

Help For Eating Disorders

National Eating Disorders Association 1-800-931-2237
Eating Disorder Hope
Anorexics and Bulimics Anonymous

nationaleatingdisorders.org
eatingdisorderhope.com
aba12steps.org

Help For Addiction

Alcoholics Anonymous
Tempest
Al-Anon
Substance Abuse and Mental Health Services Administration
American Addiction Centers

aa.org
jointempest.com
al-anon.org
samhsa.gov
americanaddictioncenters.org

Mental Health Help for Young People

Kids Mental Health
Youth.gov
TeenMentalHealth.org

kidsmentalhealth.org
youth.gov
teenmentalhealth.org

Mental Health Help for Domestic Violence

National Domestic Violence Hotline 1-800-799-SAFE (7233)
National Coalition Against Domestic Violence

thehotline.org
ncadv.org

LGBTQ+ Mental Health Resources

The Trevor Project 1-866-488-7386
Trans Lifeline 1-877-565-8860
TransYouth Family Allies
Bisexual Resource Center

thetrevorproject.org
translifeline.org
imatyfa.org
biresource.org

Latinx Mental Health Resources

American Society of Hispanic Psychiatry
National Alliance for Hispanic Health
Therapy for LatinX

americansocietyhispanicpsychiatry.com
healthyamericas.org
therapyforlatinx.com

Mental Health Resources for Parents Supporting Youth

Coping Skills for Kids
Parenting Counts
Character.org
Gender Spectrum
ReachOut
A Kids Book About Mental Health Bundle
HealthyPlace Parenting Community
Manhattan Toy Making Faces

copingskillsforkids.com
parentingcounts.org
Character.org
genderspectrum.org/audiences/youth
parents.au.reachout.com
akidsco.com/products/mental-health-bundle
healthyplace.com/parenting
manhattantoy.com

This resource list has been compiled during 2022. We made an effort to make sure that these contacts are up to date, but there have been many changes since COVID-19. Inclusion in our list does not mean that we endorse the services and we do not receive any compensation for including organizations or practitioners in our list. We hope that we can grow this document into a more comprehensive collection of resources and we welcome your input, revisions, or contributions. Thank you.