

Mental health resources

We encourage our CANVAS creators to always prioritize their health, whether it be physical or mental. Below are some resources for accessible mental health support for your reference. If you believe that you require more support than these organizations can offer, please contact your health care physician regarding speaking to a dedicated mental health professional.

[MentalHealth.gov](#)

A comprehensive, US government-sponsored guide for information and resources regarding multiple mental health issues.

[Open Counseling](#)

Here you can find a comprehensive list of hotlines for different needs across the globe.

OTHER RESOURCES IN THE US

[National Suicide Prevention Lifeline](#)

Call 1-800-273-TALK (8255)

En español 1-888-628-9454

Use [LIFELINE CHAT](#) on the web

Lifeline Chat is a service of the National Suicide Prevention Lifeline, connecting individuals with counselors for emotional support and other services via web chat. All chat centers in the Lifeline network are accredited by CONTACT USA. Lifeline Chat is available 24/7 across the U.S.

[Dougy Center](#)

Use [READABLE RESOURCES](#) on the web

Dougy Center offers a wide range of resources for people of all ages who are grieving before and after a death. Find help you can access anytime below.

[Crisis Text Line](#)

Text "HELLO" to 741741

Crisis Text Line provides free, 24/7, high-quality text-based mental health support and crisis intervention by empowering a community of trained volunteers to support people in their moments of need.

[Trevor Project \(LGBTQIA+\)](#)

Text "Start" to 678678

Call 1-866-488-7386

Use [CHAT](#) on the web

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