



MENTAL HEALTH & CRISIS SUPPORT RESOURCES FOR CALACEP MEMBERS

Physician Support Line:

- Call **(888) 409-0141**
- Open 7 days a week from 8am to 1am Eastern Time
- Psychiatrist volunteers; an anonymous and GREAT choice for crisis

Call the number on the back of your insurance card for a covered mental health referral or log onto your plan website to find a covered provider.

National Suicide hotline:

- Call **988**
- Chat at <https://988lifeline.org/chat/>.

California Medical Association:

- Call: **(650) 756-7787** (Northern California) or **(213) 383-2691** (Southern California) you will get a call back from trained peer support physician to chat and provide support and referrals for physicians and Dentists.
- You can also visit <https://www.cmadocs.org/confidential-line>.

Crisis Text Line:

- Text **HOME** to **741741** to connect with a volunteer Crisis Counselor
- <https://www.crisistextline.org/>

Crisis phone line, online chat, text line, and LGBTQ specific resources are available at:

- <https://www.thetrevorproject.org/get-help-now/>
- To find care in any area visit <https://findtreatment.samhsa.gov/> and input your zip code.

App based help:

- <https://ginger.app.link/download-ginger>

Free anonymous online for crisis therapists & counselors:

- <https://www.7cups.com>

National Domestic Violence Hotline

- **(800) 799-SAFE (7233)**

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

National Sexual Assault Hotline:

- **(800) 656-HOPE (4673)**

Organizational Help and promotion of well-being

- ACEP wellness <https://www.acep.org/life-as-a-physician/wellness/>
- AMA steps forward wellness: <https://edhub.ama-assn.org/steps-forward/pages/professional-well-being>