

Work Ready Mental Health Resources



Resource	Description	Contact Information
National Suicide Prevention Lifeline	The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.	 Call or Text 988 1-800-273-8255
Veterans Crisis Line	The Veterans Crisis Line is 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.	 1-800-273-8255 PRESS 1
Disaster Distress Helpline	The Disaster Distress Helpline is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories.	 PHONE: 1-800-985-5990 TEXT: "TalkWithUs" to 66746 WEB: disasterdistress.samhsa.gov
SAMHSA National Helpline	SAMHSA's National Helpline is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.	 1-800-662-HELP (4357)
Crisis Text Line	Text HOME or HELLO to 741741 from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.	 Text HELLO to 741741 Free, 24/7, Confidential

Please contact your employer or union for additional mental health resources that may be available to you.