


NEED HELP NOW:

If you need emergency help, call 911 or your local crisis call phone number.



National Suicide Prevention Lifeline 1-800-273-8255 or
<http://www.suicidepreventionlifeline.org/>

For help with other tough issues, check out these resources:


EATING DISORDERS

 **National Association of Anorexia Nervosa & Associated Disorders** 1-847-831-3438 or <http://www.anad.org/>


MENTAL HEALTH

 **National Alliance on Mental Illness** 1-800-950-6264 or <http://www.nami.org/>
 **National Institute of Mental Health** 1-866-615-6464 (toll-free) or
<http://www.nimh.nih.gov/index.shtml>

SELF-INJURY

 **S.A.F.E. Alternatives** 1-800-366-8288 or <http://www.selfinjury.com/>

SEXUAL ASSAULT

 **National Sexual Assault Hotline:** 1-800-656-4673 or <https://www.rainn.org/>

SUBSTANCE ABUSE

 **Substance Abuse & Mental Health Service Administration** 1-800-662-4357 or
<http://www.samhsa.gov/>

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