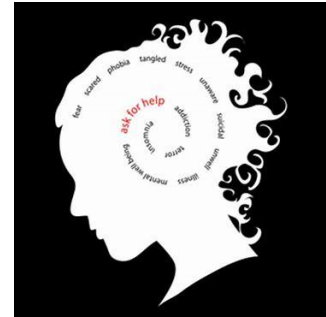




# Mental Health Hotlines



**National Alliance on Mental Illness**  
1-800-950-6264

**National Suicide Prevention Lifeline**  
1-800-273-8255

**National Institute of Mental Health**  
1-866-615-6464

**Crisis Text Line**  
Text CONNECT to 741741

**Mental Health America Hotline**  
Text MHA to 741741

**The Samaritans**  
1-212-673-3000

**SELF through ComPsych**  
800-808-2261

**Anthem Blue Cross Blue Shield**  
1-800-224-0336

**Substance Abuse and Mental Health  
Services Administration**  
1-800-662-4357



