



**MINDING THE GAP**  
WE ARE MINDING THE GAP IN MENTAL HEALTH

*Everyone deserves support when they need it. These are free resources:*

**National Suicide and Crisis Lifeline: 988 (call or text)**

**National Sexual Assault Hotline: 1-800-656-4673**

**The Childhelp National Child Abuse Hotline: 1-800-422-4453**

**The National Domestic Violence Hotline: 1-800-799-7233**

**National Eating Disorder Helpline: 1-800-931-2237**

**SAMHSA National Helpline (substance use): 1-800-662-4357**

**The Trevor Project (LGBTQIA): 1-866-488-7386**

**Crisis Text Line: Text the word HOME to 741741**

**The Trans Lifeline: 1-877-565-8860**

**Postpartum Support International Helpline: 1-800-944-4773**

[www.WeAreMindingTheGap.com](http://www.WeAreMindingTheGap.com)

**We are minding the gap between dance and mental health**



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## *Some international resources:*

### **Canada**

Canadian Mental Health Association

[www.cmha.ca](http://www.cmha.ca)

1.833.456.4566 (in QC: 1.866.277.3553)

Suicide Prevention Hotline:

1.833.456.4566

Crisis Text Line:

Text HOME to 686868

National Eating Disorder Information Center

1.866.633.4220

### **United Kingdom**

National Suicide Helpline UK:

0800 689 5652

Lifeline (Northern Ireland):

0808 808 8000

Crisis Text Line:

Text SHOUT to 85258

Beat Eating Disorder Helpline:

0808 801 0677

### **Australia**

Suicide Prevention Lifeline:

13 11 14

Suicide Call Back Service:

1300 659 467

Butterfly Foundation National Helpline  
(for eating disorders):

1800 33 4673

Lifeline Text (12pm - midnight):

Text to 0477 13 11 14

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