



(THREE) WAYS TO GET MENTAL HEALTH HELP ANONYMOUSLY



HOTLINES. 24/7 hotlines are available to provide support and information for general mental health concerns and specific issues, including:

- **The National Suicide Prevention Hotline:** 1-800-273-TALK (8255)
- **Crisis Text Line:** Text HOME to 741741



APPS. There are apps available on Android and iPhone that provide mental health resources and support, including Pacifica, 7 Cups, and Talkspace.



ONLINE SPACES. Online spaces are available that provide peer-to-peer support, chatroom discussions, or therapy.

**Information provided by the MHFA curriculum.*

MENTALHEALTHFIRSTAID.ORG



**MENTAL
HEALTH
FIRST AID***