

NAMI National HelpLine Resource Directory



Information, Resources, Support

Monday–Friday, 10 a.m. – 10 p.m. ET

800-950-NAMI (6264)

nami.org/help

info@nami.org

NAMI HelpLine volunteers and staff have compiled this directory of outstanding resources to help you identify possible options to meet your needs. The resources included in the NAMI National Resource Directory are not endorsed by NAMI, and NAMI is not responsible for the content of or service provided by any of these resources.

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ABUSE

- [NAMI Abuse Knowledge Article: https://helplinefaqs.nami.org](https://helplinefaqs.nami.org)
Type "Abuse" in search box. Title of Knowledge Article: *I believe I/my loved one is being abused. What can I do to get help?*

Child Abuse

- [Childhelp National Child Abuse Hotline: \(800\) 422-4453 / www.childhelp.org](http://www.childhelp.org)
Dedicated to meet the physical, emotional, educational, and spiritual needs of abused, neglected and at-risk children. Efforts focused on prevention, intervention, treatment and community outreach. Website offers a "Find a Local Affiliate" locator that offers information on programs. Accepts Spanish-language calls.
- [Child Protective Services \(CPS\): \(800\) 394-3366 / www.childwelfare.gov](http://www.childwelfare.gov)
*Social services program that connects child welfare and related professionals to comprehensive resources to help protect children at risk of or experiencing neglect, physical, sexual, or emotional abuse. See page on resources for reporting child abuse: <https://www.childwelfare.gov/topics/responding/reporting/how/>
Website offers resources in Spanish/Accepts Spanish-language calls.*

Domestic Violence/Sexual Assault

- [National Domestic Violence Hotline: \(800\) 799-7233 / www.thehotline.org](http://www.thehotline.org)
*24/7 confidential resource hotline that provides emotional support, support groups, local resources, safety plans, etc. for those who are in a domestic violence situation or their loved one, and a [Help for Abusive Partners](#) section; online chat also available. **Note: Additionally, conducting an internet search for "Domestic Violence Hotline [insert location]" will produce contact information to Domestic Violence assistance/hotline resources specific to your area.** Website and hotline also offered in Spanish.*
- [RAINN \(Rape, Abuse & Incest National Network\): \(800\) 656-4673 / www.rainn.org](http://www.rainn.org)
*National hotline for survivors of sexual assault and their loved ones. Provides connection to local sexual assault programs, safety planning and self-care; online chat also available. **Note: Service provided only to adults.** Website and HelpLine also offered in Spanish.*
- [Center for Safety & Change Domestic Violence Hotline: \(845\) 634-3344 / www.centerforsafetyandchange.org](http://www.centerforsafetyandchange.org)
24/7 confidential hotline for victims of domestic violence that answers questions, provides information and referrals, and arrange for advocacy, counseling and services. CSC develops strategies to end gender-based violence and provides shelter and supportive services that empower survivors of domestic violence, sexual abuse and other crimes.
- [National Sexual Violence Resource Center: www.nsvrc.org](http://www.nsvrc.org)
Maintains a [directory of organizations](#) that lists state and territory sexual assault coalitions, victim/survivor support organizations and local communities of color sexual assault organizations.

- **Victim Connect: (855) 484-2846 / www.victimconnect.org**
Confidential referrals for crime victims to learn about their rights and obtain resources-issues related to case management, mental health, housing needs, compensation, legal services, advocacy and reporting; phone and online chat lines accept calls 8:30 a.m.–7:30 p.m. ET. Resources on Website also offered in Spanish; accepts Spanish-language calls.
- **Domestic Shelters: www.domesticshelters.org**
Provides information on domestic violence programs and shelters. Website offers a Finding a Local Shelter/resources function. Website also offered in Spanish.
- **1in6: www.1in6.org**
*Support for men and boys experiencing sexual abuse or assault. Offers information, resources, 24/7 chat, **online support groups**, trauma-informed trainings and webinars.*
- **After Silence: www.aftersilence.org**
*Online forum (**online support groups**, message board, chat room) for rape, sexual assault and sexual abuse survivors. Website also offered in Spanish.*
- **Center for Relationship and Abuse Awareness: www.stoprelationshipabuse.org**
Provides information and resources about relationship abuse, how to get a restraining order & developing a safety plan.
- **Love is Respect: (866) 331-9474 / Text LOVEIS to 22522 / Webchat / www.loveisrespect.org**
Provides information on maintaining healthy intimate relationships, "dating basics", how to end unhealthy relationships, etc. Also offers a section on how to help a friend/family member/roommate/coworker in need of intervention. Offers specific information regarding Deaf and Native American Communities. Website also offered in Spanish.
- **The Network La Red: (800) 832-1901 / 617-742-4911 / www.tnlr.org**
LGBTQ community-based organization led by survivors to end partner abuse. Website provides support groups, individual support, training, publications and a 24-hour hotline. Housing available in MA only. Spanish-language calls and Spanish-language materials.
- **Women's Law: (800) 799-7233 / <https://hotline.womenslaw.org/public>**
Provides an email hotline service for basic legal information, referrals, questions, concerns and emotional support for domestic violence, sexual assault and stalking. Service available for men as well. Has Spanish-language materials.
- **Psychology Today Domestic Violence Support Group Locator: <https://www.psychologytoday.com/us/groups/domestic-abuse>**
*Support group locator service for survivors of domestic violence. Both in-person and **online support group options** are listed.*

