

In Focus: Grades 3–5

Sharing Sources of Support

In addition to the following support organizations, you can also search online for mental-health providers in your area.

HOTLINES:

Mental Health Association
1-800-LIFENET (1-800-543-3638)
www.mhaofnyc.org/2lifenet.html

This free, confidential crisis intervention, information, and referral service is available 24 hours a day, seven days a week. A trained specialist will listen to your problems, assess your needs, and get you assistance quickly.

National Suicide Hotline
1-800-SUICIDE (784-2433) or
National Suicide Prevention Lifeline
1-800-273-TALK (8255)

Both of these hotlines are toll-free, 24 hours a day, and confidential. They will connect you to a trained counselor at the nearest suicide crisis center.

Safe Place
1-888-290-7233

Project Safe Place helps young people in crisis by providing access to immediate help and supportive resources through a network of qualified agencies, trained volunteers, and businesses in 32 states. Look online to find out if the program operates in your state.

National Alliance of the Mentally Ill
1-800-950-6264

This toll-free, confidential hotline operates Monday through Friday from 10 a.m. to 6 p.m. (EST). Trained volunteers provide information, referrals, and support to anyone with questions about mental illness.

The Trevor Project
1-866-4-U-TREVOR

The Trevor Project operates the only nationwide, around-the-clock crisis and suicide prevention help-line for lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth. The Trevor Project is available as a resource to parents, family members, and friends of young people as well. Visit www.TheTrevorProject.org for more information and resources for young people, including “Dear Trevor,” an online Q&A forum.

Child Help USA
1-800-4-A-Child

This national child-abuse hotline is available around the clock and provides referrals and information for victims of domestic violence and sexual abuse.