

# CAROLYN'S RESOURCES

# ACW

## RESOURCES

### 📞 EMERGENCY & CRISIS HOTLINES

988 Suicide & Crisis Lifeline – Call  
or text 988 for 24/7 support

SAMHSA Disaster Distress Helpline  
– Call 1-800-985-5990 for crisis  
counseling after natural disasters

### 🧠 MENTAL HEALTH SUPPORT ORGANIZATIONS

- NAMI (National Alliance on Mental Illness) – Peer-led support groups, helpline at 1-800-950-NAMI and text “NAMI” to 62640
- Mental Health America (MHA) – Local affiliates, mental health screenings, education resources



## MENTAL HEALTH

### SUBSTANCE USE DISORDER (SUD) TREATMENT & SUPPORT

FindTreatment.gov – Search tool for  
SUD and mental health treatment  
facilities across the U.S.

it's   
not to  
be 

## MENTAL WELLBEING

### ADDITIONAL SUPPORT & SPECIALTY RESOURCES

The Trevor Project – Crisis services  
for LGBTQ youth via text/call

## SUBSCRIBE

- Invite your family and friends to subscribe to our newsletter!
  - Visit [acwla.org](https://acwla.org) - scroll to the bottom of the page and enter your email to receive monthly recourses and ACW updates.



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