Elder Abuse

- **National Adult Protective Services Association:** www.napsa-now.org
Social services program for the elderly and adults living with disabilities – workers investigate cases of abuse/neglect/exploitation. Reports of abuse are made at local level using local services online locator: www.napsa-now.org/get-help/help-in-your-area/
- **Victims of Long-term Care Resources:** “Long-Term Care Ombudsman Program”
The Long-Term Care Ombudsman Program advocates for residents of nursing homes, assisted living facilities, board and care homes and similar adult care homes. LTCOPs provide information about how to find a facility, how to get quality care and are trained to resolve problems. Website offers a “How to find a (LTCOP)” in their community at: https://theconsumervoice.org/get_help

Online Abuse

- **Cyber Civil Rights Initiative:** **(844) 878-2274** (HelpLine)/ www.cybercivilrights.org
*Information and resources for victims of non-consensual pornography (NCP), revenge-porn and other forms of online abuse. Also includes roster of attorneys who may be able to offer low-or pro-bono legal assistance, laws related to NCP. Operates CCRI Crisis Helpline **844-878-2274** for victims of NCP.*

ADD/ADHD

See, also, [Disability Rights – Education](#) section of Resource Directory.

- [NAMI ADHD page](#)
- **NAMI Child ADHD Knowledge Article:** <https://helplinefaqs.nami.org>
Type “ADHD” in search box. Title of Knowledge Article: I believe my child is showing signs of attention deficit/hyperactivity disorder (ADHD) - How can I get them help they need?
- **NAMI Adult ADD/ADHD Knowledge Article:** <https://helplinefaqs.nami.org>
Type “ADD/ADHD” in search box. Title of Knowledge Article: Are there support groups for adults with ADD/ADHD?
- **NAMI Basics OnDemand** / <https://basics.nami.org>
An education program for parents, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. This program is free to participants, self-paced and available 24/7.
- **CHADD (Children & Adults with Attention-Deficit/Hyperactivity Disorder):** **(866) 200-8098** / www.chadd.org
*Provides information and resources on ADHD, including find a local **in-person support group** locator. Accepts calls 1–5 p.m. ET. Website also offered in Spanish; Spanish-language calls accepted.*

- Attention Deficit Disorder Association (ADDA): (800) 939-1019 / www.add.org
*Provides information and resources on ADHD for adults living with the disorder. Offers **in-person support group** locator and an “Ambassador” program to allow ADHD adults opportunity to talk with others living with ADHD. Resources section of website offers webinars and a directory of ADHD professionals. **Provides virtual support groups in Spanish.***
- (App) I’m on it: Focus Timer: (Android only; Free)
App designed for children and adults who struggle to stay focused on the task at hand (including those diagnosed with ADD, ADHD, Asperger’s Syndrome), or anyone who struggles to stay focused.
- (App) Brain Focus: (Android only; Free)
*A time-management application. Users can pause and resume sessions, disable WI-FI and sound during work sessions, add time if needed to a work session, skip a break or the end of a session. **Offered in 30+ languages.***
- (App) Evernote: (Apple and Android; Free)
A virtual organization app that allows users to type in to-dos, add reminders, scan handwritten notes, take pictures of items to follow up on, and save websites and videos.

ADVOCACY

Note: NAMI does not provide individual advocacy. NAMI works on a federal and state level to impact mental health policy.

Mental Health Policy/Self-Advocacy

- NAMI Self-Advocacy Knowledge Article: <https://helplinefaqs.nami.org>
Type “Advocate” in search box. Title of Knowledge Article: How can I get involved to advocate on behalf of mental health?
- NAMI Smarts for Advocacy Training Program
Hands-on advocacy training program that helps people living with mental illness, friends and family transform their passion and lived experience into skillful grassroots advocacy. A series of three 1–2-hour workshops or modules or as a single full-day training hosted at select local NAMI Affiliates.
- NAMI Advocacy Action Center (Quorum)
Provides information and resources on how to get involved in State advocacy, including learning about the issues, voting rights, and how elected officials impact mental health services in the community, ways to discuss MH issues with candidates and more.
- CareForYourMind.org:
<http://www.familyaware.org/programs-overview/participate-in-care-for-your-mind/>
An advocacy blog sponsored by [Families for Depression Awareness](#) and Depression and Bipolar Support Alliance. Provides an online forum where those affected by the mental health

care system can openly discuss its strengths and weakness, along with thought leaders and advocates.

- **Be Vocal:** <https://www.bevocalspeakup.com/>
A partnership of six leading mental health advocacy organizations, including NAMI, that encourages people to advocate for themselves and their community by using their voice in support of mental health. Website provides tips for how to “speak up” – in-person and on social media – about their experience with mental health.
- **Active Minds:** (202) 332-9595/ <https://www.activeminds.org>
Organization dedicated to providing education, research and advocacy surrounding mental health. Website offers general information about mental health and information about how to start a new chapter of the organization at university.

