When you've decided to seek help, knowing what resources are available and where to start can be tricky. Use this decision map to help you figure out your options. If you don't find help where a path ends, try any of the resources in the gold boxes.

**START HERE**

Are you in a mental health crisis (thinking about hurting yourself or someone else)?

YES → Call or text 988 or chat at 988lifeline.org. You can also reach the Crisis Text Line by texting HELLO to 741741.

NO → Are you a current or former member of the military, or the spouse or child of one?

YES → Are you a student?

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NO → Do you have insurance through a government program, like Medicaid or Medicare?

YES → Do you have health insurance?

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YES → Do you work for an employer who offers an Employee Assistance Program (EAP)?

NO → EMPLOYEE ASSISTANCE PROGRAM (EAP)

Your EAP may provide a counseling benefit for a limited number of services or referrals to other providers. Ask your company’s HR department for more information.

YES → PRIMARY CARE PROVIDER

Your regular or family doctor can provide referrals to mental health specialists or prescribe care in the meantime.

YES → YOUR INSURANCE COMPANY

Your insurance company has a database of providers in your network, which can result in lower costs. You may have to call more than one mental health provider to see who is taking new patients and ask about wait times.

YES → LOCAL MENTAL HEALTH CENTERS

The names vary from state to state, but local mental health departments or community organizations provide free or low-cost treatment and services on a sliding scale, so qualifying people pay based on their income.

NO → STUDENT RESOURCES

Your school’s guidance counselor can talk through things with you and help you find resources or additional help.

COLLEGE RESOURCES

Your college or university may have a Campus Health Center, or offer referrals to help through the Office of Student Life or Campus Living. Active Minds has 1,000+ chapters that act as a support community on campuses across the U.S. See if there is a chapter at your school at activeminds.org/programs.

YES → MEDICAID

Providers who accept Medicaid may be listed by your state Medicaid office, which you can find by searching medicaid.gov.

NO → MEDICARE

A list of participating doctors can be found at medicare.gov (Click on “Providers & Services”).

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AND/OR