides a directory to find a local therapist.	Teens & Adults
<a href="#">What's Up?</a>	Assists with coping with depression, anxiety, and stress. Also includes grounding and breathing techniques and tracking negative thoughts and habits. Offers a forum to connect with others.	All Ages
<a href="#">Woebot</a>	Provides support for people with depression or anxiety. Provides daily check-ins and lessons to help them change some of their thought patterns.	Adults

Resource/Activity	Description	Audience
<a href="#">The Body Positive</a>	Teaches people to listen to their bodies, learn and thrive, with goal is to end the harmful consequences of negative body image: eating disorders, depression, anxiety, cutting, suicide, substance abuse, and relationship violence. Provide training for educators and student leaders to create Body Positive programs in their schools and communities.	Teens & Adults
<a href="#">Eating Disorders Anonymous</a>	Offers online and live communities who support each other in their struggle to recover from eating disorders, 12 Step style.	Teens & Adults
<a href="#">Half of Us</a>	Offers information on a wide variety of struggles that young people face and connects students with resources to decrease mental health stigma, help themselves, or a third party.	College Age
<a href="#">KidsHealth</a>	Informs teens, kids, and parents about physical and mental health, wellness, relationships, puberty, studying, sports, nutrition, self esteem, and more.	Kids, Teens, & Parents
<a href="#">MyPlate</a>	Provides nutritional education and online tools to create healthier lifestyle choices. Also offers an app to build healthy eating habits. <b>(Deaf/Hard-of-Hearing approved)</b>	Teens & Adults
<a href="#">National Association of Anorexia Nervosa and Associate Disorders</a>	Supports and educates individuals struggling with eating disorders and their families. <b>(Deaf/Hard-of-Hearing approved) [Call 630-577-1330]</b>	Teens & Adults
<a href="#">National Eating Disorder Association</a>	Offers forums, support groups, and free screenings to determine if an individual with an eating disorder should seek professional help. <b>[Call 1-800-931-2237]</b>	Teens & Adults
<a href="#">Recovery Dharma</a>	Provides addiction recovery support through the practice of Buddhist teachings and meditations via both in-person and online meetings. Support is for any addictive behavior (substance use or process addictions like codependency, gambling, eating disorders, relationships, technology, or any obsessive or habitual pattern that creates suffering).	All Ages
<a href="#">Recovery Record</a>	Supports recovery and tracks progress for people with eating disorders by providing self-monitoring, goals, coping tactics, meal planning, rewards and affirmations, and connection.	Teens & Adults



Resource/Activity	Description	Audience
<a href="#">Asexual Visibility and Education Network</a>	Provides education to those on the asexual spectrum as well as an online community, and large archive of resources on asexuality.	All Ages
<a href="#">Coming Out Handbook</a>	Helps readers explore their sexual identity and provides tools and questions to help determine what it might be like to share their identity with others.	All Ages
<a href="#">Free Mom Hugs</a>	Offers resources for LGBTQ+ community members, emergency assistance, legal name changes, and same sex marriage support.	All Ages
<a href="#">GLBT Near Me</a>	Provides an online database for finding GLTBQ-friendly resources and support in your area.	All Ages
<a href="#">It Gets Better</a>	Provides inspirational videos to communicate to lesbian, gay, bisexual, and transgender youth around the world that it gets better.	Kids & Teens
<a href="#">Lambda Legal</a>	Provides information about legal rights for LGBTQIA people and their families on a national and state-by-state basis.	All Ages
<a href="#">Mental Health Directories</a>	Provides a list of top mental health directories for help finding a therapist. Offers an additional list of directories for Black, and Black LGBTQ+ people.	Adults
<a href="#">National Center for Transgender Equality</a>	Provides information and multi-level resources about transgender people and issues such as healthcare, homelessness, and civil rights. <b>[Call 202-642-4542]</b>	All Ages
<a href="#">National Queer and Trans Therapists of Color Network</a>	Offers a directory of Queer and Trans therapists of color, as well as a mental health fund for assisting Queer and Trans people of color pay for their treatment.	All Ages
<a href="#">Our Trans Loved Ones</a>	Provides information on how to support friends and family members who are Transgender and Gender Expansive.	Teens & Adults
<a href="#">PFLAG</a>	Provides LGBTQ community and their loved ones with information, tools, resources, advocacy, education and peer support chapters. (Deaf/Hard-of-Hearing approved) <b>[Call 202-467-8180]</b>	Teens & Adults