Patient Advocate Services

- **NAMI Individual Advocacy Knowledge Article:** <https://helplinefaqs.nami.org>
Type “Advocate” in search box. Title of Knowledge Article: I need someone to advocate for me – Can NAMI help?
- **AdvoConnection:** <https://advoconnection.com/>
*An online directory of independent, private health and patient advocates in the United States and Canada who provide navigational support for working with medically licensed providers, insurance companies and others with whom care and cost must be coordinated. **Note: Advocates listed are fee-for-service.***
- **National Association of Healthcare Advocacy:** <https://www.nahac.com/#!event-list>
*Broad-based, grassroots organization for health care and patient advocacy. Website provides a “Find an Advocate” search function. **Note: Advocates listed are fee-for-service.***
- **National Association of Social Workers (NASW):** www.helpstartshere.org
Largest association for professional social workers. To find a social worker, visit their partner website, “Help Starts Here” www.helpstartshere.org that offers a “Find a Therapist (Social Worker)” tool at: <https://www.helppro.com/NASW/BasicSearch.aspx>.

AFRICAN AMERICAN COMMUNITY

- **NAMI Black/African American Page**
- **NAMI Sharing Hope Presentation**
Lack of information and misconceptions surrounding mental health issues prevent many members of the African American community from getting the help and support they need. NAMI Sharing Hope is an hour-long presentation that can help increase mental health awareness in African American communities by addressing a number of important topics. For more information about participating in a Sharing Hope Community Conversation, contact your local NAMI.

- **Black Mental Health Alliance:** (410) 338-2642 / www.blackmentalhealth.com
Provides information and resources and a “Find a Therapist” locator to connect with a culturally competent mental health professional.
- **Brother You’re on My Mind:** <https://www.nimhd.nih.gov/programs/edu-training/byomm/>
An initiative launched by Omega Psi Phi Fraternity, Inc. and NIMHD to raise awareness of the mental health challenges associated with depression and stress that affect African American men and families. Website offers an online toolkit that provides Omega Psi Phi Fraternity chapters with the materials needed to educate fellow fraternity brothers and community members on depression and stress in African American men at:
<https://www.nimhd.nih.gov/programs/edu-training/byomm/toolkit.html>.
- **Psychology Today:** www.psychologytoday.com/us/therapists/african-american
- **Association of Black Psychologists Directory:**
<https://abpsi.site-ym.com/search/custom.asp?id=5934>
Offers a searchable directory to locate a psychologist who is a member of the Association of Black Psychologists.
- **Mental Health Resources by State:** www.ebony.com/life/black-mental-health-resources
List of Black-owned and focused mental health resources by state as compiled by Ebony magazine.
- **Henry Health:** www.henry-health.com
Provides culturally sensitive self-care support and (fee-for-service) teletherapy for African American men and their families. Currently in pilot program available only to residents of MD, VA and DC. Residents of other states can join their waiting list and will be notified when Henry Health is available in their state.
- **Boris Lawrence Henson Foundation:** <https://borislhensonfoundation.org/>
BLHF launched a COVID-19 Free Virtual Therapy Support Campaign to raise money for MH services provided by licensed clinicians in its network. Individuals with life-changing stressors and anxiety related to the COVID will have the cost for up to 5 individual sessions defrayed on a first come, first serve basis until all funds are committed or exhausted.
- **SwervinThroughStress:** <https://swervinthroughstress.com/>
GHerbo and Audiomack’s collaborative initiative to increase access and utilization of mental health services among young Black adults, and to de-stigmatize the cultural narratives about therapy among Black people. The collaboration has established The Dream Team Therapy Fund, designed to cover the cost of three (3) months’ worth of therapy sessions for Black youth (ages 18-25) seeking care in the United States.

- **Student Tele-Health 24/7: (888) 247-5767 / <https://www.studenttelehelp.org/>**
A student benefit-based program that provides mental health access to counseling, therapy and psychiatric services via web-based technology, 24/7. Designed to assist and support campus counseling services for students who experience symptoms of depression, anxiety, panic attacks, PTSD and other mental health diagnoses. Currently serving students at the following HCBUs: Edward Waters College, Jarvis Christian College, J.F. Drake Community & Technical College, Morris Brown College, Paine College, Shorter College, Voorhees College.
- **Therapy for Black Girls: www.therapyforblackgirls.com**
*Online space dedicated to encouraging the mental wellness of Black women and girls; Offers listing of mental health professionals across the country who provide high quality, culturally competent services to Black women and girls; informational podcast, **online support** community and a Find a Therapist tool.*
- **The Loveland Foundation: <https://thelovelandfoundation.org/>**
An official continuation of the effort of Therapy for Black Girls, focused on bringing opportunity and healing to communities of color, and especially to Black women and girls through fellowships, residency program, listening tours and more. Offer financial assistance to Black women and girls to offset the cost of therapy.
- (App) **The Safe Place (IOS and Google Play)**
Minority mental health app geared towards the Black Community to raise awareness on mental illness within the community. Offers statistics, videos, podcasts, tips, etc.
- **Ourselves Black: www.ourselvesblack.com**
Provides information on promoting mental health and developing positive coping mechanisms through podcast, online magazine and a Provider Directory to connect with a culturally competent mental health professional.
- **Find Black Therapist: <https://findblacktherapist.com/>**
Website that provides a treatment locator for finding a mental health professional within the African American community. Allows the user to search for by city, state, mental health condition and treatment specialty.

