National Family Crisis & Support Resource Guide

For Families Seeking Mental Health, Substance Use, Crisis, and Disability-Related Supports

Immediate Crisis Support

- **988 Suicide & Crisis Lifeline:** Call, text, or chat 988. Free, confidential support available 24/7. Individuals and family members can contact 988 for guidance during a mental health, substance use, or emotional crisis.
- **SAMHSA National Helpline:** 1-800-662-HELP (4357). 24/7 treatment referral and information service for mental health and substance use concerns. Available in English and Spanish.

Finding Services and Treatment

- **FindTreatment.gov:** National directory of mental health and substance use treatment providers. Visit FindTreatment.gov, select Mental Health or Substance Use services, enter your ZIP code, city, or state, filter results by age, insurance, telehealth, and service type, then contact providers and compare options.
- **FindSupport.gov:** Federal resource navigator that helps individuals and families locate behavioral health resources and support.

Family Education, Advocacy, and Peer Support

- **National Alliance on Mental Illness (NAMI):** Family Caregiver Helpline, Family-to-Family Education Program, Family Support Groups, and crisis resources for families.
- **Mental Health America (MHA):** Caregiver education, crisis planning tools, family support resources, and guidance.

Disability and Co-Occurring Mental Health Resources

- **The Link Center:** National resource hub for individuals with intellectual and developmental disabilities, brain injuries, and other cognitive disabilities who also experience mental health challenges. Resources include crisis prevention and response, family caregiver engagement, trauma-informed practices, treatment options, and service navigation.

Specialized National Supports

- **National Maternal Mental Health Hotline:** 1-833-TLC-MAMA. Support before, during, and after pregnancy.
- **Disaster Distress Helpline:** 1-800-985-5990. Emotional support for individuals and families affected by natural or human-caused disasters.

Key Message for Families

You are not alone. Whether you need immediate crisis support, help finding treatment, family education, peer support, or resources related to disability and mental health, national organizations and services are available 24/7 to provide guidance, connection, and hope.