<a href="#">Point of Pride</a>	Offers an annual transgender surgery fund, a free chest binder donation program, a free trans femme shapewear Program, an electrolysis financial support program, and other community-building support initiatives for trans teens and adults.	Teens & Adults
<a href="#">Rad Remedy</a>	Connect trans, gender non-conforming, intersex, and queer individuals to comprehensive care in order to improve individual and community health.	All Ages
<a href="#">Trans Lifeline</a>	A national trans-led organization dedicated to improving the quality of trans lives by responding to the critical needs of our community with direct service, material support, advocacy, and education. Vision is to fight the epidemic of trans suicide and improve overall life-outcomes of trans people by facilitating justice-oriented, collective community aid. <b>[Call 877-565-8860]</b>	Teens & Adults

<a href="#">TheTribe Wellness Community</a>	Connects teens and adults to online peer support groups for help facing mental health challenges and/or difficult family dynamics. Also provides a directory to find a local therapist.	Teens & Adults
<a href="#">Trevor Project</a>	Provides crisis intervention services to lesbian, gay, bisexual, transgender, and questioning youth, including a 24/7 hotline and textline. <a href="#">[Call 866-488-7386]</a>	Teens & Adults
<a href="#">TrevorSpace</a>	Connects LGBTQ youth to peer support and community through online forums. Must provide email address to join.	Ages 13-24

Resource/Activity	Description	Audience
<a href="#">The Compassionate Friends</a>	Provides support for family members who have lost a child at any age. Offers local and virtual chapter meetings. <b>(Deaf/Hard-of-Hearing approved)</b> [Call <b>630-990-0010</b> ]	All Ages
<a href="#">DIY Doula</a>	Provides information for caring for ones self before, during, and after an abortion or miscarriage.	Teens & Adults
<a href="#">Eluna</a>	Provides resources for children and families coping with grief and addiction. Includes information about free camps for kids and teens affected by these issues.	All Ages
<a href="#">Glow in the Woods</a>	Offers a space for mothers and fathers who have experienced a miscarriage or infertility issues to share and grieve their loss. Additional info for third parties to support friends who suffer a loss.	All Ages
<a href="#">Help Guide</a>	Provides evidence-based articles, self-help tools, and readings for 21 topics for teens, adults, parents, and elderly (Deaf/Hard-of-Hearing approved).	All Ages
<a href="#">National Alliance for Grieving Children</a>	Provides information on supporting children through grief, including a national database of grief support programs, camps, and community resources. [Call <b>866-432-1542</b> ]	All Ages
<a href="#">Postpartum Support International</a>	Provides information about postpartum life and complications, including loss of a child, and other related struggles. Also provides resources for pregnant women with anxiety or mental health issues. [Call <b>800-944-4773(4PPD)</b> ] [Email <b>support@postpartum.net</b> ]	Adults
<a href="#">SAVE</a>	Provides support groups for suicide loss survivors, as well as resources about suicide and finding help for yourself or others. Also has a free screening for depression.	All Ages
<a href="#">Wendt Center for Loss and Healing</a>	Provides information and resources for people who have experienced loss, terminal illness, abuse, or other trauma. <b>(Deaf and Hard-of-Hearing approved)</b>	All Ages

Resource/Activity	Description	Audience
<a href="#">Asexual Visibility and Education Network</a>	Provides education to those on the asexual spectrum as well as an online community, and large archive of resources on asexuality.	All Ages
<a href="#">Connect2Affect</a>	Provides resources that meet the needs of Elderly adults who are isolated or lonely, by building social connections in the form of social activities, volunteering, learning, wellness, etc. Resources regarding transportation, money, food, and more are also available.	Elderly Adults
<a href="#">Do Something</a>	Connects young people with volunteer opportunities and campaigns on a wide range of community-related topics.	Teens
<a href="#">Help Guide</a>	Provides evidence-based articles, self-help tools, and readings for 21 topics for teens, adults, parents, and elderly ( <b>Deaf/Hard-of-Hearing approved</b> ).	All Ages
<a href="#">Kindness</a>	Facilitates the sharing and doing of acts of kindness both digital and real for those looking for connection and a happier world.	All Ages
<a href="#">TheTribe Wellness Community</a>	Connects teens and adults to online peer support groups for help facing mental health challenges and/or difficult family dynamics. Also provides a directory to find a local therapist.	Teens & Adults
