

If you need help, there are many professional avenues available to you.

[National Suicide Prevention Lifeline](#)

1-800-273-8255 (TALK)

The National Suicide Prevention Lifeline provides 24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

- [Emotional Wellbeing During the COVID-19 Outbreak](#)

[Crisis Text Line](#)

Text HOME to 741741

Text from anywhere in the United States, anytime, about any type of crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

[National Alliance on Mental Illness](#)

1-800-950-6264

Text NAMI to 741741

NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

[Substance Abuse and Mental Health Services Administration \(SAMHSA\) National Helpline](#)

1-800-662-HELP (4357)

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

[Veterans Crisis Line](#)

1-800-273-8255 (press 1)

Text 838255

The Veterans Crisis Line is a free, confidential resource that's available to anyone, even if you're not registered with VA or enrolled in VA health care. The caring, qualified responders at the

Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances.

Virus Anxiety

The team at [Shine](#), in partnership with [Mental Health America](#), has vetted and compiled a wealth of research-backed and helpful tools—articles, meditations, access to mental health experts, anxiety screenings, and more. Think of Care for Your Coronavirus Anxiety as your mental health toolkit during this time.

ADA Center for Professional Success - Wellness

If you are a dentist and need financial help to begin treatment, the Charitable Assistance Fund may be able to assist.