National Mental Health Resources

Mental Health

Active Minds  www.activeminds.org
Active Minds is the leading non-profit organization that empowers students to speak openly about mental health in order to educate others and encourage help-seeking. We are changing the culture on campuses and in the community by providing information, leadership opportunities and advocacy training to the next generation.

Anxiety Disorders Association of America  adaa.org
Search our free ADAA member therapist directory of licensed mental health providers who specialize in anxiety disorders, depression, OCD, PTSD, and related disorders.

Crisis Text Line  www.crisistextline.org
Text HOME to 741741 from anywhere in the US or message us on Facebook.
Email support@crisistextline.org with non-emergency questions.
Crisis Text Line is free, 24/7 support for those in crisis. Text 74141 from anywhere in the US to text with a trained crisis counselor.

Depression and Bipolar Support Alliance  www.dbsalliance.org
Phone: 800-826-3632  Fax: (312) 642-7243
In a crisis, Text DBSA to 741-741 or call the National Suicide Prevention Lifeline (listed under Active Minds above) DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders.

Half of Us  www.halfofus.com
Through Half of Us, mtvU and The Jed Foundation aim to initiate a public dialogue to raise awareness about the prevalence of mental health issues and connect students to the appropriate resources to get help.

National Alliance on Mental Illness  www.nami.org
NAMI Helpline 800-950-NAMI 10:00 AM – 6:00PM ET Monday-Friday
Crisis Text Line- Text NAMI to 741-741
NAMI, the National Alliance on Mental Illness, is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Psychology Today  www.psychologytoday.com
Use the “Find a Therapist” tool and search by city, zip code or provider name to locate a therapist, psychiatrist, support group or treatment center to meet your mental health needs.
Ulifeline  
www.ulifeline.org/bu
Phone (non-emergency and for general information): 212-647-7544
ULifeline is an anonymous, confidential, online resource center, where college students can be comfortable searching for the information they need and want regarding emotional health. This site also has BU specific information about support services on campus.

Alcohol and Other Drugs

Alanon and Alateen  
www.al-anon.alateen.org
Phone: 757-563-1600  Fax: 757-563-1656  Email: wso@al-anon.org
In Al-Anon and Alateen, members share their own experience, strength, and hope with each other. You will meet others who share your feelings and frustrations. We come together to learn a better way of life, to find happiness whether the alcoholic in our lives is still drinking or not.

Alcoholics Anonymous  
www.aa.org
General Service Office Phone (serving U.S. and Canada): 212-870-3400
Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

Substance Abuse and Mental Health Services Administration

Phone: 877-SAMHSA-7 (877-726-4727)  www.samhsa.gov
SAMHSA Hotline 1-800-662-4357 (HELP)  TTY: 1-800-487-4889
The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA’s mission is to reduce the impact of substance abuse and mental illness on America's communities.

Marijuana Anonymous  
www.marijuana-anonymous.org
Phone: 800-766-6779
The primary purpose of Marijuana Anonymous is to help the addict who still suffers. Therefore, public outreach, in the form of education, information, and awareness is an important aspect of our program. In addition to serving addicts, we welcome interest and inquiries from service providers in all areas - medical, the court system, educators, social workers, counselors - as well as from the general public.

Narcotics Anonymous  
www.na.org
Phone: 818-773-9999  Fax: 818-700-0700
Narcotics Anonymous is an international, community-based association of recovering drug addicts with nearly 67,000 weekly meetings in 139 countries worldwide.

Addiction Center  
www.addictioncenter.com
Phone: 877-416-1550  Email: Contact@addictioncenter.com
For 24/7 Treatment Help Call: 855-428-6156
Addiction Center was founded by recovering addicts and health information writers. Our goal is to provide the most up-to-date information on addiction as well as reviews of top treatment centers across the country.

**Dating and Domestic Violence and Sexual Assault**

National Center on Domestic and Sexual Violence  
www.ncdsv.org  
**Phone and Fax:** 512-407-9020  
**National Domestic Violence Hotline- 800-799-SAFE (7233)**  
The National Center on Domestic and Sexual Violence (NCDSV) designs, provides, and customizes training and consultation, influences policy, promotes collaboration and enhances diversity with the goal of ending domestic and sexual violence.

RAINN National Sexual Assault Hotline  
www.rainn.org  
**National Sexual Assault Hotline- 800-656-HOPE (4673)**  
RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline (800.656.HOPE, online.rainn.org y rainn.org/es) in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

**Eating Disorders**

National Association of Anorexia Nervosa and Associated Disorders  
www.anad.org  
**ANAD Helpline- 630-577-1330- 10am-6pm (EST) Monday-Friday**  
ANAD is the oldest organization aimed at fighting eating disorders in the United States. ANAD assists people struggling with eating disorders and also provides resources for families, schools and the eating disorder community.

National Eating Disorder Association  
www.nationaleatingdisorders.org  
**NEDA Helpline- 1-800-931-2237- Monday - Thursday from 9:00 am - 9:00 pm and Friday from 9:00 am - 5:00 pm (EST): Holiday Closures**  
NEDA supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care.

**LGBT Resources**

Campus Pride  
www.campuspride.org  
**Phone:** 704-277-6710 from 9 a.m. to 5:30 p.m. EST – Monday through Friday  
Campus Pride serves LGBT and ally student leaders and campus organizations in the areas of leadership development, support programs and services to create safer, more inclusive LGBT-
friendly colleges and universities. It exists to develop, support and give “voice and action” in building future LGBT and ally student leaders.

Human Rights Campaign
Phone: 800-777-4723 TTY- 202-216-1572 Fax- 202-347-5323
The Human Rights Campaign represents a force of more than 3 million members and supporters nationwide. As the largest national lesbian, gay, bisexual, transgender and queer civil rights organization, HRC envisions a world where LGBTQ people are ensured of their basic equal rights, and can be open, honest and safe at home, at work and in the community.

Trevor Project
West Hollywood Office Phone: 310-271-8845
New York Office Phone: 212-695-8650
Trevor Lifeline- 866-488-7386- Suicide Prevention for LGBTQ youth
Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.