

NATIONAL MENTAL HEALTH RESOURCES



If you or someone you care about feels overwhelmed with emotions like sadness, depression, anxiety, or thoughts of harming yourself or others please utilize any of the national crisis resources below. In the case of an emergency, dial 988 or 911.



988 Suicide & Crisis Lifeline

Call or Text 988 for Immediate Help or visit [988lifeline.org](https://www.988lifeline.org)

The 988 Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. We're committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.



CRISIS TEXT LINE

Text "MHFA" to 741741

Available 24/7, 365 days a year, [this organization](https://www.thehotline.org) helps people with mental health challenges by connecting callers with trained crisis volunteers who will provide confidential advice, support, and referrals if needed.



SUBSTANCE ABUSE & MENTAL HEALTH SERVICES

1-800-622-HELP (1-800-622-4357)

Visit [crisischat.org](https://www.crisischat.org) to chat online with crisis centers around the United States. SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year counseling and support. provides information on mental health services and treatment centers through an online service locator.



NATIONAL DOMESTICE VIOLENCE HOTLINE

1-800-799-SAFE (1-800-799-4233) or visit [thehotline.org](https://www.thehotline.org)

Trained expert advocates are available 24/7, 7 days a week. Advocates provide free, confidential support to anyone experiencing domestic violence or seeking resources and information. Help is available in Spanish and other languages.



THE TREVOR PROJECT

1-866-488-7386 or Text "START" to 678678

Trained counselors available 24/7 to support youth who are in crisis, feeling suicidal, or in need of a safe and judgment free place to talk. Specializing in supporting the LGBTQI+ community. [Learn more here.](#)

RESOURCES OFFERED THROUGH PROVAIL

- Employee Assistance Program
- Kaiser Permanente Mental Health Services:
1-888-287-2680 or 1-800-297-6877
 - Assessments
 - Counseling
 - Ginger App
 - myStrength App

For additional support or questions, please contact Summer Korst at 206-826-1023 or summerk@provail.org

PROVAIL is committed to the health and well being of our employees. If you have questions about national and internal resources for yourself or someone you care about, please contact any member of the Human Resources team.

NATIONAL BIPOC MENTAL HEALTH RESOURCES

PROVAIL is dedicated to addressing the mental health needs of the Black, Indigenous, People of Color (BIPOC) community, and we know that society's work is far from over in creating culturally informed, quality mental health equity for all. Please find specific mental health resources for the BIPOC community below.



BLACK EMOTIONAL AND MENTAL HEALTH COLLECTIVE (BEAM)

Visit beam.community/get-help-now/ for more information

BEAM is a national training, movement building, and grant making institution that is dedicated to the healing, wellness, and liberation of Black and marginalized communities. Search through their list of national resources and utilize their network to locate a black therapist and additional wellness practitioners.



THERAPY FUND FOUNDATION

Visit therapyfundfoundation.org/ for more information

The Therapy Fund Foundation is the leading organization in Washington state offering free mental health services to Black community members with equitable pay for clinicians. The Therapy Fund is developing a pilot program in San Diego and plans to expand across the nation!



NATIONAL ALLIANCE FOR HISPANIC HEALTH

Call 1-866-783-2645 or visit the [website](#) for more information

National Alliance for Hispanic Health focuses on improving the health and wellbeing of Hispanics through improving the quality of care and its availability to all. The National Hispanic Family Health Helpline provides free and confidential health information in Spanish and English.



NATIONAL QUEER AND TRANS PEOPLE OF COLOR NETWORK

Visit nqttcn.com/en/ for more information

National Queer and Trans People of Color Network offers a range of therapy options including both paid and unpaid sessions. "Our community encompasses Black, Indigenous, Latinx, Arab, middle-eastern, Asian, pacific islander, and mixed-race, lesbian, gay, bisexual, queer, transgender, two-spirit, gender non-conforming, genderqueer, and non-binary people committed to healing justice for our people."



THERAPY FOR BLACK MEN

Visit therapyforblackmen.org/ for more information

TherapyForBlackMen.org is committed to the mental wellness of Black men and boys.

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