

# YOU ARE NOT ALONE

Resources to find help for yourself or for someone else

## Resources At Your Fingertips



**MY3 App**— Create your network of 3 people to contact in a time of crisis and create your safety plan to keep you safe. With the MY3 App, you can be prepared to help yourself and reach out to others when you are having thoughts of suicide.



**The National Suicide Prevention Lifeline** is a 24/7, toll-free hotline available to anyone in suicidal crisis or emotional distress.

**1-800-273-TALK (8255)**

**Crisis Text Line: Text HOME to 741741 for free 24/7 support from a live Crisis Counselor**

**CRISIS TEXT LINE |**

**National Sexual Assault Telephone Hotline: 800.656.HOPE (4673)** Get connected with a trained staff member from a sexual assault service provider in your area

**The Mighty** is a safe, supportive community for people facing health challenges full of articles and resources for several health topics, including mental health.

**Therapy for Black Girls** is an online space dedicated to encouraging the mental wellness of black women and girls. Find relevant resources on mental health, join the community, listen to the podcast and **find therapists of color in your area!**



Therapy for BLACK GIRLS

**Therapy for Black Men** is an online space designed to decrease stigma around mental illness for black men by providing resources, stories from men with lived experiences, and assistance in finding therapists.



**The Trevor Project** provides crisis intervention and suicide prevention services to LGBTQ youth.

**TreavorLifeLine: 24/7 Support:**

**1-866-488-7386**



**The Safe Place App Is a Minority Mental Health App** geared towards the black community full of self-care tips, articles, podcasts and an open-discussion forum.



**Talkspace is therapy for how we live today—** accessible 24/7, affordable & 100% secure. 1000+ licensed counselors are standing by to help you deal with whatever life throws your way. **Catered for all people: LGBTQ, communities of color, couples, etc.**