<a href="#">What's Up?</a>	Assists with coping with depression, anxiety, and stress. Also includes grounding and breathing techniques and tracking negative thoughts and habits. Offers a forum to connect with others.	All Ages

Resource/Activity	Description	Audience
<a href="#">APA Parenting Information</a>	Offers resources for parents about common issues they might face when raising children.	Adults
<a href="#">Children of Parents with a Mental Illness</a>	Provides information to parents with mental illness, family and friends, professionals, and young people who have parents with mental illness on how to cope or help in this situation.	Kids & Parents
<a href="#">Coming Out Handbook</a>	Helps readers explore their sexual identity and provides tools and questions to help determine what it might be like to share their identity with others.	All Ages
<a href="#">Conflict Resolution Skills</a>	Provides examples of healthy and unhealthy conflict management skills and steps to address issues in personal and professional relationships.	All Ages
<a href="#">How to Create Healthy Boundaries</a>	Teaches about boundaries in relationships, the roles they can play, and tips on how to set them.	All Ages
<a href="#">Infant Safe Haven Laws</a>	Provides information for parents in crisis about state-to-state infant safe haven laws which allow them to safely relinquish their babies when they can no longer care for them.	All Ages
<a href="#">Love is Respect</a>	Educates young people to prevent and end abusive relationships by offering support and resources. <b>(Deaf/Hard-of-Hearing approved) [Call 1-866-331-9474]</b>	Teens & Adults
<a href="#">My Plan App</a>	Offers intimate partner violence safety planning with personalized safety information and resources for self or someone else in an abusive relationship.	All Ages
<a href="#">Our Trans Loved Ones</a>	Provides information on how to support friends and family members who are Transgender and Gender Expansive.	Teens & Adults
<a href="#">Parental Stress Line</a>	Provides a 24 hour helpline for parents who need to discuss issues related to their children. Translators available to support all languages.	Adults
<a href="#">Scarleteen</a>	Provides inclusive and comprehensive information for teens and young adults on sexuality, relationships, pregnancy, and sex.	Teens
<a href="#">Self Care After Divorce</a>	Offers self care help for individuals going through a divorce and other resources for support.	Adults
<a href="#">Sex Addicts Anonymous</a>	Offers information and help locating local meetings of this 12-step program for people trying to overcome sex addiction. <b>[Call 1-800-477-8191]</b> <b>[Email info@saa-recovery.org]</b>	Adults
<a href="#">Surviving A Relationship Break-Up</a>	Provides strategies to cope with a relationship break-up.	Teens & Adults

Resource/Activity	Description	Audience
<a href="#">99 Coping Skills</a>	Provides an interactive list and print-out of 99 coping skills and strategies.	All Ages
<a href="#">The Butterfly Project</a>	Offers an interactive project for those who feel they are ready to stop self harming and need the motivation or support to do so.	All Ages
<a href="#">Calm Harm</a>	Offers timed activities to help resist or manage self-harm urges with the ability to log completed activities and track progress.	Teens
<a href="#">Cornell Research Program on Self-Injury and Recovery</a>	Provides distraction techniques and alternative coping skills for dealing with self-harm. <b>(Deaf/Hard-of-Hearing approved)</b>	All Ages
<a href="#">Help Guide</a>	Provides evidence-based articles, self-help tools, and readings for 21 topics for teens, adults, parents, and elderly <b>(Deaf/Hard-of-Hearing approved)</b> .	All Ages
<a href="#">Help Guide on Cutting and Self-Harm</a>	Provides information on cutting and self-harm, including identifying triggers, finding new coping techniques, and how to support a loved one (third party) who cuts or self-harms.	All Ages
<a href="#">Ten Ways to Untwist Your Thinking</a>	Educates readers on techniques for managing negative thoughts.	Teens & Adults
<a href="#">To Write Love on Her Arms</a>	Provides support and help for people struggling with depression, addiction, self-injury and suicidal thoughts. Their FIND HELP Tool can be used to locate local free or reduced cost counseling and other mental health resources. <b>(Deaf/Hard-of-Hearing approved)</b>	All Ages
<a href="#">Twitter - Report Suicidal/Self-Harm Content</a>	Provides a form for users to report suicide and self-harm content found on twitter.	All Ages
<a href="#">Web Poison Control</a>	Offers an interactive website, hotline, and app triage tool that guides users faced with a poison emergency. <b>[Call 1-800-222-1222]</b>	All Ages
