

## **National Referral Resources**

---

### **Behavioral Health Treatment Services Locator**

The Behavioral Health Treatment Services Locator is a confidential and anonymous source of information for persons seeking treatment facilities in the United States for substance use/addiction and/or mental health problems. Visit the [website](#) to find a treatment facility in your area.

### **Crisis Text Line**

“The Crisis Text Line” provides access to free support 24/7 to anyone in any type of crisis.

- Text HOME to 741741

### **DeafLEAD Deaf Crisis Line**

“DeafLEAD” is committed to providing a safe place to help you get the help that you need 24-hours a day.

- 321-800-3323
- Text HAND to 839863

### **Disaster Distress Helpline**

The Disaster Distress Helpline is a free, confidential, multilingual, 24/7 national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.

- 1-800-985-5990
- Text TalkWithUs to 66746
- For Spanish speakers: 1-800-985-5990 and press 2
- Text Hablanos for Spanish to 66746

## **The National Suicide Prevention Lifeline**

The lifeline provides 24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

- 1-800-273-TALK (8255)
- For Spanish speakers: 1-888-628-9454
- For deaf and hard of hearing:
- Video relay Service – Dial 800-273-8255
- TTY – Dial 800-799-4889
- Voice/Caption Phone – Dial 800-273-8255

## **Therapist Locators**

These databases allow you to find and connect with therapists that are dedicated to providing quality health care for a broad range of mental health issues.

- [American Association for Marriage and Family Therapy \(AAMFT\)](#)
- [American Psychological Association](#)
- [NetworkTherapy.com](#)
- [Psychology Today](#)

## **Veterans Crisis Line**

The lifeline provides 24/7, free and confidential support for all veterans, all service members, National Guard, and their family members. Their caring responders are specially trained and experienced in helping veterans of all ages and circumstances.

- 1-800-273-TALK (8255), Press #1
- Text 838255