

Mental Health/ Self-Help Resources



First Choice Services is proud to be answering the National Suicide Prevention Lifeline for callers in West Virginia. Our staff are trained in Crisis Management and are ready to help 24/7.

Call 1-800-273-TALK

<https://suicidepreventionlifeline.org/talk-to-someone-now/>



The STOMP Out Bullying™ HelpChat Line is a free and confidential online chat that helps youth ages **13-24** with issues around bullying and cyberbullying; as well as providing support to youths who may be at risk of suicide.

<https://www.stompoutbullying.org/helpchat>



Feeling anxious, overwhelmed or emotionally exhausted? We are here to help you find the way forward with stress-management strategies as well as community resources and referrals. We are WV's Emotional Strengthline.

Call 1-877-HELP304

<https://www.help304.com/>



Addiction & Mental Health Help for Adults and Kids

Providing immediate help for those struggling with addiction or mental health issues, HELP4WV features 24-hour access to call, text, and chat. It also has a searchable online resource directory.

Call 1-844-HELP4WV

<https://www.help4wv.com/>



First Choice Services is grateful for the opportunity to answer the call of so many West Virginians who are ready to quit using tobacco. We offer enrolling over the phone, online, by text, and chat.

Call 1-800-QUIT-NOW
or 1-877-966-8784

<https://wvtobaccoquitline.com/>



**Call 24/7:
West Virginia Child
Abuse
and Neglect Hotline
1-800-352-6513**

<https://teamwv.org/prevent-child-abuse-wv-landing/>



RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline.

Call 1-800-656-HOPE

Chat <https://hotline.rainn.org/online>

Download the App https://www.rainn.org/new-rainn-mobile-app-offers-survivors-loved-ones-another-option-support?_ga=2.101307585.1317049566.1602077996-1441424737.1602077996

The app's "Hotline" feature can connect you directly with one-on-one support from a trained support specialist on RAINN's National Sexual Assault Hotline via phone or online chat. It's free, confidential and available 24/7. You can also chat with other survivors in our peer-to-peer HelpRoom.



First Choice Services is now partnering with the Virginia Council on Problem Gambling. We answer calls and give each problem gambler and/or their loved ones the care they need.

Call [1-888-532-3500](tel:1-888-532-3500)



You are not alone. Everyday hundreds of people across West Virginia turn to 211 for information and support- whether financial, domestic, health or disaster-related.

Call 211

<http://www.wv211.org/>