

# Mental Health Resources



**WORLD MENTAL HEALTH DAY**

**Monday, October 10, 2022**

## General Resources



- Active Minds (for young adults 14-25)
- Asian Mental Health Collective
- BEAM: Black Emotional and Mental Health Collective
- National Alliance on Mental Illness
- National Association of Free & Charitable Clinics
- National Institute of Mental Health
- No Stigmas
- The Loveland Foundation
- The Trevor Project
- Therapy for Black Girls
- Therapy for Latinx

## Empowering Podcasts



- Food Heaven Podcast
- Food Psych Podcast
- She Persisted Podcast
- The Full Bloom Podcast
- The Body Image Podcast
- Therapy for Black Girls Podcast

## Specific Resources



- American Foundation for Suicide Prevention
- Anxiety and Depression Association of America
- National Eating Disorders Association
- Association for Size Diversity & Health
- Project Heal
- Eating Disorder Hope
- Substance Abuse and Mental Health Services Administration

## Free National Hotlines



- National Suicide Prevention Lifeline: 1-800-273-TALK
- 988 Suicide & Crisis Lifeline: Call or Text 988
- Substance Abuse & Mental Health Services Administration: 1-800-662-4357
- National Runaway Safeline: 1-800-786-2929
- National Teen Dating Abuse Helpline: 1-866-331-9474
- RAINN: 1-800-656-4673
- Crisis Text Line: Text HOME to 741741

**For more information, please visit:**

**[www.renfrewcenter.com/worldmentalhealthday](http://www.renfrewcenter.com/worldmentalhealthday)**

**[f](#) [@renfrewcenter](#) [#RenfrewRecharge](#)**

