

Looking for Help?

The confidential resources below can help you or a loved one connect with skilled, trained mental health professionals.

FindTreatment.gov

A confidential and anonymous resource for persons seeking treatment for mental and substance use disorders in the United States and its territories. [FindTreatment.gov](https://www.findtreatment.gov)

988 Suicide & Crisis Lifeline

24-hour, toll-free, confidential support for people in distress. Prevention and crisis resources for you or your loved ones.

[Call or text 988. 988Lifeline.org](https://www.988lifeline.org)

Veterans Crisis Line

Reach caring, qualified responders with the Department of Veterans Affairs.

Many of them are Veterans themselves.

Dial [988](https://www.veteranscrisisline.net) then press 1. [Veterans Crisis Line](https://www.veteranscrisisline.net)

SAMHSA's National Helpline

This Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

Dial [1-800-662-HELP](https://www.samhsa.gov).

[SAMHSA's National Helpline](https://www.samhsa.gov)

Disaster Distress Helpline

SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. [Disaster Distress Helpline](https://www.samhsa.gov)

Drug-Free Workplace

Assists employers and union representatives with policy development, drug testing, employee assistance, employee education, supervisor training, and program implementation.

[Drug-Free Workplace Helpline](https://www.dfw.org)

Buprenorphine Practitioner Locator

Find information on locating practitioners authorized to treat opioids.

[Practitioner Locator](https://www.samhsa.gov)

Early Serious Mental Illness Treatment Locator

Find treatment programs in your state that treat recent onset of serious mental illnesses.

[ESMI Treatment Locator](https://www.samhsa.gov)

Opioid Treatment Program Directory

Find treatment programs in your state that treat addiction and dependence on opioids.

[OTP Directory](https://www.samhsa.gov)

