

Title: Mental Health Mondays - Resources & Helplines

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Welcome to the first of many Mental Health Mondays! Everyone please pretend today is still Monday as I forgot to post yesterday. ■

I want to start off by thanking my *concerned redditor* for caring enough about my well-being to go out of their way and get help sent right to my [Reddit inbox](<https://imgur.com/8taZyno>). Receiving the message above was a warm reminder that help is out there if I were to need it. It also provided the perfect segue into the first Mental Health Monday post! Fortunately, even though I'm going through some challenges currently, I'm the happiest I've been in years and have no intention of self-harm. With that out of the way let's get started!

Whether you recognize it or not, every trade that you make takes all of you including an emotional and mental investment. Sometimes life can become overwhelming or feel out of control. Fortunately there are lots of resources to help in those moments of crisis.

Below you can find a myriad of different resources and helplines for crisis situations and addiction. If you or someone you know is experiencing a crisis or addiction and needs help, reach out today.

#Resources & Helplines

##Crisis & Suicide

****Reddit Resources**** - /r/SuicideWatch is a great resource for anyone struggling with suicidal thoughts. The Wiki provides information on helplines as well as a FAQ detailing what to expect when calling a hotline. The information below is from their [Hotline Wiki](<https://www.reddit.com/r/SuicideWatch/wiki/hotlines>) which includes additional country contacts.

****Worldwide Directories****

We know of three international lists that are maintained by reputable agencies; try these if you don't find what you're looking for below:

1. [The International Association for Suicide Prevention maintains a ****Global Crisis Centre Directory****](https://www.iasp.info/resources/Crisis_Centres/).
2. [The Befrienders](<http://www.befrienders.org/need-to-talk>) maintain a hotline database; use the "Find a Helpline by Country" control at the top of their page.
3. [Open Counseling's International Hotlines List](<https://www.opencounseling.com/suicide-hotlines>)

Do be aware that most global hotline lists are maintained privately by members of the public. Although these people usually mean well, the information on their sites is usually outdated and/or incorrect.

****United States****

[National Suicide Prevention Lifeline](<http://www.suicidepreventionlifeline.org/>): 1-800-273-8255 (TALK)
Veterans press 1 to reach specialised support. Press 2 for Spanish-language support

(The older number, 1-800-SUICIDE, is no longer published by the lifeline agency and will probably stop working in the near future.)

Online Chat: <http://chat.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx>

[Crisis Text Line](<http://www.crisistextline.org/get-help-now/>): Text "HOME" to 741741.

Youth-Specific services (voice/text/chat/email) from the Boys' Town National Hotline:
<http://www.yourlifeyourvoice.org/Pages/ways-to-get-help.aspx>

[Trans Lifeline](<https://www.translifeline.org/>): 1-877-565-8860

****EU Standard Emotional Support Number****

116 123 - Free and available in much of Europe, [you can check which 116 helplines are available in your country here](<https://ec.europa.eu/digital-single-market/en/116-helplines>)

##Addiction

####Gambling

****Reddit Resources**** - [/r/problemgambling](https://www.reddit.com/r/problemgambling/) is a great community for anyone experiencing gambling addiction. The community provides a support network along with additional resources such as podcasts, zoom groups, and blogs.

[National Council on Problem Gambling](<https://www.ncpgambling.org/>): 1-800-522-4700 available for calls or texts.

Online Chat: [ncpgambling.org/chat](https://www.ncpgambling.org/chat)

[International Numbers](<https://www.ncpgambling.org/5475-2/>) are provided by country.

####Drugs & Alcohol Addiction

****Reddit Resources**** -

- * [/r/addiction](https://www.reddit.com/r/addiction/) - Focused on general substance abuse recovery
- * [/r/OpiatesRecovery](https://www.reddit.com/r/OpiatesRecovery/) - Specific to opiate abuse recovery
- * [/r/stopdrinking](https://www.reddit.com/r/stopdrinking/) - Specific to alcoholism recovery
- * [/r/leaves](https://www.reddit.com/r/leaves/) - Specific to marijuana abuse recovery

****United States****

[Substance Abuse and Mental Health Services Administration](<https://www.samhsa.gov/>):

1-800-662-HELP (4357) available 24/7 and also known as the Treatment Routing Service

[National Council on Alcoholism and Drug Dependence](https://www.ncadd.org/): Hope Line at 1-800-622-2255

****United Kingdom****

[NHS Alcohol Support Resources](https://www.nhs.uk/live-well/alcohol-support/): Drinkline is the national alcohol helpline. If you're worried about your own or someone else's drinking, you can call this free helpline in complete confidence. Call 0300 123 1110 (weekdays 9am to 8pm, weekends 11am to 4pm).

[NHS Drug Addiction Resources](https://www.nhs.uk/live-well/healthy-body/drug-addiction-getting-help/): If you're having trouble finding the right sort of help, call the Frank drugs helpline on 0300 123 6600. They can talk you through all your options.

If you have any additional resources you'd like me to look into or add to the list above, please let me know!

****Let's all try our best to RatioAtSelfCare this week** ■■■■**