

# mental health MATTERS

Below are a few resources you can look into if you are seeking listening services, guidance, pre-recorded sessions, as well as virtual or in-person counseling.

**National Suicide Prevention Lifeline (FREE 24/7)**  
800-273-8255

**Crisis Textline (FREE 24/7)**  
Text "HOME" to 741741 (US & Canada)  
<https://www.crisistextline.org>

**Sanity & Self (App)**  
<https://www.sanityandself.com/>

**Hapi (App)**  
<https://www.hapi.com/>

**Sonder Mind**  
<https://www.sondermind.com/>

**National Association of Christian Counselors**  
<https://nacconline.org/find-a-counselor/>

## Local

Check your local directories as well for christian counselors and/or mental health professionals.

**"For by wise guidance you wage your war,  
and victory is in many advisors"  
(WEBBE, Proverbs 24:6).**