



Resources

Crisis Hotlines and Emergency Resources

- In a life-threatening emergency, dial 9-1-1, your local emergency response service, or proceed to the nearest emergency department
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Suicide Prevention Hotline: 1-800-784-2433
- Crisis Text Line: Text "START" to 741-741
- Are you a young person of Color? Text "STEVE" to 741-741
- IMAlive Crisis Chat: www.IMAlive.org
- Trans Lifeline: 877-565-8860
- The Trevor Project "Saving Young LGBTQ Lives": 1-866-488-7386
- Alcohol and Drug Helpline: 1-800-821-HELP (4357)
- DC Department of Behavioral Health Access Helpline: 1-888-793-4357
- Grief Recovery Helpline: 1-800-445-4808

Connecting with a Mental Health Professional (Non-Urgent)

- Psychology Today (Therapists and Outpatient Psychiatric Care): www.PsychologyToday.com
- Good Therapy (Therapists): www.goodtherapy.orgNational
- Register of Health Service Psychologists: www.findapsychologist.org
- DC Psychological Association Therapist Finder: <https://www.dcpsychology.org/Find-A-Therapist>
- American Psychological Association Therapist Locator: <https://locator.apa.org/National>
- Queer and Trans Therapists of Color Network: <https://www.nqttcn.com/>
- Therapy for Black Girls: <https://therapyforblackgirls.com/>
- Therapy for Black Men: <https://therapyforblackmen.org/>
- Therapy for Latinx: <https://www.therapyforlatinx.com/>
- Substance Abuse and Mental Health Association provider search and national helpline: <https://findtreatment.samhsa.gov/> and <https://www.samhsa.gov/find-help/national-helpline>
- Open Path Collective (Sliding scale and reduced fee services): <https://openpathcollective.org>
- To use your insurance: Login to your user account or contact Customer Service for your plan and request a Provider Directory.