<a href="#">What parents need to know about self-injury</a>	Educates parents on understanding, managing, and treating self harm in children.	Adults



Resource/Activity	Description	Audience
<a href="#">Al-Anon</a>	Helps family and friends recover from the effects of someone else's drinking through a 12-step program, including regular attendance at group meetings.	Teens & Adults
<a href="#">Alcoholics Anonymous</a>	Provides support for individuals who have struggled with drinking through a 12-step program including regular attendance at group meetings. <b>[Call 212-870-3400]</b>	Adults
<a href="#">In the Rooms</a>	Provides assistance for people seeking help with substance abuse (and third parties) via live virtual meetings, blogs and discussion posts, and DMing with members of the community. They have groups for: yoga, adult children of alcoholics, ALANON, codependency (CODA), COVID-19 support, chronic pain, and more.	Adults
<a href="#">Just Think Twice</a>	Provides facts about different drugs and drug abuse, addresses common myths, and includes advice and stories from teens about drugs. <b>[Call 202-307-7936]</b>	Teens
<a href="#">Nar-Anon</a>	Provides support for family and friends of addicts, specifically through group meetings that focus on a 12-step program. <b>[Call 800-477-6291]</b>	Adults
<a href="#">Narcotics Anonymous</a>	Provides support for individuals who are recovering from drug addiction through a 12-step program including regular attendance at group meetings. <b>[Call 818-773-9999]</b>	Adults
<a href="#">National Institute on Drug Abuse for Teens</a>	Provides drug education for teens, parents and educators, as well as information about what to do if you or someone you know has a problem with drugs. (third party)	Teens & Adults
<a href="#">Online Intergroup: Alcoholics Anonymous</a>	Provides support for those recovering from alcoholism through online support groups and online meetings. <b>(Deaf and Hard-of-Hearing approved.)</b>	All Ages
<a href="#">Partnership for Drug Free Kids</a>	Provides information and support for families struggling with their child's substance abuse.	Adults
<a href="#">Recovery Dharma</a>	Provides addiction recovery support through the practice of Buddhist teachings and meditations via both in-person and online meetings. Support is for any addictive behavior (substance use or process addictions like codependency, gambling, eating disorders, relationships, technology, or any obsessive or habitual pattern that creates suffering).	All Ages
<a href="#">SAMHSA Treatment Locator</a>	Provides a directory for locating Behavioral Health Treatment Services for Mental Illness and Substance Abuse.	Teens & Adults
<a href="#">SMART Recovery</a>	Provides support for those recovering from addiction problems through a self-help program that empowers individuals to abstain and to develop a more positive lifestyle. This program is for any addiction problem (alcohol and other drugs, sex, relationships, spending, gambling, eating, exercise, self-injury, etc).	Adults
<a href="#">Substance Abuse and Mental Health Services Administration</a>	Provides information and support aimed to reduce the impact of substance abuse.	Teens & Adults
<a href="#">TheTribe Wellness Community</a>	Connects teens and adults to online peer support groups for help facing mental health challenges and/or difficult family dynamics. Also provides a directory to find a local therapist.	Teens & Adults
<a href="#">To Write Love on Her Arms</a>	Provides support and help for people struggling with depression, addiction, self-injury and suicidal thoughts. Their FIND HELP Tool can be used to locate local free or reduced cost counseling and other mental health resources. <b>(Deaf/Hard-of-Hearing approved)</b>	All Ages

<a href="#"><u>Yoga of 12-Step Recovery</u></a>	Offers a holistic recovery program that integrates yoga with the principles of 12-step programs. The program serves people recovering from all forms of addiction, from behavioral addictions to substance abuse.	All Ages
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Resource/Activity	Description	Audience
<a href="#">American Foundation for Suicide Prevention</a>	Provides resources for those affected by suicide through research, education, and advocacy. <b>(Deaf/Hard-of-Hearing approved)</b>	All Ages
<a href="#">Be Strong</a>	Provides resources, support, and intervention for those who are affected by bullying, depression, suicide, and other adversities.	Teens
<a href="#">Brown Stanley Safety Plan Template</a>	Guides you through a step by step worksheet on how to safety plan for those with suicidal thoughts.	All Ages
<a href="#">Help Guide</a>	Provides evidence-based articles, self-help tools, and readings for 21 topics for teens, adults, parents, and elderly <b>(Deaf/Hard-of-Hearing approved)</b> .	All Ages
