

CLOVER & KIND

WELLBEING RESOURCES

YOUR MENTAL HEALTH MATTERS.
YOU DON'T HAVE TO GO IT ALONE.

If you feel like you or someone you know is in immediate danger, you should call 911 or go to an emergency room to get immediate help.

Mental Health First Aid Training

www.mentalhealthfirstaid.org

Online Counseling

www.synergyetherapy.com
www.amwell.com
www.teladochealth.com
www.doctorondemand.com

Peer Support

ReachOut <http://reachout.life>

Meditation & Mindfulness

www.tryhealium.com
www.relaxwithcare.com
www.peachmindfulness.com

National Alliance on Mental Illness (NAMI)

www.nami.org

National Domestic Violence Hotline

1-800-799-7233

National Deaf Domestic Violence Hotline

1-855-812-1001

Mental Health Support LGBTQ Youth

www.thetrevorproject.org

RAINN Hotline

(Rape, Abuse & Incest National Network)
for anyone who's experienced
sexual abuse or assault 1-800-656-4673

National Institute for Drug Abuse

www.drugabuse.gov

National Helpline

www.samhsa.gov/find-help/national-helpline
1-800-662-HELP (4357)

How are you feeling, really?

NATIONAL SUICIDE PREVENTION LIFELINE: 800-273-8255 (TALK)

1-800-SUICIDE 1-800-784-2433

CRISIS TEXT LINE: Text HELLO to 741741, available 24/7

The information contained here is for educational and informational purposes only and is not intended as health or medical advice. Always consult a physician or other qualified health provider regarding any questions you may have about a medical condition or health objectives.