AGING POPULATIONS

See, also, [End-of-Life Transition](#) and [Transportation](#) sections of Resource Directory.

General

- **NAMI Aging Knowledge Article: <https://helplinefaqs.nami.org>**
Type "Aging" in search box. Title of Knowledge Article: How can I find transportation and other community services for my aging family member?

- **AARP Friendly Voices Warmline: (888) 281-0145 / Spanish Line (888) 497-4108 / www.aarpcommunityconnections.org/friendly-voices/**
A volunteer-based service that offers phone calls during challenging and isolating times. Must call first and provide information.
- **ElderCare Locator Helpline: (800) 677-1116 / www.eldercare.acl.gov**
Public service of the U.S. Administration on Aging that offers a “Find Help in your Community” locator that connects individuals to services in the community for older adults and their families, including volunteer organizations, transportation, housing, health care, legal aid and day programs, etc. Provides Spanish-language translator service to callers.
- **Community Resource Finder: www.communityresourcefinder.org**
Provides online resources from AARP and Alzheimer’s Association, including homecare, community services, housing options, care at home – including day programs, elder law attorneys, transportation and medical assistance.
- **Elder Law (Info): (866) 267-0947 / www.elderlawanswers.com**
Provides information and resources on estate planning, long-term care planning, Medicaid rules and planning, medical directives and nursing home issues. Offers a “Find an Attorney” function to locate attorneys specializing in elder law.
- **National Institute on Aging: www.nia.nih.gov**
*Provides comprehensive section on [Caregiving](#) for those who take care of a friend or family member with a serious health condition, including information on [long-term care](#), [advance care planning](#), [long-distance caregiving](#) and [Alzheimer’s Caregiving](#) as well as articles responding to FAQs. NIA’s [End-of-Life Care](#) section of website that addresses myriad concerns, including Making Difficult End-of-Life Decisions, Advance Directives, **Support for Caregiver, including information on [Respite Care](#)**. Sections of website offered in Spanish.*

Alzheimer’s/Dementia

- **NAMI Alzheimer’s/dementia Knowledge Article: <https://helplinefaqs.nami.org>**
Type “Alzheimer’s/dementia” in search box. Title of Knowledge Article: My family member has Alzheimer’s/dementia. How do I find them care?
- **Alzheimer’s Association: (800) 272-3900 (Spanish press 2) / <https://www.alz.org/>**
*24/7 information & referral on Alzheimer’s/dementia including referrals for housing, in-home care, adult day programs, doctors, legal and other community services; local offices provide **in-person support groups**. Also provides Alzheimer’s Care Training Resources: www.alz.org/help-support/resources/care-training-resources.*
- **ADEAR (Alzheimer’s and Related Dementias Education and Referral Center): (800) 438-4380 (Spanish press 2) / www.nia.nih.gov/health/alzheimers**
Service of the National Institute on Aging providing information regarding Alzheimer’s to individuals living with the disease, their families/caregivers, HC professionals and the public. Offers Spanish-language resources on website.

ANOSOGNOSIA

See, also, [First Episode Psychosis](#), [Psychosis](#), [Guardianship](#), [Involuntary Commitment](#) and [Schizophrenia](#) sections in the Resource Directory.

General

- [NAMI Anosognosia page](#)
- [NAMI Anosognosia Knowledge Article: https://helplinefaqs.nami.org](https://helplinefaqs.nami.org)
Type “Anosognosia” in search box. Title of Knowledge Article: *My loved one doesn’t want medication or therapy/won’t leave the house – How can I get them the help they need?*
- [NAMI Family-to-Family Classes](#)
For families, significant others and friends of people with mental health conditions. Designated as an evidence-based program by SAMHSA, it facilitates a better understanding of mental health conditions, increases coping skills and empowers participants to become advocates for their family members. Also available in Spanish, De Familia a Familia de NAMI.
- [NAMI Family Support Group](#)
Support group for family members, significant others and friends of people with mental health conditions. Groups meet weekly, every other week or monthly, depending on location.

Education and Support

- [Henry Amador Center on Anosognosia: \(888\) 801-5327 / www.hacenter.org](#)
Website of Dr. Xavier Amador provides information and videos (for free as well as for purchase) on the LEAP method.
- [“I am Not Sick I Don’t Need Help” Book: www.dramador.com](#)
Book by Dr. Xavier Amador that discusses use of the LEAP method for family members and allies of those experiencing psychosis to aid them in partnering in their recovery. (Limited portions available online in .pdf format at [NAMI Anosognosia page](#).) Books & DVDs of Dr. Amador’s LEAP method can be purchased at an online bookseller or at [www.dramador.com](#).
- [“Surviving Schizophrenia, 7th Edition: A Family Manual” Book](#)
Book by Dr. E. Fuller Torrey that is widely considered to be the standard reference book on Schizophrenia. Written in clear language, the book describes the nature, causes, symptoms, treatment, and course of schizophrenia and explores living with it from both the patient’s and the family’s point of view. The newest edition includes the latest research findings on what causes the disease, as well as information about the newest drugs for treatment, and answers the questions most often asked by families, consumers and providers.
- [Henry Amador Center on Anosognosia: \(888\) 801-5327 / www.hacenter.org](#)
Website of Dr. Xavier Amador provides information and videos (for free as well as for purchase) on the LEAP method.

- **SMI Adviser Tool:** www.smiadviser.org
Tool created by APA and SAMHSA, provides access to in-depth mental health courses, frequent and complex answers on SMI, clinical resources, mental health fact sheets and more.
- **Schizophrenia & Psychosis Action Alliance (S&PAA):** **(800) 493-2094** / www.sczaction.org
"Go-to" resource for SCZ and SCZA; Maintains network of **in-person support groups**; also provides toll-free, **weekly teleconference support calls** for those living with the condition and caregivers/allies.
- **NAMI Family-to-Family Classes**
For families, significant others and friends of people with mental health conditions. Designated as an evidence-based program by SAMHSA, it facilitates a better understanding of mental health conditions, increases coping skills and empowers participants to become advocates for their family members. **Also available in Spanish, De Familia a Familia de NAMI.**
- **NAMI Family Support Group**
Support group for family members, significant others and friends of people with mental health conditions. Groups meet weekly, every other week or monthly, depending on location.

Preparing for a Crisis

- **NAMI Being Prepared for a Crisis Page**
- **NAMI Navigating a Mental Health Crisis Guide**, also found at www.nami.org/Support-Education/Publications-Reports/Guides
- **My Mental Health Crisis Plan App:** <https://smiadviser.org/mymhpcp>
The app lets individuals clearly state treatment preferences, decide who can make decisions on their behalf, and share a crisis plan with doctors and other members of the care team
- **Mobile Crisis Unit/Mobile Crisis Response Teams** (Note: Can vary in name based on county)
A **mental health** service (typically operated by hospital or community mental health agency) that services the community by providing on-scene evaluations, treatment and crisis intervention in the community when a person is experiencing a mental health emergency and is unwilling or unable to seek treatment. In most situations there is concern that, as a result of a psychiatric condition, the person may be a danger to self or others or may not be caring for self. **To find an MCU in your community, conduct an internet search for "Mobile Crisis Unit [and the name of your county/state]."**
- **911/Crisis Intervention Team (CIT)** (Note: Can vary in name based on county)
In case of a dangerous or life-threatening emergency, always dial 911 immediately. When contacting 911, request that CIT officers respond (if available). Refer to [CIT Database](#) to determine if the community has CIT resources.
- **Treatment Advocacy Center "Get Help" section:**
<https://www.treatmentadvocacycenter.org/component/content/article/186-old-get->

[help/1613-get-help-crisis-response#Assault%20threat](https://www.treatmentadvocacycenter.org/help/1613-get-help-crisis-response#Assault%20threat)

Section of the Treatment Advocacy Center's website that provides extensive information on how to respond in a crisis. Note: TAC does not accept calls from the public.

ANXIETY DISORDERS

See, also, [Resilience-Building](#) section of Resource Directory.

- [NAMI Anxiety Disorders Page](#)
- [NAMI Anxiety Knowledge Article: https://helplinefaqs.nami.org](https://helplinefaqs.nami.org)
Type "Anxiety" in search box. Title of Knowledge Article: How can I get help/support for anxiety?
- Anxiety and Depression Association of America (ADAA): www.adaa.org / information@adaa.org
Information and resources on anxiety & depression; **online** and **in-person support groups**.
Offers Spanish-language online support group and resources on its website.
- The Anxiety Network: www.anxietynetwork.com
Provides online resources and information on panic disorder, generalized anxiety disorder and social anxiety disorder; offers recommendations for anxiety therapy materials.
- Phobias Awareness: www.phobics-awareness.org
Free **online forum** for people experiencing phobias to provide support/coping techniques.
- (Apps) See ADAA's section on recommended mobile apps at www.adaa.org/finding-help/mobile-apps.
- (Apps) "Anxiety Apps to Help Manage Anxiety":
<https://www.healthyplace.com/self-help/anxiety/7-best-anxiety-apps-to-help-manage-your-anxiety>
Article that reviews seven apps to assist with anxiety management.

ASIAN AMERICAN COMMUNITY

- [NAMI Asian American and Pacific Islander page](#)
- Psychology Today: www.psychologytoday.com/us/therapists/Asian
- South Asian Public Health Association: www.joinsapaha.org
Offers a section providing national mental health resources for South Asian American communities across the country.
- National Asian American Pacific Islander Mental Health Association:
<https://www.naapimha.org/aanhpi-service-providers>
Website maintains a list of mental health and behavioral service providers for Asian Americans, Native Hawaiians and Pacific Islanders in all 50 states.

- South Asian Mental Health Initiative & Network (SAMHIN): (732) 902-2561 / www.samhin.org/
NOTE: Specific to NJ region but offers helpful resources page focused on mental health issues within South Asian American communities.
- LGBTQ Helpline for South Asians: (908) 367-3374 <http://www.deqh.org/>
Support hotline available Thursday and Sunday nights 8–10 p.m. ET.
- Asian Pride Project: www.asianprideproject.org
Online space for family and friends of Asian & Pacific Islander LGBTQ community to share journeys, triumphs and struggles with each other.

