

USA RESOURCE GUIDE

We provide everyone who participates in this study with the same list of resources. If you are currently in a crisis and are at risk of self-harm or imminent life-threatening behavior, please go to the nearest emergency room, call 911, contact your general physician, contact the **United States Suicide Prevention Service at 1-800-784-2433 or the National Suicide Prevention Lifeline at 1-800-273-8255**, or call one of the crisis lines listed below. Similarly, if at any point during the study you feel that someone close to you may not be able to control their suicidal thoughts or urges, or is injured in a way that may be dangerous to their safety, please encourage them to do the same or consider calling on their behalf.

Books:

The Borderline Personality Disorder Survival Guide: Everything you need to know about living with BPD
By Alexander L. Chapman and Kim L. Gratz (New Harbinger Publications)

Loving Someone with Borderline Personality Disorder: How to Keep Out-Of-Control Emotions from Destroying Your Relationship
By Shari Y. Manning (Guilford Press)

High-Conflict Couple: A Dialectical Behaviour Therapy Guide to Finding Peace, Intimacy, and Validation
By Alan E. Fruzzetti (New Harbinger Publications)

National suicide and crisis help lines:

Regardless of the state you are in, you can call this crisis line 24/7 to receive immediate support:

- **National Suicide Prevention Lifeline: 1-800-273-8255**
- **National Crisis Text Line: Text "HELLO" to 741-741**

State suicide and crisis help lines:

Alabama:

Central Alabama (Blount, Chilton, Jefferson, St. Clair, Shelby, and Walker Counties)

Crisis Centre

Crisis Line (24 hours): 205-323-7777

East Alabama

East Alabama Mental Health Centre

Outreach and Emergency Services (24 hours): 334-742-2877 or toll free 800-815-0630

North Alabama

Crisis Services of North Alabama

Crisis Counselling (24 hours): Call HELpline or 256-716-1000

Alaska (Statewide):

Careline Crisis Intervention

Crisis Hotline (24 hours): 1-877-266-4357

Texting hotline (3-11pm Tuesday-Saturday): Text 4help to 839863

Arizona (Statewide):

EMPACT Suicide Prevention Centre

Crisis Hotline (24 hours): 480-784-1500 or toll free 1-866-205-5229

Arkansas (Statewide):

Arkansas Crisis Centre

Crisis Hotline (24 hours): 1-888-274-7472

California:

Alameda County

Crisis Support Services of Alameda County

Crisis Hotline (24 hours): 1-800-309-2131

Butte County

Butte County Department of Behavioural Health

Crisis Hotline (24 hours): 530-891-2810 or 1-800-334-6622

Calaveras County

Calaveras County Mental Health Department

Crisis Hotline (24 hours): Call 211 or 800-833-2900

Texting Hotline (24 hours): Text HOPE to 20121

Contra Costa County

Contra Costa Crisis Center

Crisis hotline (24 hours): 1-800-833-2900

For resources: 1-888-678-7277

El Dorado County

El Dorado County Department of Mental Health

Placerville Crisis Hotline (24 hours): 530-622-3345

Lake Tahoe Crisis Hotline (24 hours): 530-544-2219

Imperial County

Imperial Valley Crisis Hotline

Crisis Hotline (24 hours): 760-482-4000 or 1-800-817-5292

Kern County

Kern County Mental Health Systems of Care

Crisis Hotline (24 hours): 1-800-991-5272

Lassen County

Lassen County Mental Health

Crisis Hotline (24 hours): 1-888-539-8688

Los Angeles County

Los Angeles County Department of Mental Health

Crisis Hotline (24 hours): 1-800-854-7771

Nevada County

Behavioral Health Department Nevada County Human Services Agency

Crisis Hotline (24 hours): 530-265-5811 or 1-888-801-1437

Riverside County

Riverside County Department of Mental Health, Western Region

Crisis Hotline: 951-686-4357

Colorado (Statewide):

Colorado Crisis Services

Crisis Hotline (24 hours): 1-844-492-8255

Connecticut (Statewide):

Nuvance Health

Behavioural and mental crisis hotline (24 hours): 888-447-3339

Delaware (Statewide):

Contact LifeLine

Crisis Hotline (24 hours): 302-761-9100 or 1-800-262-9800

Live Online Chat (5:30pm – 11:30 pm): <https://m2.icarol.com/ConsumerRegistration.aspx?org=2013>

Florida (Statewide):

National Alliance on Mental Illness (NAMI) Florida

Crisis Text line (24 hours): Text NAMI to 741-741

NAMI Information Line (10am – 6pm, Monday-Friday): 800-950-6264

Mobile Response Teams: To find a mobile response team in your area, visit this webpage -

<https://namiflorida.org/crisis-info/>

Centerstone

Crisis Hotline (24 hours): 941-782-4617

Georgia (Statewide):

