



[Online Screening Tool for Mental Health](#)



Helplines

Need Support Now?

If you or someone you know is struggling or in crisis, help is available.

Call or text 988 or chat 988lifeline.org

Disaster Distress Helpline: CALL or TEXT 1-800-985-5990 (press 2 for Spanish)

Abuse/Assault/Violence

National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522

National Child Abuse Hotline: 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453

National Sexual Assault Hotline: 1-800-656-HOPE (4673) or Online Chat

LGBTQ+

Trans Lifeline: 1-877-565-8860 (para español presiona el 2)

The Trevor Project's TrevorLifeline: 1-866-488-7386

Older Adults

The Eldercare Locator: 1-800-677-1116 – TTY Instructions

Alzheimer's Association Helpline: 1-800-272-3900 (para español presiona el 2)

Veterans/Active-duty Military

Veteran's Crisis Line: 988, then select 1, or Crisis Chat or text: 838255

[U.S. Department of Veterans Affairs Mental Health Resources](#)

[Help for Military Service Members and Their Families](#)

[CDC: Mental Health Tools and Resources](#)

