

# Resources and Support Options for Mental Health Crises

Dear [Recipient's Name],

We understand that you may be experiencing a difficult time, and we want to assure you that support is available. Below are some resources and options to assist you during this mental health crisis:

## Emergency Support

- **National Suicide Prevention Lifeline:** 1-800-273-TALK (1-800-273-8255) - 24/7 support.
- **Crisis Text Line:** Text "HELLO" to 741741 for free, 24/7 support via text.
- **Local Emergency Services:** Dial 911 for immediate assistance.

## Local Resources

- **[Local Mental Health Clinic Name]:** [Phone Number] - [Address] - Open [Days/Hours].
- **[Community Support Group Name]:** [Phone Number] - Meetings on [Days] at [Location].

## Online Resources

- **National Alliance on Mental Illness (NAMI):** [nami.org](http://nami.org)
- **MentalHealth.gov:** [mentalhealth.gov](http://mentalhealth.gov)

Please remember that you are not alone, and seeking help is a courageous step. Do not hesitate to reach out to the resources listed above.

Sincerely,

[Your Name]

[Your Title/Organization]

[Contact Information]