Vibrant Emotional Health helps all people achieve mental and emotional well-being through groundbreaking solutions that provide support when, where, and how they need it.

One of the nation’s leading mental health organizations, Vibrant has been delivering high-quality and accessible programming and advocated for mental health awareness, education, and services for 55 years. We envision a world where all people, families, and communities can achieve mental and emotional well-being with dignity and respect.

Vibrant proudly delivers mental health programs across the nation, including:

- **Disaster Distress Helpline**
  - Call or Text 1-800-985-5990
disasterdistress.samhsa.gov

- **NFL Life Line**
  - (800) 506-0078

- **Veterans Crisis Line**
  - DIAL 988 then PRESS 1

Be BRAVE Against Bullying.
Vibrant Emotional Health leverages public-private partnerships, cutting-edge technologies, and a comprehensive suite of crisis and wellness services to deliver care nationwide.

**We provide:**

**Immediate Support**

Our solutions strive to make it easy for people to find the mental health and well-being care they need through a variety of 24/7 services, ensuring help is a call, text, or online chat away.

**Ongoing Care**

Our staff of trained specialists provide youth, adults, families, and communities with the tools and skills necessary to get or stay on track to lead healthy and fulfilled lives.

**Lasting Impact**

Our team and partners champion systemic change through advocacy and education initiatives that promote access to mental health resources for all.

**How can Vibrant support you?**

We can help you identify and address the mental health and emotional wellness needs of your workplace through strategic advising, interactive and dynamic workshops, multi-session training, online courses, and other experiences.

Join us in creating a Vibrant future for all. Visit [vibrant.org](http://vibrant.org) and follow us on social [@vibrantforall](https://twitter.com/vibrantforall).