

# Substance Use and Mental Health 24-Hour Helpline

**Alternate Name:**

**Category:** [Mental & Behavioral Health](#), [Medical](#)

**Organization:**

**Description:** Call (800) 662-4357 (HELP) for individuals and families facing mental and/or substance use disorders. Substance Abuse and Mental Health Services Administration (SAMHSA) runs a 24-hour mental health hotline that provides education, support, and connections to treatment. The helpline is confidential; they collect no information. In English and Spanish. Can also text your zip code to 435748 (HELP4U) to find treatment centers in your area.

**Phone:** (800) 662-4357

**Extension:**

**Url:** <https://www.samhsa.gov/find-help/national-helpline>

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## Additional Info

**Application Process:**

**Wait Time:**

**Fees:**

**Accreditations:**

**Licenses:**

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**Address:**

**Details**

**Mutual Aid NYC**