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):**
Carelene 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

Kem County
Kem 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

**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/](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](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):
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.htm

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 recourse 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):

**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: