



## NATIONAL EMOTIONAL SUPPORT RESOURCES AND HOTLINES

### ▶ THE ENTERTAINMENT COMMUNITY FUND (FORMERLY THE ACTORS FUND)

***Mental Health: Entertainment Community Fund. Call (917) 281-5919.***

The ECF supports performing arts related folks across the country – they provide guidance on individual counseling, group therapy, and other mental health resources whether or not you have qualified for health insurance. The ECF also provides resources for social services including but not limited to emergency financial assistance, emergency housing, career services, and financial wellness.

### ▶ 988: SUICIDE AND CRISIS LIFELINE

***988 Suicide & Crisis Lifeline - Call. Text. Chat. 988 (previously 800-273-TALK). Available 24/7.***

This is a crisis hotline that can help with many issues, not just suicide. For example, anyone who feels sad, hopeless, or suicidal; family and friends who are concerned about a loved one; or anyone interested in mental health treatment referrals can call the Lifeline. Callers are connected with a professional nearby who will talk with them about what they are feeling or concerns for other family and friends.

### ▶ CRISIS TEXT LINE

***Free, 24/7 Mental Health Support. Text HOME to 74174. Available 24/7.***

This organization helps people in the US with mental health challenges by connecting callers with trained crisis volunteers who will provide confidential advice, support, and referrals if needed.

### ▶ NATIONAL ALLIANCE ON MENTAL ILLNESS

***Call or text +1 (800) 950-6264. Available Monday - Friday, 10 a.m. - 10 p.m. ET.***

[NAMI](#) is an alliance of more than 600 local Affiliates and 49 State Organizations who work in your community to raise awareness and provide support and education that was not previously available to those in need.

### ▶ LGBT NATIONAL HOTLINE

***LGBT National Help Center ([lgbthotline.org](http://lgbthotline.org)). Call (888) 843-4564.***

Free and confidential telephone and online peer support and connection to local resources.

### ▶ TRANSLIFELINE

***Call 1-877-565-8860.***

[Trans Lifeline](#) is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.

### ▶ RAINN

***The nation's largest anti-sexual violence organization. Call +1 (800) 656-HOPE / +1 (800) 656-4673.***

Rape, Abuse & Incest National Network operates the National Sexual Assault Hotline and provides resources and advocacy for sexual assault victims.