

## Suicide Prevention and Mental Health Resources

### 988/Suicide & Crisis Lifeline:

Description of Resource: If you or someone you know are experiencing emotional distress, thoughts of suicide, or a mental health or substance use crisis, help is always available.

Please visit their website for more information: <https://mhari.org/resources/>

### Mental Health Association of Rhode Island:

Description of Resource: MHARI provides a list of resources in regards to mental health and supportive services.

Please visit their website for more information: <https://mhari.org/resources/>

### Psychology Today:

Description of Resource: Psychology Today allows you to search for licensed social workers and therapists in your area that accept your insurance and are taking patients.

For more information, please visit their website:

[https://www.psychologytoday.com/us/therapists/rhode-island?gclid=Cj0KCQjwnbmaBhD-ARIsAGTPcfUh4czqInD8TRdhmB82RM8kIzCgBIGmX5UukV-KB95I1zYSbhHGIS4aAhnTEALw\\_wcB](https://www.psychologytoday.com/us/therapists/rhode-island?gclid=Cj0KCQjwnbmaBhD-ARIsAGTPcfUh4czqInD8TRdhmB82RM8kIzCgBIGmX5UukV-KB95I1zYSbhHGIS4aAhnTEALw_wcB)