AUTISM SPECTRUM DISORDER (ASD)

- [NAMI Autism page](#)
- NAMI Autism Knowledge Article: <https://helplinefaq.s.nami.org>
Type “Autism” in search box. Title of Knowledge Article: How can I get help/support for my loved one with autism?
- Autism Society of America: (800) 328-8476 (ext. 2) / www.autism-society.org
*Information & referral to services and supports nationwide. Offers a “Find an Affiliate” locator where individuals/caregivers can find local resources and **in-person support groups**. Offers info/resources section in Spanish; accepts Spanish-language calls.*
- Autism Speaks: (888) 288-4762; Spanish (888) 772-9050 / www.autismspeaks.org
*Provides information and resources to individuals living with autism and their family members, including an information line. Provides online locator for **in-person support groups**. Offers information/resources section in Spanish on its website.*
- Autism Support Network: www.autismsupportnetwork.com
*Provides free information, education and resources to individuals living with autism and their family members. Provides online locator for **online support groups**. Website also offered in Spanish.*
- Behavior Analyst Certification Board (BCBA): www.bacb.com
Helps locate a certified ABA therapist. Applied behavior analysis (ABA) helps those living with ASD and other developmental disabilities improve social interactions, learn new skills and maintain positive behaviors. ABA therapist credentials include RBT, BCaBA, BCBA and BCBA-D.

Milestones Autism Resources: (216) 464-7600 / <https://www.milestones.org/>

National org that provides educational resources, coaching for families and professionals, and promotes evidence-based strategies. Website offers about 1,400 different resources. Website has an option in the top right corner to switch from English to Spanish language.

BIPOLAR DISORDER (BD)

- [NAMI Bipolar Disorder page](#)
- [NAMI Bipolar Knowledge Article: https://helplinefaqs.nami.org](https://helplinefaqs.nami.org)
Type "Bipolar" in search box. Title of Knowledge Article: How can I get help/support for bipolar disorder (BD)?
- [NAMI Peer-to-Peer Classes](#)
A free, eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery. Taught by trained leaders with lived experience, this program includes activities, discussions and informative videos. However, as with all NAMI programs, it does not include recommendations for treatment approaches.
- [NAMI Family-to-Family Classes](#)
For families, significant others and friends of people with mental health conditions. Designated as an evidence-based program by SAMHSA, it facilitates a better understanding of mental health conditions, increases coping skills and empowers participants to become advocates for their family members. Also available in Spanish, *De Familia a Familia de NAMI*.
- [NAMI Connection Support Group](#)
For peers is a support group for people with mental health conditions. Groups meet weekly, every other week or monthly, depending on location. This program is also available in Spanish, *NAMI Conexión*.
- [NAMI Family Support Group](#)
Support group for family members, significant others and friends of people with mental health conditions. Groups meet weekly, every other week or monthly, depending on location.
- [Depression & Bipolar Support Alliance \(DBSA\): \(800\) 826-3632 / www.dbsalliance.org](#)
Provides information and resources on bipolar and depression; offers **online** and **in-person support groups**, forums.
- [Bipolar Caregivers: www.bipolarcaregivers.org](#)
Provides extensive information on bipolar disorder-specific organizations, each of which provides information and referrals for treatment, recovery support.
- [Juvenile Bipolar Research Foundation: www.jbrf.org](#)
Provides extensive information for families on juvenile-onset of bipolar disorder and fear of harm through research, education and outreach. Offers **video conference support groups for parents and patients living with Fear of Harm**.

- [bphope.com: https://www.bphope.com/community/](https://www.bphope.com/community/)
*bp Magazine's online community strives to increase the awareness of bipolar disorder and to provide hope and empowerment to those in the bipolar community – people with bipolar disorder, along with their families, caregivers and health care professionals. Offers numerous **online support groups**.*

CHILD, TEENS & YAs

For Parents

See, also, [Child Abuse](#), [Disability Rights](#), [Education](#), [First Episode Psychosis](#) and [Self-Injury](#) sections of Resource Directory.

- [NAMI's Teens and Young Adults Page](#), [NAMI Guide: Starting the Conversation \(College and Your Mental Health\)](#), [NAMI Say it Out Loud: Speaking With Teens About Mental Health page](#) and [NAMI Basics General Resources Directory](#)
- [NAMI Children/Teens/Young Adults Knowledge Center Section: https://helplinefaqs.nami.org](https://helplinefaqs.nami.org)
- [NAMI Teenager Knowledge Article: https://helplinefaqs.nami.org](https://helplinefaqs.nami.org)
Type "Teenager" in search box. Title of Knowledge Article: My teenager is acting differently. Could it be the beginning of mental illness?
- [NAMI Basics OnDemand / https://basics.nami.org](https://basics.nami.org)
An education program for parents, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. This program is free to participants, self-paced and available 24/7.
- [NAMI Ending the Silence Presentation](#)
1-hour presentation for adults with middle or high school aged youth that includes warning signs, facts and statistics, how to talk with your child and how to work with school staff. If you would like to host a NAMI Ending the Silence presentation at your school, contact your local NAMI Affiliate. If the presentation isn't already available, ask to bring it to your community.
- [The Balanced Mind Parent Network: \(800\) 826-3632 / https://www.dbsalliance.org/support/for-friends-family/for-parents/balanced-mind-parent-network/](https://www.dbsalliance.org/support/for-friends-family/for-parents/balanced-mind-parent-network/)
*A program of the Depression and Bipolar Support Alliance, that guides families raising children with mood disorders to answers and support through an **online support community**.*
- [American Academy of Child and Adolescent Psychiatry: www.aacap.org](http://www.aacap.org)
Provides information and resources for families and youth; maintains online library of mental health condition-specific "resource centers" of information for disorders affecting children and youth. Also provides a child and adolescent psychiatrist finder. Website offers resources in Spanish.

