

## MEDICAL/HEALTH DISCLAIMER

The Video Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read or seen on this site.

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The information contained on this website is for informational purposes only, and is not to be regarded as a substitute for psychotherapy or psychiatric treatment. This information is not intended as treatment for major depressive disorder, anxiety or for any other form of mental illness or medical illness. The health professionals who have contributed content to this site assume no liability for errors or omissions related to information posted herein.

Because the authors of the information posted on this site do not know each reader/viewer/listener’s unique background and circumstances, the information may not prove applicable to your specific situation. We urge you, therefore, not to rely on the information displayed for treatment decisions without consulting a qualified psychiatrist, psychologist, other physician, or other health care professional.

The posting of information on this site by health care professionals does not in any way establish a professional relationship with any reader/viewer/listener. If you are experiencing psychological distress or any form of mental illness, you would likely benefit from consultation with a qualified mental health professional. If you have a medical disorder, disease, or problem, we urge you to seek medical treatment.

**If you or a loved one is in immediate danger [calling 911 and talking with police](#) may be necessary. It is important to notify the operator that it is a psychiatric emergency and ask for police officers trained in [crisis intervention](#) or trained to assist people experiencing a psychiatric emergency.** A list of additional resources is available below.

[National Suicide Prevention Lifeline](#) – Call 800-273-TALK (8255) or 988

If you or someone you know is in crisis—whether they are considering suicide or not—please call the toll-free Lifeline at 800-273-TALK (8255) to speak with a trained crisis counselor 24/7. The [National Suicide Prevention Lifeline](#) connects you with a crisis center in the Lifeline network closest to your location. Your call will be answered by a trained crisis worker who will listen empathetically and without judgment. The crisis worker will work to ensure that you feel safe and help identify options and information about mental health services in your area. Your call is confidential and free. (Regarding the addition of a 3 number (988) access to this Hotline - <https://www.cnn.com/2020/06/23/politics/fcc-national-suicide-hotline/index.html>)

[Crisis Text Line](#) – Text NAMI to 741-741

Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.

[National Domestic Violence Hotline](#) – Call 800-799-SAFE (7233)

Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information. Help is available in Spanish and other languages.

[National Sexual Assault Hotline](#) – Call 800-656-HOPE (4673)

Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Crisis chat support is available at [Online Hotline](#). Free help, 24/7.

NAMI (National Alliance on Mental Illness)

[www.nami.org](http://www.nami.org)

National Institute of Mental Health

<https://www.nimh.nih.gov/health/find-help/index.shtml>