

How Can I Find Help? Who Do I Reach Out To?

There is no wrong door. Here are the real doors, roughly in order of how fast they open.

Today — free and immediate

- **988 Suicide & Crisis Lifeline** — call or text 988, or chat at 988lifeline.org. Free, confidential, 24/7. You do not need to be in crisis.
- **Crisis Text Line** — text HOME to 741741.
- **Emergency room or 911** — if you might act on the thoughts, go. That's what they're for.

This week — professional help

- **Your primary-care doctor.** Yes, really — they treat mental health every day, can prescribe, and can refer you.
- **A therapist or counselor.** Ask your doctor, check your insurance directory, or search directories like Psychology Today's therapist finder.
- **Community mental-health centers** — sliding-scale and low-cost care in most counties.

Ongoing — support and belonging

- **NAMI** (nami.org) — free support groups and classes, for you and for family.
- **Peer support specialists** — people trained to help who have been there themselves.
- **Faith leaders, employee assistance programs (EAP), school counselors** — all legitimate entry points.

Cost worry? 988 and Crisis Text Line are free. Community mental-health centers and NAMI programs are free or sliding-scale. Don't let price stop you from asking.

In crisis or struggling? Call or text 988 (Suicide & Crisis Lifeline, free, 24/7) · Chat at 988lifeline.org

Beyond September™ is an awareness and education initiative — not a medical, therapy, or crisis service. This guide is general education, not medical advice.

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