<a href="#">Jed Foundation</a>	Promotes suicide prevention by teaching teens and young adults the skills and support to grow into healthy adults. Also provides third party tools.	Teens
<a href="#">Know the Signs</a>	Offers an interactive tool for third parties to help recognize the signs of suicidal ideation and helpful phrases for talking to someone about suicide.	All Ages
<a href="#">Military Help Line</a>	Provides free 24/7 confidential crisis intervention and suicide prevention focused on military-specific issues. <b>Dial (888) 457-4838 or text MIL1 to 839863.</b>	Adults
<a href="#">My 3 App</a>	Helps create a safety plan for those experiencing suicidal thoughts, including defining their network and their plan to stay safe.	Teens & Adults
<a href="#">National Suicide Prevention Lifeline</a>	Provides free, 24/7 confidential support to people in suicidal crisis or emotional distress through a hotline. <b>[Call 1-800-273-8255]</b>	All Ages
<a href="#">Now Matters Now</a>	An online resource that provides support for coping with suicidal thoughts through teaching skills based on Dialectical Behavior Therapy (DBT). Includes videos of personal stories.	All Ages
<a href="#">Objective Zero</a>	Connects veterans, service members, their families, and caregivers to peer support via voice, video, and text. Also provides free access to wellness resources such as yoga and meditation. <b>[Call (212) 815-2681] [Email contactus@objectivezero.org]</b>	Adults
<a href="#">SAVE</a>	Provides support groups for suicide loss survivors, as well as resources about suicide and finding help for yourself or others. Also has a free screening for depression.	All Ages
<a href="#">Suicide Loss Survivors - Suicidology</a>	Provides free, online resources for suicide attempt survivors, as well as those looking to help a survivor of suicide.	All Ages

Resource/Activity	Description	Type	Audience
<a href="#">18percent</a>	Offers a Slack community for those struggling with a wide range of mental health issues to find peer support. Best for texters who are not experiencing suicidal ideation.	Mental Health, Support, Resources, Anxiety/Stress, Depression/Sadness, App	Adults
<a href="#">211</a>	Connects people with local curated social services resources and assistance. <a href="#">[Text your zip code to 898211]</a>	Support, Resources, Helpline, Service, Local, Directory	Teens & Adults
<a href="#">99 Coping Skills</a>	Provides an interactive list and print-out of 99 coping skills and strategies.	Mental Health, Resources, Self-Harm, Suicide, Depression/Sadness, PDF	All Ages
<a href="#">Active Minds</a>	Empowers college students to speak out about mental illness and offers resources and ways to help self and others (third party).	Mental Health, Support, Resources, Website	Teens & Adults
<a href="#">American Chronic Pain Association</a>	Offers peer support and education on pain management skills for people with chronic pain, their family and friends, and health care professionals. Also provides info on finding clinical trials.	Support, Resources, Health, Chronic Pain, Coping, Website	Adults
<a href="#">APA Parenting Information</a>	Offers resources for parents about common issues they might face when raising children.	Support, Resources, Parenting, Relationships, Website	Adults
<a href="#">Aunt Bertha</a>	Connects people to local resources and support (similar to 211), with the ability to search for low-cost care options.	Mental Health, Support, Resources, Health, Health Care, Accessible, Local, Directory	All Ages
<a href="#">Balancing Work and School</a>	Educates college students on balancing work and school life by prioritizing and using self care.	Support, Resources, Self-Care, College, Website	College Students
<a href="#">Be Strong</a>	Provides resources, support, and intervention for those who are affected by bullying, depression, suicide, and other adversities.	Mental Health, Bullying, Cyberbullying, Depression/Sadness, Suicide, Self-Care, Website, App	Teens
<a href="#">Breathing GIF</a>	Leads viewer through a breathing exercise following an animated visual aid. Helpful for anxiety or panic attacks.	Support, Resources, Guided, Anxiety/Stress, Gif	All Ages
<a href="#">CareerOneStop</a>	Provides resources and guides for unemployment insurance benefits, career exploration, job training, as well as job searching. <a href="#">[Call 1-877-872-5627]</a>	Support, Resources, COVID-19, Unemployment, Directory, Helpline, Service, Helpline	Teens & Adults
<a href="#">Caregiver Action Network</a>	Provides education, peer support, and resources to people who care for loved ones with chronic conditions, disabilities, disease, or old age. <a href="#">[Call 855-227-3640]</a>	Support, Resources, Caregiver, Disability, Family, Self-Care, Website, Helpline	Adults
