

Locating Phone and Online Support

There are many phone lines and online support sites that can provide emotional support. Note that the links below are not for someone in crisis.

Phone:

A warmline is a confidential, non-crisis emotional support telephone hotline staffed by peer volunteers who are in recovery. To find a warmline that serves your area, visit the [NAMI HelpLine Warmline Directory](#) on the [NAMI Resource Library](#) page.

Online Support Communities:

- NAMI hosts online communities where people exchange support and encouragement. These can easily be joined by visiting www.nami.org.

- 7 Cups: www.7cups.com
 - *Free **online text chat** with a trained listener for emotional support and counseling. Also offers fee- for-service online therapy with a licensed mental health professional. Service/website also offered in Spanish.*

- Emotions Anonymous: www.emotionsanonymous.org
 - *International fellowship of people who desire to have a better sense of emotional well-being. EA members have in person and **online weekly meetings** available in more than 30 countries with 600 active groups worldwide. EA is nonprofessional and can be a complement to therapy.*

- Support Group Central: www.supportgroupscentral.com
 - *Offers **virtual support groups** on numerous mental health conditions, free or low-cost. Website also offered in Spanish.*

- TheTribe Wellness Community: www.support.therapytribe.com
 - *Free, **online peer support groups** offering members facing mental health challenges and/or difficult family dynamics a safe place to connect. Support groups include Addiction, Anxiety, Depression, HIV/AIDS, LGBT, Marriage/Family, OCD and Teens.*

- SupportGroups.com: <https://online.supportgroups.com/>
 - *Website featuring 200+ **online support groups**.*

- For Like Minds: www.forlikeminds.com
 - ***Online mental health support network** that allows for individuals to connect with others who are living with or supporting someone with mental health conditions, substance use disorders, and stressful life events.*

- 18percent: www.18percent.org
 - *Offers a free, peer-to-peer **online support community** for those struggling with a wide range of mental health issues.*

- Psych Central: www.psychcentral.com
 - *Offers online mental health resources, quizzes, news, an “Ask the Therapist” function, and **online support communities**.*

Adapted gratefully from [NAMI National’s COVID-19 \(Coronavirus\) Information And Resources Guide](#)