

Resource name	Resource contact	General info
7Cups	https://www.7cups.com/	Online 1:1 and support chats with trained volunteers, peers and professionals
Anxiety Tribe	https://support.therapytribe.com/anxiety-support-group/	Peer support group for those with anxiety disorders
Crisis Text Line	Text any of the following to 741-741 : NAMI, REASON, HOME.	Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.
Depression & Bipolar Support Alliance	800-826-3632; https://www.dbsalliance.org/	provides information on bipolar disorder and depression, offers in-person and online support groups and forums - NAMI
Humboldt County Crisis Line	707-445-7715 and 888-849-5728	DHHS Mental Health, triage for crisis
Kunle Warm Line	(707) 599-2381	Non-crisis talk line with peer listeners. 6pm-Midnight Fri, Sat, and Sun
LGBTQ Hotline	1-888-843-4564	
NAMI Helpline	800-950-NAMI	Info & peer support
National Suicide Prevention Lifeline Plus Support	800-273-8255; Live online Chat https://www.supportgroups.com/online	Variety of online support groups, chat & forum functions
Schizophrenia and Related Disorders Alliance of America (SARDAA)	(240-423-9432); https://sardaa.org/	offers Schizophrenia Anonymous self-help groups and toll-free teleconferences - NAMI
Self-Harm Hotline	1-800-366-8288	
Sidran Institutes	(410-825-8888); https://www.sidran.org/	helps people understand, manage and treat trauma and dissociation; maintains a helpline for information and referral
Trevor Project	1-866-488-7386 or text "START" to 678678	Provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning—LGBTQ—young people under 25.
Turn2me	https://www.turn2me.ie/group-supports	Online support groups for many specific mental health concerns
Veteran Crisis Line	1-800-273-8255 and press 1; Text 838255; Deaf/HoH 1-800-799-4889; Chat online at https://www.veteranscrisisline.net/	24/7 Connection to trained volunteers and VA reps
Well Connected / Senior Center Without Walls	877.797.7299 or coviaconnections@covia.org to register	Online and phone program offering distance groups on many subjects, including mental health support. Current catalogue at https://covia.org/wp-content/uploads/2019/12/Well-Connected-Winter2020-FINAL.pdf