<a href="#">Centre for Clinical Interventions</a>	Offers a workbook, worksheets, and info sheets on improving self esteem. Also provides a range of information sheets about psychological disorders for one's self and others.	Mental Health, Support, Resources, Self-Care, Self-Esteem, Website, Interactive	Teens & Adults
<a href="#">Child Care Aware</a>	Connects families to local child care, including resources for financial assistance, health and social services with respect to child care. Also provides resources for military/DOD families.	Support, Resources, Parenting, Relationships, Military, Child care, Website, Service	Adults
<a href="#">Child Mind Institute</a>	Offers information about children's mental health issues for parents and educators, including a symptom checker for a wide range of disorders and info for military families.	Mental Health, Support, Anxiety/Stress, Depression/Sadness, Parenting, Relationships, Family, Military	Teens & Adults
<a href="#">Connect2Affect</a>	Provides resources that meet the needs of Elderly adults who are isolated or lonely, by building social connections in the form of social activities, volunteering, learning, wellness, etc. Resources regarding transportation, money, food, and more are also available.	Mental Health, Support, Resources, Social, Isolation/Loneliness, Senior	Elderly Adults
<a href="#">Coping with Debt</a>	Provides information on how to manage debt via self-help, debt relief services, debt consolidation, or bankruptcy.	Support, Resources, Finances, Debt, Credit Counseling, PDF	Adults
<a href="#">Disability Rights Advocacy Center</a>	Provide resources and information to aid in the legal and civil rights needs of individuals with disabilities.	Support, Resources, Self-Care, Disability, Advocacy, Legal, Website	Adults
<a href="#">Feeding America</a>	Offers a Zip-code based directory of food banks in the US for people in need. <a href="#">[Call 1-800-910-5524]</a>	Resources, Food, Hunger, Directory, Helpline	All Ages
<a href="#">Get Your Refund</a>	Provides free tax filing assistance to families earning less than \$66,000 a year.	Resources, Finance, Taxes, Service	Adults
<a href="#">GirlsHealth</a>	Teaches girls about health and well-being, relationships (including family), bullying, illness, and disabilities. <a href="#">[Call 800-994-9662]</a>	Support, Resources, Bullying, Cyberbullying, Relationships, Female, Wellness, Health, Website, Helpline	Teens; Female-identifying persons
<a href="#">Giving an Hour</a>	Connects military members and their families with resources including free mental health services donated by private practitioners.	Mental Health, Support, Resources, Local, Military, Directory	All Ages
<a href="#">Habitica</a>	Provides a free habit-building and productivity app that treats your real life like a game. With in-game rewards and punishments to motivate you to complete tasks in your life.	Support, Resources, Self-Care, Motivation, App	All Ages
<a href="#">Healthcare.gov</a>	Provides services relating to obtaining health insurance through the Affordable Care Act.	Support, Resources, Health, Health Care, Wellness, Lifestyle, Website	Adults
<a href="#">Helping Children Cope</a>	Educates parents and caregivers on helping children cope with emergencies and natural disasters.	Support, Crisis, Children	Adults, Parents, Caregivers
<a href="#">Hearing Voices Network: USA</a>	Helps to find local support groups for those hearing voices.	Mental Health, Support, Resources, Schizophrenia, Hallucinations, Psychosis, Website	Adults
<a href="#">Help Guide</a>	Provides evidence-based articles, self-help tools, and readings for 21 topics for teens, adults, parents, and elderly ( <b>Deaf/Hard-of-Hearing approved</b> ).	Mental Health, Support, Resources, Anxiety/Stress, Depression/Sadness, Grief, Isolation/Loneliness	Adults

<a href="#">Homeless Shelter Directory</a>	Provides a national directory of homeless shelters, Low Income and Affordable Housing, dental/medical clinics, rent assistance, relief organizations, soup kitchens, and food banks.	Support, Resources, Housing, Homelessness, Food, Hunger, Disaster, Directory, Website	All Ages
<a href="#">HRSA Health Centers Database</a>	Provides a database of public health centers funded by the US Department of Health and Human Services to give access to healthcare for economically or medically vulnerable populations. This includes people living with HIV/AIDS, pregnant women, mothers and their families, and those otherwise unable to access high quality health care.	Support, Resources, Health, Health Care, Website	Adults
<a href="#">HUD Housing and Homeless Assistance</a>	Directory for locating national homeless assistance, food banks, and disaster relief. 24/7 hotline also available specifically for homeless veterans.	Support, Resources, Housing, Homelessness, Food, Hunger, Disaster, Military, Directory, Service	All Ages
