



If you are experiencing signs or symptoms of depression, it is recommended that you seek help from a mental health professional. If you are looking for more information or would like to speak to someone, there are several resources available that may be helpful.

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## RESOURCES FOR IMMEDIATE RESPONSE

[988 Suicide & Crisis Lifeline](#) – Call or text 988 or chat 988lifeline.org.

[Crisis Text Line](#) – Text HOME to 741741 and you'll be connected to a trained Crisis Counselor. Crisis Text Line provides free, text-based support 24/7.

[Warmlines](#) – Call to have a conversation with someone who can provide support during hard times.

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## ORGANIZATIONS

[National Alliance on Mental Illness \(NAMI\)](#) works to educate, support, advocate, listen and lead to improve the lives of people with mental illness and their loved ones.

- [NAMI HelpLine](#) – call 1-800-950-NAMI (6264), text “HelpLine” to 62640 or email [helpline@nami.org](mailto:helpline@nami.org)
- [NAMI Connection](#) – a peer-led support group for any adult who has experienced symptoms of a mental health condition.
- [NAMI Family Support Group](#) – a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition.

[Mental Health America \(MHA\)](#) advances the mental health and well-being of all people living in the U.S. through public education, research, advocacy and public policy, and direct service.

- [Mental health test](#) – Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition.

[Depression and Bipolar Support Alliance \(DBSA\)](#) provides hope, help, support, and education to improve the lives of people who have mood disorders.

- [Online Support Groups](#) – give people living with depression and bipolar disorder a safe, welcoming place to share experiences, discuss coping skills, and offer each other hope.
- [In-Person Support Group](#) – Select a state to find an in-person support group in your community.

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## GET SUPPORT

- Find a psychiatrist at [American Psychiatric Association \(APA\)](#)
- Find a therapist at [Anxiety & Depression Association of America \(ADAA\)](#)