

Mental Health Resources

- [#mindPHL](#)

A joint project of the City of Philadelphia and Independence Blue Cross, #mindPHL shares information about free mental health resources and programs.

- [Know Your Mind](#) and [Cuida tu Salud Mental](#)

Created by Independence Blue Cross with the help of regional mental health experts, these pages provide information about the symptoms and treatment of depression and anxiety, two of the most common mental health conditions, plus tips to help support mental wellness, from self-care and building resilience to talking to your healthcare provider.

- [Healthymindsphilly.org](#)

Home to the [Boost Your Mood](#) campaign, HealthyMindsPhilly.org is an online tool and resource designed to support and improve the mental health and well-being of all Philadelphians, regardless of zip code, insurance, or income status. It's a welcoming and inviting space with a full suite of wellness tools and options.

- [City of Philadelphia Network of Care for Behavioral Health](#)

Regardless of where you begin your search for assistance with behavioral health issues, the Network of Care helps you find what you need - it helps ensure that there is "No Wrong Door" for those who need services.

24/7 emergency support

National Suicide Prevention Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Call [1-800-273-8255](tel:1-800-273-8255) for free and confidential support.

Crisis Text Line

Crisis Text Line is available for any crisis. A live, trained Crisis Counselor receives the text and responds, all from a secure online platform.

Text [HOME](#) to [741741](tel:741741) to connect with a Crisis Counselor.