<a href="#">Infant Safe Haven Laws</a>	Provides information for parents in crisis about state-to-state infant safe haven laws which allow them to safely relinquish their babies when they can no longer care for them.	Mental Health, Support, Resources, Parents, Family, Relationships, Child, Welfare, PDF	All Ages
<a href="#">International OCD Foundation</a>	Connects individuals affected by OCD and related disorders to support, information, and resources to live full and productive lives.	Mental Health, Support, Resources, Anxiety/Stress, OCD, Coping, Self-Care, Website	All Ages
<a href="#">Job Accommodation Network</a>	Provides free and confidential guidance on workplace accommodations and disability employment issues.	Support, Resources, Workplace, Disability, Accommodations, ADA, Website	All Ages
<a href="#">Job Corps</a>	Provides free residential education and career training. Students can earn a high school diploma or the equivalent, and college credits. Job Corps offers tuition-free housing, meals, basic health care, a living allowance, and career transition assistance. <b>[Call (800) 733-5627]</b>	Support, Resources, Employment, Career, Website, Service, Helpline	Ages 16-24
<a href="#">Just for Teens: A Personal Plan for Managing Stress</a>	Educates young people about stress, triggers, and stress management. At the end, a worksheet is provided to create a personal stress and self care management plan.	Support, Resources, Anxiety, Stress, Self-Care, PDF	Teens
<a href="#">LawHelp</a>	Provides referrals to local legal aid and public interest law offices, basic information about legal rights, immigration, court forms, court information and more in your state.	Support, Resources, Legal, Immigration, Anxiety, Stress, Website	Adults
<a href="#">MHA: Find Help for Someone Else</a>	Offers options, info, and resources for someone looking to support a third party who is in crisis now or dealing with long-term issues.	Mental Health, Support, Resources, Third-Party, Therapy, Counseling, Website	All Ages
<a href="#">Military OneSource</a>	Offers community resources via the website and hotline that serves all of Department of Defense, Active Duty Military, National Guard, and Reserve personnel and their direct family members. Issues include: spouse education and career opportunities, matters specific to families with special needs, financial and tax counseling or other important issues. <b>[Call 800-342-9647]</b>	Military, Suicide, Crisis, Website, Helpline	Current military or up to one year post separation/retirement
<a href="#">mRelief</a>	Facilitates a fast and simplified process for qualifying for food stamps via their website or text <b>[Text 'SNAP' to 74544]</b>	Military, Service, Support, Resources, Coping, Self-Care	Adults
<a href="#">NAMI: Getting Treatment During A Crisis</a>	Explains how different mental health crisis response services work to help discover and choose which option is best for a person's current crisis.	Mental Health, Support, Resources, Crisis, Treatment, Third-Party, Website	All Ages
<a href="#">National Association of the Deaf</a>	Preserves, protects, and promotes the rights of deaf and hard of hearing individuals. <b>(Deaf and Hard-of-Hearing approved)</b>	Support, Resources, Advocacy, Deaf/Hard of Hearing, Website	All Ages
<a href="#">The National Center for PTSD</a>	Provides articles about PTSD: how and why it occurs, its symptoms, and ways to cope with it. Also provides information for third party individuals looking to support a loved one with PTSD. <b>[Call 802-296-6300]</b>	Mental Health, Support, Resources, Service, PTSD, Website	All Ages
<a href="#">National Endowment for Financial Education</a>	Provides resources on financial literacy to help with financial decision-making.	Support, Resources, Education, Finances, Website	Teens & Adults
<a href="#">National Federation of the Blind</a>	Advocates and provides information for blind or low-vision people and their families and friends.	Support, Resources, Blind, Advocacy, Website	All Ages
<a href="#">National Runaway Safeline</a>	Provides runaway and homeless youth support and help locating social services through online resources, including a hotline, textline, and forum.	Support, Resources, Housing, Youth, Helpline, Service, Website	Kids & Teens
<a href="#">Needy Meds</a>	Provides a prescription assistance program to reduce the cost of medications.	Health, Medical, Finances	Adults
<a href="#">Open Counseling</a>	Provides a searchable directory for anyone who is in need of local affordable counseling.	Mental Health, Support, Resources, Therapy, Counseling, Directory, Website	All Ages
<a href="#">Patient Access Network Foundation</a>	Offers a prescription assistance copay grant to people living with life-threatening, chronic, and rare diseases with the out-of-pocket costs for their prescribed medications.	Support, Resources, Health, Health Care, Website	All Ages
