

# **RESOURCES AND REFERRALS**

## **National Help Lines**

National Suicide Prevention  
Lifeline 1-800-273-8255

## **24/7 Crisis Hotline: National Suicide Prevention Lifeline Network**

<https://suicidepreventionlifeline.org/>

## **Mental Health Care American Psychiatric Association**

<http://www.psychiatry.org/>

## **Mental Health Professionals**

Kirk Johnson, MA, LPC, LAC  
South Platte Counseling

<https://www.southplattecounseling.com/counselors/kirk-johnson>

## **Anxiety Disorders**

National Education Alliance for Borderline  
Personality

<https://www.borderlinepersonalitydisorder.com>

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## **Support for Teenagers**

Teens Health (Offers help and hope for parents, adolescents, teenagers and  
educators) <http://teenshealth.org/en/teens/your-mind/>

<https://selfinjury.com>

## **Teen Health & Wellness**

<https://teenhealthandwellness.com/>

## **Families for Depression**

<http://familyaware.org>

## **Eating Disorders**

Eating for Life Alliance

<https://www.allianceforeatingdisorders.com/>

## **Emotional Health**

Let's Erase the Stigma

<https://www.letserasethestigma.com>

## **Bullying**

Stop

Bullying

<https://www.stopbullying.gov/>

## **Cyber Bully Hotline**

<http://www.cyberbullyhotline.com/>