

HOW TO GET HELP!

If you need mental health support, call or text 988 to reach the confidential [Suicide & Crisis Lifeline](#), a 24-hour network of more than 200 local crisis centers throughout the country. You can chat online with a counselor at www.988lifeline.org.

Other resources include:

- **The Michigan Crisis and Action Hotline (MiCAL)**

- Call or text 988
- 24/7
- Free and confidential

- **Amala – The Muslim Youth Hopeline:**

- Phone (855) 95 AMALA or (855) 952-6252
- Hours: M, W, F, Sat, and Sun from 6 p.m. to 10 p.m.

- **Mental Health America**

- Text MHA to 741741
- Free text based support 24/7

- **National Drug & Alcohol Abuse Hotline**

- (800) 662-HELP (4357)
- 24/7
- Free and confidential
- English and spanish
- [Online treatment locator \(https://findtreatment.gov/\)](https://findtreatment.gov/)

- **Trevor Project (LGBTQ)**

- Phone: (866) 488-7386
- Text: 678 678
- [Webchat \(https://tinyurl.com/yueksz83\)](https://tinyurl.com/yueksz83)
- 24/7

- **Youth Crisis Line (Text/talk/chat)**

- (800) 843-5200
- 24/7

- **Veterans Crisis Line**

- Phone: 988 Press 1
- Text: 838255
- [Chat online \(https://tinyurl.com/bdhmap6p\)](https://tinyurl.com/bdhmap6p)

Worried about someone?

- Know the Signs: (800) 273-8255
- The Michigan Crisis and Action Hotline (MiCAL)
 - Call or text 988
 - 24/7
 - Free and confidential