Georgia Department of Behavioural Health and Developmental Disabilities

Crisis and Access Line (24 hours): 1-800-715-4225

Hawaii (Statewide):

Hawaii State Department of Health, Adult Mental Health Division

On Oahu: Hawaii CARES Hotline (24 hours): 832-3100

On other islands: Hawaii CARES Hotline (24 hours): 1-800-753-6879

Idaho (Statewide):

The Crisis Hotline

Crisis Hotline (24 hours): 208-578-4114

For Bilingual Support (24 hours): 208-578-4114

Idaho Suicide Prevention Hotline

Text (24 hours): 208-398-4357

Statewide Crisis Centers

To find in-person statewide crisis centers in your area, visit this website:

<https://healthandwelfare.idaho.gov/services-programs/behavioral-health/statewide-crisis-centers>

Illinois (Statewide):

National Alliance on Mental Illness (NAMI) Florida

NAMI Information Line to find resources near you (10am – 6pm, Monday-Friday): 800-950-6264

Illinois Department of Human Services

Illinois Warm Line (this is not a crisis hotline, but a source of support): 866-359-7953

Indiana (Statewide):

Aspire

Crisis Hotline (24 hours): 317-574-1252 or 1-800-560-4038

Iowa (Statewide):

Foundations 2 Crisis Services

Crisis Hotline (24 hours): 319-362-2174 or 1-800-332-4224

Crisis Chat (9am – 3pm Monday-Friday):

<https://na0messaging.icarol.com/ConsumerRegistration.aspx?org=68214&pid=76&cc=en-US>

Crisis Text (9am – 3pm Monday-Friday): 800-332-4224

Kansas:

Southeast Kansas

Southeast Kansas Mental Health Center

Crisis Hotline (24 hours): 1-866-973-2241

Tri-County (Clay, Platte & Ray counties)

Tri-County Mental Health Services, Crisis Services

Crisis Hotline (24 hours): 1-816-468-0400 or 1-888-279-8188

Wyandot County, Kansas, Surrounding Areas

Wyandot Center

Crisis Hotline (24 hours): 913-788-4200

Kentucky (Statewide):

Pathways

Crisis Hotline (24 hours): 606-324-1141 or 800-562-8909

Louisiana (Statewide):

Louisiana Statewide Network (2-1-1)

Crisis Hotline (24 hours): Dial 211

Text (24 hours): Text your zip code to 898-211

Maine (Statewide):

Crisis and Counselling Centers, Crisis Response Center

Crisis Hotline: 1-888-568-1112

Maryland (Statewide):

Maryland Crisis Hotline

Crisis Hotline (24 hours): 1-800-422-0009

To find a mobile crisis team near you, visit this website: <https://maryland.optum.com/content/ops-maryland/maryland/en/participants-families/crisis-resources.html>

Massachusetts (Statewide):

Samaritans

Crisis & Texting Hotline (24 hours): 1-877-870-4673

Michigan (Statewide):

University of Michigan Department of Psychiatry

Crisis Phone Service: 793-936-5900

To find other crisis lines specific to your county, visit this website:
https://www.michigan.gov/mdhhs/0,5885,7-339-71548_54879_54882_91271_91689---,00.html

Minnesota (Statewide):

Common Ground

Crisis Hotline (24 hours): 1-800-231-1127

To find other crisis lines specific to your county, visit this website: <https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/adult-mental-health/resources/crisis-contacts.jsp>

Mississippi (Statewide):

The Mississippi Department of Mental Health

Crisis Hotline (24 hours): 1-877-210-8513

To find mobile crisis response teams in your region, visit this website: <http://www.dmh.ms.gov>

Missouri (Statewide):

Arthur Center Community Health

Crisis Hotline (24 hours): 1-800-833-2064

For additional statewide crisis hotlines, visit this website: <https://www.mospn.org/crisis-lines>

Montana (Statewide):

Montana Crisis Recovery

Crisis Hotline (10am – 10pm, Monday-Sunday): 1-877-503-0833

Text (10am – 10pm, Monday-Sunday): Text “MT” to 741741

Nebraska (Statewide):

Nebraska Family Helpline

Helpline (24 hours): 888-866-8660

*Note: This is not a crisis line. Trained Helpline operators can assess immediate safety needs, identify the level of the behavioural crisis, make recommendations or referrals to appropriate recourses and help callers connect to emergency resources or providers.

