

# Video Game Related Mental Health Resources

Whether you're struggling online or offline, reach out and seek the help you need.



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## Emergency Resources

If you or someone you know is in crisis, in need of immediate intervention, and based in the US, please visit the [Suicide & Crisis Lifeline](#) or call/text 988. Information for other countries/areas can be found in the widget or Additional Crisis Lines section below.

### 988 National Suicide & Crisis Lifeline

All topics Everyone

📞 988

💬 988

### Crisis Text Line

All topics Everyone

💬 741741

### Trevor Lifeline

LGBTQ+ Youth

📞 866-488-7386

💬 678678

### Love is Respect

LGBTQ+ Everyone

Deaf & HOH

📞 866-331-9474

💬 22522

### National Domestic Violence Hotline

Deaf & HOH Everyone

📞 800-799-7233

💬 22522

### National Sexual Assault Hotline

Everyone

📞 800-656-4673

### Trans Lifeline

LGBTQ+

📞 877-565-8860 (US)

### National Abortion Lifeline

Women

📞 800-772-9100

### Veteran's Crisis Hotline

Veterans

📞 988, press 1

💬 838255

## Online Harassment Support

Online harassment is endemic in gaming communities, and harassment can contribute to mental health issues. These resources seek to provide practical and emotional help for anyone who is being harassed.

### GamesHotline

The Games and Online Harassment Hotline is a free, text message-based, confidential emotional support hotline.

[gameshotline.org](https://gameshotline.org)

### IGDA's Online Harrassment Resource

A directory of tools and articles available to those dealing with online harassment.

[igda.org](https://igda.org)

### Online Harrassment Field Manual

A comprehensive manual for those who are targeted, witnesses, or employers. It offers concrete strategies for how to defend yourself and others.

[onlineharassmentfieldmanual.pen.org](https://onlineharassmentfieldmanual.pen.org)

### Speak Up & Stay Safe

A checklist for securing online and offline information to help avoid doxxing, or having your home address shared online.

[onlinesafety.feministfrequency.com](https://onlinesafety.feministfrequency.com)

### TallPoppy

Personal digital safety for everyone that helps employees take control of their personal digital safety.

[tallpoppy.com](https://tallpoppy.com)

### Fear of False Accusations

Youtube Video by Uplift - Episode #23: Fear of False Accusations - Engage by Uplift

[youtube.com](https://youtube.com)

### Responding to Disclosures

Youtube Video by Uplift - Episode #8: Responding to Disclosures - Engage by Uplift

[youtube.com](https://youtube.com)

## Streamer & Content Creator Resources

### Burnout 101 and Burnout for Content Creators

A multi-part, educational series on burnout created by Take This' Dr. Kelli Dunlap and Dr. Raffael Boccamazzo and especially tailored for content creators.

[takethis.org/expertcontent/burnout-101](https://takethis.org/expertcontent/burnout-101)

### Managing Chat When People Bring Up Self-Harm

A new series of videos providing mental health education to content creators on a variety of topics, sponsored by Rainbow Six. Crisis on Stream: Suicide and Self-Harm in Chat by TakeThisOrg

[youtube.com](https://youtube.com)

### How Streamers Can Respond When Viewers Need Help

Addressing mental health needs on Twitch and other streaming platforms has been a growing concern, especially given the lack of research that exists on the topic.

[takethis.org/2018/02](https://takethis.org/2018/02)

### Creating a Culture of Support in the Gaming Community

A collection of tips for streamers from Take This, the American Foundation for Suicide Prevention, and AdCouncil.

[takethis.org/wp-content/uploads/2021/08](https://takethis.org/wp-content/uploads/2021/08)

### Twitch Cares: Mental Health Support & Information

Mental Health resources for the twitch community.

[twitch.tv/customer/portal/articles/2904486-twitch-cares-mental-health-support-information](https://twitch.tv/customer/portal/articles/2904486-twitch-cares-mental-health-support-information)

### YouTube Safety Center

Information on how to report self-harming or suicidal users to YouTube's safety team.

[support.google.com/youtube/answer/2802245?hl=en](https://support.google.com/youtube/answer/2802245?hl=en)

### How to Stay Safe from a Hate Raid

This guide from GamesHotline was created as a way to bring together the vast community knowledge and tools that have surfaced in response to the increasing hate raids on Twitch.

[gameshotline.org/hateraid](https://gameshotline.org/hateraid)

## Self-Care Tools

Daily self-care can be difficult, particularly when you're dealing with mental health issues. These supplementary resources were created to make remembering important self-care steps easier.

### Everything is Awful and I'm Not Okay

A one-page, printable list of questions to ask yourself when you're feeling bad.

[drive.google.com/file/d/0B6A2F5ky9SELU0Zfd05YMEpyNUK/view](https://drive.google.com/file/d/0B6A2F5ky9SELU0Zfd05YMEpyNUK/view)

### Help Yourself. Help Others.

A self-report screener for feelings like sadness and overwhelm.

[helpyourselfhelpothers.org](https://helpyourselfhelpothers.org)

### Self-Care Starter Kit

University at Buffalo's guide to starting a self-care routine that prioritizes wellness.

[socialwork.buffalo.edu/resources/self-care-starter-kit.html](https://socialwork.buffalo.edu/resources/self-care-starter-kit.html)

### You Feel Like Sh\*t: An Interactive Self-Care Guide

As described, a choose-your-path guide to taking care of yourself on days when that's difficult.

[philome.la/jace\\_harr](https://philome.la/jace_harr)

## Disclaimer

The above list of mental health resources is not a substitute for medical advice or professional counseling. While we at the Ruderman Family Foundation want to provide you with resources, we do not recommend or endorse any particular site, treatment, therapy, or resource. We provide these links at our discretion but have not necessarily reviewed any resource. We assume no liability for the use of the information or resources on these sites and encourage you to use your own best judgment when reviewing these resources.

If you live in the US and you're having suicidal thoughts, reach out to the Suicide & Crisis Lifeline by calling to texting 988. If you're outside the US, you can find local crisis lines at [Suicide.org](https://Suicide.org). If you're even debating whether you should call them, you should call them. The Suicide & Crisis Lifeline handles all psychological crises, not just suicide.