



# *Mental Health & Crisis Support Resources*

**KNOW WHO TO CONTACT WHEN IN CRISIS**

A Free Download

[www.flowtherapy.health](http://www.flowtherapy.health)

# MENTAL HEALTH *Safety Plan*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Warning Signs

What thoughts, feeling, or behaviors tell me I may be entering a crisis?


## Coping Strategies

Things I can do to regulate myself without the help of others.


## Support People I Can Contact

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Safe Places

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## Professional Support Contact Info

Therapist:
Doctor/Psychiatrist:
Crisis Hotline:
Local Hospital:

## Making My Environment Safer

Steps I can take to reduce risk when I'm struggling.

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## Reasons To Stay Safe

Reminders of what matters and why my life is worth protecting.


## 988 Suicide & Crisis Lifeline



- Website: <https://988lifeline.org>
- Phone/Text/Chat: Call or text 988
- Hours: 24/7
- Free, confidential support for mental health, substance use, or emotional distress.

## Crisis Text Line



- Website: <https://www.crisistextline.org>
- Text: Text HOME to 741741
- Hours: 24/7
- Free crisis counseling via text for anxiety, depression, bullying, and emotional distress.

## National Youth Crisis Hotline



- Website: <https://www.youthcrisisline.org>
- Phone: 1-800-448-4663
- Hours: 24/7
- Provides 24/7 crisis intervention, emotional support, and referrals for youth and young adults in distress.

## The Trevor Project



- Website: <https://www.thetrevorproject.org/get-help/>
- Phone: 1-866-488-7386
- Text: Text START to 678678
- Chat: Available online
- Hours: 24/7
- Crisis support for LGBTQ+ youth and young adults.

## Trans Lifeline



- Website: <https://translifeline.org>
- Phone: 877-565-8860
- Hours: Typically 24/7 (may vary by staffing)
- Offers peer support and crisis assistance run by and for transgender and nonbinary individuals.

## BlackLine®



- Website: <https://www.callblackline.com>
- Phone: 1-800-604-5841
- Hours: 24/7
- Provides culturally competent emotional support, peer counseling, and crisis resources for Black, Indigenous, and People of Color.

## SAMHSA Helpline



- Website: <https://www.samhsa.gov>
- Phone: 1-800-662-HELP (4357)
- Hours: 24/7
- Provides free, confidential referrals and information for mental health and substance use treatment services.

## National Asian American Pacific Islander Mental Health Hotline



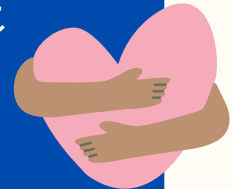
- Website: <https://www.naapimha.org>
- Phone: 1-866-647-2642
- Hours: Business hours (varies)
- Provides culturally sensitive mental health support and referrals for Asian American and Pacific Islander communities.

## National Domestic Violence Hotline



- Website: <https://www.thehotline.org>
- Phone: 1-800-799-7233
- Text: Text START to 88788
- Hours: 24/7
- Provides confidential support, safety planning, and resources for individuals experiencing domestic or intimate partner violence.

## RAINN National Sexual Assault Hotline



- Website: <https://www.rainn.org>
- Phone: 800-656-HOPE (4673)
- Hours: 24/7
- Offers confidential support and resources for survivors of sexual assault and sexual violence.

## Veterans Crisis Line



- Website: <https://www.veteranscrisisline.net>
- Phone: 988 then press 1
- Text: 838255
- Hours: 24/7
- Provides 24/7 confidential crisis support for veterans, service members, and their families.

## National Runaway Safeline

- Website: <https://www.1800runaway.org>
- Phone: 1-800-RUNAWAY (786-2929)
- Hours: 24/7
- Offers crisis support, resources, and safety planning for runaway and homeless youth.



## Disaster Distress Helpline

- Website: <https://www.samhsa.gov>
- Phone: 1-800-985-5990
- Hours: 24/7
- Provides emotional support for people experiencing distress related to natural or human-caused disasters.



## National Eating Disorders Association (NEDA)

- Website: <https://www.nationaleatingdisorders.org>
- Helpline: (800) 931-2237
- Hours: Business hours (check website)
- Offers support, resources, and treatment referrals for individuals affected by eating disorders.



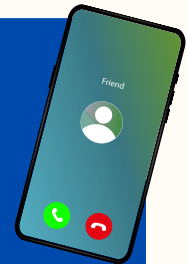
## Maryland Youth Crisis Hotline

- Phone: 1-800-422-0009
- Hours: 24/7
- Offers 24/7 crisis counseling and emotional support for children, teens, and young adults in Maryland.



## 211 Maryland

- Website: <https://211md.org>
- Phone: Dial 211
- Text: Text your ZIP to 898-211
- Hours: 24/7
- Description: Connects Maryland residents to housing, food, mental health, and crisis services.



## StrongHearts Native Helpline

- Website: <https://strongheartshelpline.org>
- Phone: 1-844-7NATIVE (1-844-762-8483)
- Chat: Available on website
- Hours: 24/7
- Provides support and safety planning for Native American and Alaska Native individuals experiencing domestic or sexual violence.



## National Immigration Legal & Crisis Support

- Website: <https://www.immigrationadvocates.org>
- Phone: No central hotline (online directory + referrals)
- Hours: Website available 24/7
- Helps immigrants and refugees find trusted, low-cost or free legal services for immigration, asylum, and deportation concerns.