Nevada (Statewide):

Crisis Support Services of Nevada

Crisis Hotline: 1-800-273-8255

Text: Text “CARE” to 839863

New Hampshire (Statewide):

New Hampshire Department of Health and Human Services

Crisis Hotline (24 hours): Call 2-1-1 to be directed to help

NAMI New Hampshire

Information and Resources Line: 800-242-6464

New Jersey (Statewide):

NJ Hopeline

Crisis Hotline (24 hours): 1-855-654-6735

Online Crisis Chat (24 hours): <https://njhopeline.com/talk-to-us-by-chat/>

State of New Jersey Department of Human Services

To find other hotlines in NJ that cater to specific problems, visit this website:

<https://www.state.nj.us/humanservices/staff/hotlines/>

New Mexico (Statewide):

New Mexico Crisis and Access Line

Crisis Hotline (24 hours): 1-855-662-7474

Peer to Peer Warmline (call 7:00am-11:30pm, text 6:00pm – 11:00pm): 1-855-466-7100

Healthcare Worker & First Responder Support Line: 1-855-507-5509

New York (Statewide):

Office of Mental Health

Crisis Hotline (24 hours): 1-800-273-8255

Crisis Text Line (24 hours): Text GOT5 to 741741

OASAS HOPEline (24 hours, for problem gambling and addiction): 1-877-8-HOPENY

New York City

NYC Health

Crisis Hotline (24 hours): 888-692-9355

North Carolina (Statewide):

North Carolina Department of Health and Human Services

Crisis Hotline (24 hours): 1-800-273-8255

To find a crisis hotline specific for your county, visit this website: <http://crisissolutionsnc.org/>

North Dakota (Statewide):

North Dakota Behavioral Health Human Services

Crisis Hotline (24 hours): 2-1-1

To find a human service center in your region, visit this website:

<http://www.nd.gov/dhs/locations/regionalhsc/>

Ohio (Statewide):

Ohio CareLine

Crisis hotline (24 hours): 1-800-720-9616

To find a crisis hotline specific for your county, visit this website:

<https://www.oregon.gov/oha/PH/PREVENTIONWELLNESS/SAFELIVING/SUICIDEPREVENTION/Pages/crisislines.aspx>

Oklahoma (Statewide):

Oklahoma Department of Mental Health and Substance Abuse Services

Reach-Out Line (24 hours, crisis calls taken): 800-522-9054

Oregon (Statewide):

Oregon Health Authority

Crisis Hotline (24 hours): 1-800-273-8255

Pennsylvania (Statewide):

PA Department of Human Services

Support & Referral Helpline (24 hours): 1-855-284-2492

Support & Referral Helpline TTY (24 hours): 724-631-5600

Crisis Text Line (24 hours): Text "PA" to 741741

Rhode Island (Statewide):

National Alliance on Mental Illness (NAMI) Rhode Island

Crisis Hotline (24 hours): 800-273-8255

To find other hotlines in Rhode Island that cater to specific problems, visit this website:
<https://namirhodeisland.org/resources/national-and-state/>

South Carolina (Statewide):

South Carolina Department of Mental Health

Crisis Hotline (24 hours): 833-364-2274

South Dakota (Statewide):

Helpline Center

Crisis Hotline (24 hours): 1-800-273-8255

Tennessee (Statewide):

TN Department of Mental Health & Substance Abuse Services

Crisis Hotline (24 hours): 855-274-7471

Texas (Statewide):

Texas Health and Human Services

Crisis Hotline (24 hours): 800-273-8255

To find county specific hotlines, visit this website: <https://www.hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services>

Utah (Statewide):

Cottonwood Heights

Crisis Hotline (24 hours): 801-587-3000

Vermont (Statewide):

Pathways Vermont

Crisis Warmline (24 hours): 833-888-2557

*Note: This is a warmline that provides confidential support during a crisis to help prevent a situation from escalating to an emergency. If this is an emergency, call the *national line*: 1-800-273-8255

Virginia (Statewide):

Mental Health America of Virginia

Crisis Text Services (24 hours): Text "MHA" to 741741

Crisis Warmline (9am – 9pm Monday-Friday; 5pm – 9pm Sat-Sun): 1-866-400-6428

*Note: This is a warmline that provides confidential support during a crisis to help prevent a situation from escalating to an emergency. If this is an emergency, call the *national line*: 1-800-273-8255

Washington (Statewide):

Washington Recovery Help Line

Crisis Hotline (24 hours): 1-866-789-1511

West Virginia (Statewide):

Help 304 – West Virginia's Emotional StrengthLine

Crisis Hotline (24 hours): 1-877-435-7304

Online Chat (24 hours):

<https://na0messaging.icarol.com/ConsumerRegistration.aspx?org=72331&pid=674&cc=en-US>

Wisconsin (Statewide):

Wisconsin Farm Center

Wellness Hotline (24 hours): 1-888-901-2558

Wyoming (Statewide):

Wyoming Department of Health

Crisis Hotline (24 hours): 1-800-273-8255

Text (24 hours): Text “WYO” to 741-741

To find other suicide prevention resources in your community, visit:

<https://health.wyo.gov/publichealth/prevention/wivpp/suicide-prevention/>