

MENTAL HEALTH RESOURCES

- **Borderline Personality Disorder Resource Center**- for those who believe they may have, have been diagnosed, or know someone who is diagnosed with borderline personality disorder
*Get support now: 1-888-694-2273
- **Obsessive Compulsive Anonymous Nationwide Conference Call**-
For individuals struggling with obsessions or compulsions.
*Get support now: 1-712-432-0075
- **Friendship Line**- a 24hr crisis line for people aged 60 or older and adults living with disabilities who are feeling lonely, depressed, frail, or are considering suicide
*Get support now: 1-800-971-0016
- **LGBT National Help Line**- for those struggling with coming out, being bullied or need additional support for navigating sexual orientation and identity.
*Get support now: 1-888-843-4564
- **LGBT National Talkline for Youth**- for individuals under the age of 21 who are looking to speak with a peer counselor who really understands issues related to gender or sexual identity
*Get support now: 1-800-246-7743
- **Disaster Distress Hotline**- for those who have survived a natural or man-made disaster who need relief and counseling
*Get support now: 1-800-985-5990
*Text "TalkWithUs" to 66746