



# Sometimes We Need More

Because sometimes we need more than a journal. This section includes trusted national and international resources you can turn to in moments of distress.

Caring for your mental health is a sign of strength, not weakness.

<input type="checkbox"/>	<p><b>SAMHSA's National Helpline – Call 1-800-662-HELP (4357) (Available 24/7)</b></p> <ul style="list-style-type: none"> <li>• Website: <a href="https://www.samhsa.gov/find-help/national-helpline">https://www.samhsa.gov/find-help/national-helpline</a></li> <li>• Free, confidential treatment referral and information for mental health and substance use.</li> </ul>
<input type="checkbox"/>	<p><b>988 Suicide &amp; Crisis Lifeline – Call or text 988 (Available 24/7)</b></p> <ul style="list-style-type: none"> <li>• Website: <a href="https://988lifeline.org">https://988lifeline.org</a></li> <li>• Free, confidential support for people in distress, plus prevention and crisis resources for loved ones.</li> </ul>
<input type="checkbox"/>	<p><b>NAMI Helpline (National Alliance on Mental Illness) – Call 1-800-950-NAMI (6264) (Mon-Fri, 10 AM - 10 PM ET)</b></p> <ul style="list-style-type: none"> <li>• Website: <a href="https://www.nami.org/help">https://www.nami.org/help</a></li> <li>• Provides education, support, and referrals for those struggling with mental health issues.</li> </ul>
<input type="checkbox"/>	<p><b>Up to Date Resources</b></p> <ul style="list-style-type: none"> <li>• SAMHSA Treatment Locator (<a href="https://findtreatment.samhsa.gov">https://findtreatment.samhsa.gov</a>) – Helps find local treatment options.</li> <li>• Mental Health America (MHA) Resources (<a href="https://www.mhanational.org/crisisresources">https://www.mhanational.org/crisisresources</a>) – A full list of crisis hotlines for various concerns.</li> </ul>