- **Child Mind Institute:** www.childmind.org
Offers information about children's mental health issues for parents and educators, including a symptom checker for a wide range of disorders. Website offers resources in Spanish.
- **InsureKidsNow.gov:** (877) 543-7669 / www.insurekidsnow.gov
Website operated by Centers for Medicare & Medicaid Services (CMS), providing information about Medicaid and CHIP (Children's Health Insurance program) for families seeking health insurance coverage for children and teens, families needing help locating a dentist. Spanish language translators available to callers; website also offered in Spanish.
- **Parent to Parent:** www.p2pusa.org
National organization that provides **parent-to-parent support** as a core resource for families with children who have a special health care need, disability, or mental health concern. Through a one-to-one "match," experienced support parents provide emotional support to families and assist them in finding information and resources. Website offers a Parent-to-Parent program by State finder.
- **NIMH Website Section on Children and Mental Health:**
www.nimh.nih.gov/health/publications/children-and-mental-health/index.shtml
Section of the NIMH website that provides comprehensive information regarding when to seek help, first steps for parents, treatment options, education issues, etc. and a resource section with links to organizations that focus on mental health issues in children. .pdfs of some publications offered in Spanish.
- **KidsHealth:** <https://kidshealth.org/>
A division of the Nemours Center for Children's Health Media, provides physician-reviewed information and advice on children's health and parenting issues, including diseases, nutrition, recipes, feelings, etc. Website offers resources in Spanish.
- **Teen Help:** <https://www.teenhelp.com>
Website offers resources and information on specific topics related to mental health and general teen development and growth – site information is geared towards teens and it includes a [for parents](#) section.
- **(App) Talk. They Hear You.** (Apple and Android; Free)
App from SAMHSA that provides parents and caregivers of children and teens ages 9 to 15 with the tools and information they need to start talking with their children early about the dangers of alcohol. It includes a suite of materials that helps reinforce the underage drinking prevention campaign's messages.

For Youth

See, also, [Resilience-Building](#) sections of Resource Directory.

NOTE: Laws that allow minors access to treatment without parental consent vary by State. Options for minors to explore are: 1) school nurses, 2) school counselors, 3) primary care physicians and those physicians who conduct

exams prior to athletics or other extracurricular participation, 4) Boys and Girls Clubs of America (local chapters partner with the National Council for Behavioral Health to provide mental health first aid.

- [NAMI's Teens and Young Adults Page](#) and [NAMI College Guide: Starting the Conversation](#)
- [NAMI Children/Teens/Young Adults Knowledge Center Section: https://helplinefaqs.nami.org](https://helplinefaqs.nami.org)
- [NAMI Minor Knowledge Article: https://helplinefaqs.nami.org](https://helplinefaqs.nami.org)
Type "Minor" in search box. Title of Knowledge Article: Can I get mental health help even though I'm only a minor?
- [NAMI on Campus](#)
NAMI on Campus clubs are student-led, student-run mental health orgs on college campuses.
- [NAMI Ending the Silence Presentation](#)
50-minute presentation designed for middle and high school students that includes warning signs, facts and statistics and how to get help for themselves or a friend. Research has shown that NAMI Ending the Silence for Students is effective in changing middle and high school students' knowledge and attitudes toward mental health conditions and toward seeking help. If you would like to host a NAMI Ending the Silence presentation at your school, contact your local NAMI Affiliate. If the presentation isn't available, ask to bring it to your community.
- [Jed Foundation: www.jedfoundation.org](http://www.jedfoundation.org)
Empowers teens and young adults with the skills and support to grow into emotionally healthy adults. Offers online resource center on how to help someone who may be at risk for self-harm or suicide to move toward emotional well-being. Partners with high schools, colleges & communities to promote mental health programs. Website offers resources in Spanish.
- [Center for Young Women's Health](http://www.youngwomenshealth.org) and [Young Men's Health: www.youngwomenshealth.org](http://www.youngmenshealthsite.org) and www.youngmenshealthsite.org
Each website provides a series of guides on emotional health, including on test anxiety, depression, bullying and eating disorders, including extensive FAQs under the Emotional Health section of each website covering topics as varied as "Alcoholic parents," "Breakups," "Cliques," "Consent," "Test Anxiety" and more. Spanish language health guide available on Young Womens Health website.
- [TheTribe Wellness Community: https://support.therapytribe.com/teen-support-group/](https://support.therapytribe.com/teen-support-group/)
***Online peer support groups** for teens facing mental health challenges and/or difficult family dynamics.*
- [Your Life Your Voice: www.yourlifeyourvoice.org](http://www.yourlifeyourvoice.org)
A service of [Boys Town](#) that provides teens with tips and coping techniques to help with tough situations. Features an interactive list and print-out of 99 coping skills and strategies at www.yourlifeyourvoice.org/pages/tip-99-coping-skills.aspx.

