

Student Resources for Mental Health

1

Substance Abuse and Mental Health Service Administration (SAMHSA)

A 24 hour hotline that includes a suicide and crisis helpline.

Crisis and Suicide Helpline: Call or text 988

Disaster Distress Helpline: 1-800-985-5990

National Helpline: 1-800-622-HELP (4357)

2

The Trevor Project

Provides 24-hour support to LGBTQ+ youth.

Online Chat: [thetrevorproject.com](https://www.thetrevorproject.com)

Text: 678-678

Call: 1-866-488-7386

3

Black Emotional and Mental Health Collective (BEAM)

Features mental health resources for Black communities.

Website: [wellness.beam.community](https://www.wellness.beam.community)

4

Help Advisor

A report with key findings on mental health disparities in the Hispanic community.

Help Advisor Link (English):

<https://www.helpadvisor.com/conditions/latino-mental-health>

Help Advisor Link (Spanish):

<https://www.helpadvisor.com/conditions/salud-mental-de-los-hispanos>

5

National Asian American Pacific Islander Mental Health Association (NAAPIMHA)

Provides mental health and behavioral services for the Asian American, Native Hawaiian, and Pacific Islander community in Washington state.

Website: [naapimha.org](https://www.naapimha.org)

6

Wernative

Features mental health resources for Native American youth that includes a Q&A feature run by educators and public health professionals.

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