

Mental Health Resources

Today's fast-paced, ever-changing media world can leave you feeling confused, unsure, and uncomfortable. Putting your own mental health first can help overcome these challenging situations. AHP encourages members to support each other in times of need, because #AHPcares, but also to reach out for help from professionals. Here are just a few resources to help.

U.S. and Canada

National Suicide Prevention Lifeline

Provides free and confidential emotional support to people in suicidal crisis or emotional need across the United States 24/7.

(800) 273-TALK (8255) 24/7 hotline

(888) 628-9454 (Spanish)

(800) 799-4889 (TTY)

Substance Abuse and Mental Health Services Administration (SAMHSA)

Provides free and confidential treatment referral and information service for individuals and families facing mental health and/or substance abuse disorders

(800) 662-HELP (4357) 24/7 hotline

(800) 487-4889 (TTY)

National Alliance on Mental Illness (NAMI) Helpline

Assists individuals and families who have questions about mental health disorders, treatment, and support services.

(800) 950-6264

Canada Suicide Prevention Service (CSPS)

Available 24/7 in French and English.

(833) 456-4566 or Text 45645

Canada Drug Rehab Addiction Services Directory

(877) 746-1963

Centers for Disease for Control and Prevention (CCD) – Coronavirus COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

#AHPcares