

## 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 National Suicide Prevention Lifeline by dialing 988 (or 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: 988 or 1-800-273-8255**
- **National Crisis Text Line:** Text “HELLO” to **741-741**

### National domestic violence help lines:

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

- **National Domestic Violence Hotline: 1-800-799-SAFE (7233) or text “START” to 88788**
  - **Website:** [www.thehotline.org](http://www.thehotline.org)

### **National hotline for trans peer support**

Trans Lifeline

Hotline: [\(877\) 565-8860](tel:8775658860)

Website: <https://translifeline.org/>

### 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](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/>