



For Emergencies:

Need Support Now? If you are having thoughts of suicide, if you need mental health-related crisis support, or if you are worried about someone else, please call or text **988** or visit the [National Suicide Prevention Lifeline](#) to connect with a trained crisis counselor

Text **HOME** to **741741** to reach a Crisis Counselor at the [Crisis Text Line](#)

For Anyone:

- ▷ **Silence the Shame**
<https://silencetheshame.com>
- ▷ **Mental Health America - Immediate Response**
<https://mhanational.org/crisisresources>
- ▷ **National Alliance on Mental Illness**
<https://www.nami.org/home>
- ▷ **Mental Health America - State of Mental Health in America**
<https://mhanational.org/issues/state-mental-health-america>

For Musicians:

- ▷ **MusiCares**
<https://www.musicares.org>
- ▷ **Backline**
<https://backline.care>
- ▷ **Nuçi's Space**
<https://www.nuci.org/health-and-wellness-page>
- ▷ **Music Minds Matter - Home**
<https://www.musicmindsmatter.org.uk>
- ▷ **Sweet Relief**
<https://www.sweetrelief.org>

- ▷ **Entertainment Community Fund**
<https://entertainmentcommunity.org/services-and-programs/mental-health>
- ▷ **Music Health Alliance**
<https://www.musichealthalliance.com/what-we-do/>
- ▷ **Music Industry Therapist Collective**
<https://musicindustrytherapists.com/our-mission/>
- ▷ **Music Minds Matter - Mental Health Statistics**
<https://www.musicmindsmatter.org/blog/music-mental-health-statistics>
- ▷ **Me 2 Music**
<https://me2music.org>
- ▷ **Substance Abuse and Mental Health Services Administration**
<https://www.gih.org/files/SAMHSA%20Presentation.pdf>
- ▷ **League of American Orchestras - Mental Health and Wellness**
<https://americanorchestras.org/learn/mental-health-and-wellness/>
- ▷ **Sound Mind Musician**
<https://www.soundmindmusician.org/>
- ▷ **Producer Hive - Mental Health Resources List**
<https://producerhive.com/editorial/music-mental-health-organizations/>

For New Yorkers:

- ▷ **Covid 19 Digital Mental Health Resources**
<https://nycwell.cityofnewyork.us/en/covid-19-digital-mental-health-resources/>
- ▷ **Harlem Wellness Center**
<https://harlemwellness.org/>
- ▷ **New York Behavioral Health Team**
<https://www.newyorkbehavioralhealth.com/how-to-find-affordable-therapy-mental-health-resources-in-nyc/>
- ▷ **Therapy Safety Net - Resources for Uninsured New Yorkers**
<https://therapysafetynet.org/resources/additional-resources-uninsured/>
- ▷ **Low Cost Therapy in New York**
<https://lowcosttherapy.nyc/>
- ▷ **Vibrant Emotional Health**
<https://www.vibrant.org/>
- ▷ **The Coalition for Behavioral Health**
<https://www.coalitionny.org/>

For BIPOC:

- ▷ **SIMS Foundation**
<https://simsfoundation.org>
- ▷ **Darkness Rising Project**
<https://darknessrisingproject.org>
- ▷ **Mental Health America - Black and African American Communities and Mental Health**
<https://www.mhanational.org/issues/black-and-african-american-communities-and-mental-health>
- ▷ **Mental Health Fund**
<https://nqttcn.com/en/mental-health-fund/>

- ▷ **American Psychiatric Association: Mental Health Disparities: American Indians and Alaska Natives**
<https://www.psychiatry.org/File%20Library/Psychiatrists/Cultural-Competency/Mental-Health-Facts-for-American-Indian-Alaska-Natives.pdf>
- ▷ **Mental Health America - Native and Indigenous Communities and Mental Health**
<https://www.mhanational.org/issues/native-and-indigenous-communities-and-mental-health>
- ▷ **National Indian Health Board**
https://www.nihb.org/behavioral_health/resources.php
- ▷ **Native Wellness Institute**
<https://www.nativewellness.com/>
- ▷ **Healthy Native Youth**
<https://www.healthynativeyouth.org/>
- ▷ **One Sky Center**
<http://www.oneskycenter.org/>

For LGBTQ+:

- ▷ **The Trevor Project**
<https://www.thetrevorproject.org/>
- ▷ **Mental Health Fund**
<https://nqttn.com/en/mental-health-fund/>
- ▷ **Mental Health America - BIPOC and LGBTQ Mental Health**
<https://www.mhanational.org/bipoc/infographic-lgbtq-mental-health>
- ▷ **Thrive NYC**
<https://mentalhealth.cityofnewyork.us/wp-content/uploads/2020/12/121420-LGBTQ-Guide-FINAL.pdf>

