

# Mental Health Resources

If you or someone you know is struggling emotionally or has concerns about their mental health, there are ways to get help. Use these resources to find help for you, a friend or a family member.

## National Suicide Prevention Lifeline

Dial or Text 988  
1-800-273-TALK (8255)  
1-888-628-9454 (Spanish)

## Crisis Text Line

Text MHFA to 741741 to speak  
to a trained crisis counselor.

## National Domestic Violence Hotline

1-800-799-7233

## Veterans Crisis Line

1-925-822-3173

## National Sexual Assault Hotline

1-800-656-4673

## National Abuse Hotline

1-800-799-SAFE (7233)

## For Benesch Staff

### ComPsych Employee Assistance Program

Phone: 1-800-272-7255 (unlimited calls, 24/7)

Company Web ID: COM589

Online tools and resources:

[www.guidanceresources.com](http://www.guidanceresources.com)