

# Mental Health Resources

- **National Suicide Prevention Lifeline:** Provides free and confidential support for people in distress, and prevention and crisis resources for you or your loved ones. Available 24/7
  - 1-800-273-TALK (8255) for English
  - 1-888-628-9454 for Spanish
- **Lifeline Chat:** Connecting individuals with counselors for emotional support and other services via web chat. Available 24/7
  - [Lifeline Chat: Lifeline \(suicidepreventionlifeline.org\)](https://www.suicidepreventionlifeline.org/).
- **Crisis Text Line:** Crisis Text Line is here 24/7 for any crisis. A live, trained Crisis Counselor receives the text and responds. <https://www.crisistextline.org/>
  - Text HOME to 741741
- **Teen Central:** A free and safe prevention and intervention resource website where teens can access resources or write-in anonymously and receive feedback from a trained counselor.
  - <https://teencentral.com/>
- **The Warmline Phone:** For mental health concerns, if you need someone to listen, someone who cares. [Warmline Directory](#)
  - English: 610-820-8451, Spanish: 484-233-0785
  - Available 6:00 am - 10:00 pm
- **The Trevor Project:** Support for young persons who are in crisis, feeling suicidal or in need of a safe and judgment-free place to talk. Available 24/7
  - <https://www.thetrevorproject.org/>
  - Phone: 1-866- 488-7386
  - Trevor Text: Text START to 678-678
- **Northampton County Crisis Intervention:** Emergency mental health support. Available 24/7
  - 610-252-9060
- **Lehigh County Crisis Intervention:** Licensed telephone and mobile crisis services. Available 24/7
  - 610-782-3127
- **Mental Health Support Line:** Staffed by caseworkers, to counsel those struggling with anxiety and other emotions due to the COVID-19 emergency. Available 24/7
  - 1-855-284-2494
- **Centers for Disease Control: Mental Health and Coping During COVID-19**