

Different options for

MENTAL HEALTH SUPPORT



24 HOUR HOTLINES

National Suicide Prevention Hotline: 1-800-273-8255

GLBT National Hotline: 888-843-4564

Trevor Project: 866 488 7386
or text TREVOR to 1 (202) 304 1200

Trans Lifeline: 877-565-8860

NON-24 HOUR HELPLINES

Postpartum Support International Helpline:
1-800-944-4773

SAMHSA Treatment Referral Hotline
1-877-726-4727

National Alliance on Mental Health Helpline :
1-800 950-NAMI

*Through virtual and in person means, mental health support is increasingly equitable, affordable, and accessible.
You are not alone.*

THERAPY DIRECTORIES FOR DIVERSE POPULATIONS



INCLUSIVETHERAPISTS.COM

THERAPYFORBLACKGIRLS.COM

THERAPYFORBLACKMEN.ORG
INNPSYCH.COM

CLINICIANSOFCOLOR.ORG

MELANINANDMENTALHEALTH.COM

THERAPYDEN.COM

THERAPYFORLATINX.COM

(BEAM) - [HTTPS://WELLNESS.BEAM.COMMUNITY](https://wellness.beam.community)

NATIONAL QUEER & TRANS THERAPISTS OF COLOR
[HTTPS://WWW.NQTTCN.COM/DIRECTORY](https://www.nqttcn.com/directory)

ASIAN, PACIFIC ISLANDER& SOUTH ASIAN AMERICAN (APISAA) THERAPIST DIRECTORY
[HTTPS://WWW.ASIANMHC.ORG/APISAA](https://www.asianmhc.org/apisaa)