



The AASECT directory is available to locate and identify AASECT Certified Educators, Counselors and Therapists for education, counseling or therapy purposes. However, if you require immediate assistance or are experiencing a mental health crisis, please refer to this list of resources below.

*Please note that the American Association of Sexuality, Educators, Counselors, and Therapists is a professional association. Resources on this page are provided for informational purposes only. The list is not comprehensive and does not constitute an endorsement by AASECT.*

## **Immediate/Emergency Mental Health Resources**

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Please note: AASECT is not affiliated with the following emergency resources and is not responsible for the care, counseling or advice that is given by these services.

### **Health Services**

Talk to your primary care doctor or another health professional about mental health problems. Ask them to connect you with the right mental health services. If you do not have a health professional who is able to assist you, use these resources to find help for yourself, your friends, your family, or your students.

### **Emergency Medical Services, 911**

If the situation is potentially life-threatening, get immediate emergency assistance by calling 911, available 24 hours a day.

### **988 Suicide & Crisis Lifeline**

If you or someone you know is suicidal or in emotional distress, contact the 988 Suicide & Crisis Lifeline. Trained crisis workers are available to talk 24 hours a day, 7 days a week. Your confidential and toll-free call goes to the nearest crisis center in the Lifeline national network. These centers provide crisis counseling and mental health referrals.

**Call or text: 988 or [Chat](#)**

**Visit: [988lifeline.org](https://www.988lifeline.org)**

### **The Trevor Project - LGBTQ Crisis Hotline**

Connect to a crisis counselor 24/7, 365 days a year, from anywhere in the U.S. It is 100% confidential, and 100% free. The Trevor Project's trained counselors understand the challenges LGBTQ young people face. They will listen without judgment. All of your conversations are confidential, and you can share as much or as little as you'd like.

**[Chat](#), Text: 678678, Call: 1-866-488-7386**

**Visit: [Trevorproject.org](https://www.trevorproject.org)**



### **US National Domestic Violence Hotline**

Operating around the clock, seven days a week, confidential and free of cost, the National Domestic Violence Hotline provides life saving tools and immediate support to enable victims to find safety and live lives free of abuse. Highly trained, experienced advocates offer compassionate support, crisis intervention information and referral services in over 170 languages.

Visit: <https://www.thehotline.org/>

Call: (800) 799-7233 (English and Spanish) (800) 787-3224 (TTY)

Chat available

### **Rape Abuse and Incest National Network (RAINN)**

The nation's largest organization fighting sexual violence, RAINN also carries out programs to prevent sexual violence, help victims and ensure that rapists are brought to justice.

Visit: <https://rainn.org/>

Call: (800) 656-HOPE / (800) 810-7440 (TTY)

### **Additional Resources**

Please note, these may not have emergency/immediate responses.

#### **Poly Friendly Professionals**

<https://www.polyfriendly.org>

#### **Therapy for Black Girls**

<https://Therapyforblackgirls.com>

#### **Therapy for Black Men**

<https://therapyforblackmen.org/>

#### **NCSF - Kink Aware Professionals**

<https://www.kaprofessionals.org>

#### **Latin X Therapy**

<https://Latinxtherapy.com>

#### **South Asian Therapists**

<https://SouthAsiantherapists.org>

#### **Asian Mental Health Collective**

<https://Asianmhc.org>