

Rhode Island

Free resources to support mental health and wellness

Need to connect?



- Reach out to a family member, friend, health care provider, or faith leader.
- **Samaritans of Rhode Island**
Warmline | 401-272-4044
- **BH Link (24/7)**
Main Line: 401-414-LINK (5465)
bhlink.org

In a crisis?



- **National Suicide Prevention Lifeline**
800-273-TALK (8255)
- **Samaritans of Rhode Island**
800-365-4044
samaritansri.org/our-programs/hotline
- **Crisis Text Line**
Text HOME to 741741
crisistextline.org
- **SAMHSA's Disaster Distress Helpline (24/7)**
800-985-5990
Text TalkWithUs to 66746
- **American Foundation for Suicide Prevention**
Find a local chapter
afsp.org/find-a-local-chapter

Specialized Support



Young Adults

- **OK2Talk**
ok2talk.org
800-273-TALK
- **Text TEEN to 839863** between 9pm and 1am any night, download the [Teen Talk App](#), or participate in discussions with other teens on the [TEEN LINE message board](#).

Your Life Your Voice

- » 800-448-3000
- » Text VOICE to 20121 between 1pm and 1am
- » [Send a message from the website](#)

LGBTQ

- **The Trevor Project** (LGBTQ support)
866-488-7386
Text START to 678678
Chat online at thetrevorproject.org

Parents

- **Parent Stress Line (24/7)**
800-632-8199
- **Kids' Link Hotline (24/7)**
855-543-5465
lifespan.org/centers-services/kids-link-ri
- **Parent Peer Support Network of Rhode Island** | online parent support groups (English & Spanish)
psnri.org/virtual-trainings-and-meetings

Veterans

- **Veteran's Crisis Hotline**
800-273-8255 (press 1)

For multilingual resources, please visit our [website](#).

Other resources

- Visit uwri.org/2-1-1 or dial 2-1-1
- **Support Group Central**
various online support groups
supportgroupcentral.com
- **Contact your behavioral health provider to see if they can schedule a telehealth visit.** Telehealth is a virtual therapy session. Many providers are now offering this option.

