

THE HORROR WRITERS ASSOCIATION SUPPORTS MENTAL HEALTH AWARENESS MONTH

Mental health issues can affect people of any age, gender, or ethnicity—and in any profession. Writers are no exception. Spending as much time in isolation while working as writers do, though, it can be easy to feel cut off or alone, especially when struggling with anxiety, depression, or other mental health diseases. Sometimes a helping hand or voice can make all the difference between facing problems and finding treatment or suffering alone or succumbing to suicidal notions. In recognition of members of the horror community who live with these issues, the HWA's Mental Health Awareness initiative seeks to spotlight resources, support, and help available for those who need it. We encourage any of our members—and anyone in general—facing mental health problems to seek out a screening, treatment, or immediate help.

You are not alone. No matter how dark or haunted the house may seem, there is always hope and a light on in the window.

The HWA provides the resources listed here only as a starting point for those seeking information and support. The information here and at these sites is not a substitute for seeking the help of qualified professionals. This list is provided for convenience and does not represent endorsement by the HWA of any particular group or practice.



HOTLINES AND ONLINE RESOURCES FOR HELP

Better Help

<https://www.betterhelp.com/>

Crisis Text Line

Text HOME to 741741

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

Lifeline—Australia

13 11 14

<https://www.lifeline.org.au/>

Lines for Life

1-800-273-8255 or Text '273TALK' To 839863

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

Mental Health Foundation—Helplines—New Zealand

<https://www.mentalhealth.org.nz/get-help/in-crisis/helplines/>

MentalHelp.net

1-866-306-4086

<https://www.mentalhelp.net/articles/mental-health-hotline/>

Mind—United Kingdom
<https://www.mind.org.uk/>

Rethink Mental Illness—United Kingdom
<https://www.rethink.org/>

Samaritans—United Kingdom
116 123
<https://www.samaritans.org/>

SANE—Australia
1800 18 7263
<https://www.sane.org/>

SANE—United Kingdom
0300 304 7000
<http://www.sane.org.uk/home>

Substance Abuse and Mental Health Administration Helpline
1-800-662-HELP (4357)
<https://www.samhsa.gov/find-help/national-helpline>

Suicide Prevention Lifeline
1-800-273-8255
<http://suicidepreventionlifeline.org/>

SupportLine—United Kingdom
01708 765200
<https://www.supportline.org.uk/>

White Wreath Association
<https://www.whitewreath.org.au/>

MORE ABOUT MENTAL HEALTH AND MENTAL HEALTH AWARENESS MONTH

7 Cups—Online Support
<https://www.7cups.com/>

Anxiety and Depression Association of America—Screening Test
<https://adaa.org/>

Anxiety and Depression Association of America—Screening Test
<https://adaa.org/iving-with-anxiety/ask-and-learn/screenings/screening-depression>

Mental Health America
<http://www.mentalhealthamerica.net/may>

Mental Health America—Screening Tools
<https://screening.mentalhealthamerica.net/screening-tools>

National Alliance on Mental Illness

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

Talkspace—Online Therapy

<https://www.talkspace.com/>