<a href="#">Penzu</a>	Provides a free, private online journal. Also available as an app.	Mental Health, Support, Anxiety/Stress, Depression/Loneliness, Self-Care, Coping, Service, Website, App	All Ages
<a href="#">Planned Parenthood</a>	Provides reproductive health care, sex education, and information to women, men, and young people. Also provides information on healthy pregnancies.	Support, Resources, Sex, Pregnancy, Abortion, STD, Service, Website	Teens & Adults

<a href="#">Porn Addicts Anonymous</a>	Support Provides an anonymous, virtual 12-Step program for those seeking recovery from an addiction to pornography.	Support, Resources, Addiction, Pornography, 12-Step Program	Adults
<a href="#">Postpartum Support International</a>	Provides information about postpartum life and complications, including loss of a child, and other related struggles. Also provides resources for pregnant women with anxiety or mental health issues. <a href="#">[Call 800-944-4773(4PPD)]</a> <a href="#">[Email support@postpartum.net]</a>	Mental Health, Depression/Sadness, Grief, Loss, Parents, Mother, Website	Adults
<a href="#">Project LETS</a>	Provides access, political education, & material resources for folks with lived experience of mental illness/madness, Disability, trauma, & neurodivergence. Specialize in building just, responsive, and transformative peer support collectives and community mental health care structures	Mental Health, Support, Resources, Disability, Trauma, Anxiety/Stress, Depression/Sadness, Education, Advcacy, Website	All Ages
<a href="#">Rad Remedy</a>	Connect trans, gender non-conforming, intersex, and queer individuals to comprehensive care in order to improve individual and community health.	Support, Resources, Gender/Sexual Identity, LGBTQ+, Transgender, Queer, Directory, Service, Website	All Ages
<a href="#">Schizophrenia App</a>	App to better manage and monitor schizophrenia and schizoaffective disorder.	Mental Health, Support, Resources, Schizophrenia, Hallucinations, Psychosis, App	All Ages
<a href="#">Sleep Hygiene Tips</a>	Offers a one page PDF that gives tips for healthy sleeping habits.	Self-Care, Insomnia, Sleep, PDF	All Ages
<a href="#">Strong 365</a>	Offers a mental health support community via peer support chats, information about mental health issues (primarily psychosis), coping mechanisms, explanations of how your brain works, and resources to find further help (including for 3rd parties under "help a friend").	Mental Health, Support, Resources, Schizophrenia, Hallucinations, Psychosis, Third-Party, Forum, Website	Adults
<a href="#">SuperBetter App</a>	Offers interactive games and self-care ideas to help people cope with various conditions and/or achieve personal growth.	Mental Health, Support, Resources, Anxiety/Stress, Depression/Sadness, App	All Ages
<a href="#">Twitter - Report Suicidal/Self-Harm Content</a>	Provides a form for users to report suicide and self-harm content found on twitter.	Support, Resources, Social Media, Self-Harm, Suicide, Ideation, Website	Teens & Adults
<a href="#">Upsolve</a>	Offers an app that helps you get screened and file for bankruptcy. You can also consult with a lawyer for free.	Support, Resources, Finance, Legal, App	Adults
<a href="#">Veterans Crisis Line</a>	A free, confidential resource that's available to anyone, even if you're not registered with VA or enrolled in VA health care. The caring, qualified responders at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances. Many of them are Veterans themselves. <a href="#">[Call (English) 1-800-273-8255]</a> <a href="#">[Call (Support for Deaf and Hard of Hearing) 1-800-799-4889]</a> <a href="#">[Text 838255]</a>	Military, Veteran Mental Health, Wellness, Support, Service, Resources, Helpline, Website	Veterans; Adults
<a href="#">Wounded Warrior Project</a>	Provides support and various programs for post 9/11 veterans, including mental and physical health, VA benefits, and personal independence.	Military, Veteran, Mental Health, Wellness, Support, Service, Resources, Website	Adults
<a href="#">You Feel Like Shit</a>	Offers an interactive self care game/guide with grounding exercises for people struggling with feeling sad or anxious.	Mental Health, Support, Resources, Anxiety/Stress, Depression/Sadness, Self-Care, Website	All Ages
<a href="#">Youper</a>	Helps users with mood tracking and coping skills for a range of emotional problems in an interactive format with a chat bot. App for iOS and Android.	Mental Health, Self-Care, App	Kids & Teens
<a href="#">Your Life Your Voice</a>	Connects kids, teens, and young adults to support lines and tips on dealing with a variety of issues. Also offers an app for mood tracking. <a href="#">[Call 1-800-448-3000]</a>	Mental Health, Resources, Support, Kids, Teens, Service, Website, Helpline	Teens & Adults