**National Resources**

**Find a Dialectical Behavior Therapy Therapist:**

[**https://behavioraltech.org/resources/find-a-therapist/**](https://behavioraltech.org/resources/find-a-therapist/)

**Find a DBT-LBC (DBT certified) therapist**

[**https://dbt-lbc.org/index.php?page=101163**](https://dbt-lbc.org/index.php?page=101163)

**Resources from the American Foundation for Suicide Prevention (AFSP):**

[**https://afsp.org/find-support/resources/**](https://afsp.org/find-support/resources/)

**American Association of Suicidology:**

[**https://suicidology.org/resources/**](https://suicidology.org/resources/)

**Crisis Centers/Hotlines:**

**24-Hour Crisis Line**

1-800-273-8255

Available 24/7 nationally

**Online Resources:**

Now Matters Now

[www.NowMattersNow.org](http://www.nowmattersnow.org)

**Advocacy/Family Organizations:**

National Education Alliance for BPD (NEA BPD)

[www.borderlinepersonalitydisorder.](http://www.borderlinepersonalitydisorder.com)org

National Alliance for the Mentally Ill

<https://www.nami.org/>