- Children of Parents with a Mental Illness (COPMI): www.copmi.net.au
Australian website that offers online resources explaining a parent’s mental illness to children.
- Rainbows for all Children: <https://rainbows.org>
*An international support group network dedicated to providing **in-person peer support programs** for children, teens and young adults as they navigate grief and heal from loss — whether from death, divorce/separation, deployment, deportation, incarceration or other trauma. Rainbows partners with communities to offer support through channels of peer support with volunteer adult facilitators. Offers a “Find a Group” function on its website.*
- (App) MindShift: (Apple and Android; Free)
App developed in conjunction with [Anxiety Canada](http://AnxietyCanada.com) that helps adolescents, teens and young adults gain learn basic skills to manage their symptoms of anxiety, including GAD, social anxiety, phobias and panic attacks. Also useful for managing worry, performance anxiety, test anxiety and perfectionism. Utilizes breathing exercises, mental imagery and mindfulness strategies in text and audio format. “Quick Tips” are included to assist with anxiety in the moment.
- Study.com: (877) 266-4919 / <https://study.com/resources/college-student-mental-health-guide>
Provides a mental health guide for college students which addresses several topics, such as how to physically care for oneself and organizations for student support.
- Teen Help: <https://www.teenhelp.com>
Website offers resources and information on specific topics related to mental health and general teen development and growth.
- Teen Line: (800) 852-8336 / Text TEEN to 839863 / <https://teenlineonline.org>
Teen hotline providing emotional support and education on common crises or issues to teens via phone, text, chat, email and message boards. Also includes a parent and resource section with blogs and videos. Calls and texts between 6–10 p.m. PT.

Crisis Support – Teens & Young Adults

- Boys Town National Hotline: (800) 448-3000 / www.boystown.org
*24-hour crisis line for teens and families in need of help: suicide prevention line, parents can call about parenting issues, kids can call about anything — provides referrals and problem-solving; also provides suicide prevention line, referrals and problem solving (calls answered by trained crisis counselors). **Spanish resources available on website; Spanish-language available on hotline.***
- Trevor Lifeline: (866) 488-7386 / Text START to 678-678 / www.thetrevorproject.org
*24/7 hotline, text-line and online chat; provides crisis intervention and suicide prevention services for LGBTQ youth ages 13–24, as well as free online educational modules. **Spanish-language translation service available.***

- **Your Life Your Voice: (800) 448-3000 or Text VOICE to 20121 / www.yourlifeyourvoice.org**
Provides “Ways to Get Help” with call, text and email options – can call and talk to counselors; provides advice for real life situations; provides “Tips and Tools” for a number of issues, such as coping skills, transitioning to adulthood, anxiety, abuse, identity, depression, etc. Offers a mobile app with a mood journal to track feelings and thoughts in an interactive tool.
- **Thursday’s Child: (800) 872-5437 / www.thursdayschild.org**
24-hour emergency help and information for youths in crisis. Helps children, teens and young adults faced with bullying, eating disorders, self-harm, sexual assault, thoughts of suicide, trafficking, abuse, and abduction and addiction. Provides extensive information on its website and operates a 24/7 youth hotline.
- **Covenant House/National Runaway Safeline: (800) 786-2929** Press 2 for crisis line; 3 for resources / www.1800runaway.org
24-hour confidential crisis and resource line for at-risk teens considering running away from home; serves as a middle-man for teenagers (13–21) and parents, resources for parents of children who have run away, free bus transport home, runaway education; also offers message boards and Live Chat options. Spanish-language available on hotline.
- **National Safe Place: <https://www.nationalsafeplace.org/>**
24-hour service that provides information to immediate help and supportive resources for youth in need. Designates youth-friendly organizations as Safe Place locations. Website maintains a “Find a Safe Place Locator” for teens in a crisis. Use TXT 4 HELP, text the word “safe” and our current location (city/state/zip) to 4HELP (44357).

COMPLAINTS

See, also, [Disability Rights](#) and [Incarcerated Populations](#) sections of Resource Directory.

Against a Treatment Facility or Hospital

- **NAMI Complaint Knowledge Article: <https://helplinefaqs.nami.org>**
Type “Complaint” in search box. Title of Knowledge Article: How do I file a complaint against a medical facility/provider?
- **Contact the hospital or inpatient treatment facility’s Ombudsperson/Patient Advocate Dept**
- **Joint Commission: (800) 994-6610* / www.jointcommission.org/report_a_complaint.aspx**
Quality of care-related complaints against hospitals and other inpatient settings.
**Note: Cannot voice complaint over phone; complaint must be submitted in writing/online (24/7 phone line is info only).*
- **State Department of Mental Health**
Individuals who wish to file a complaint about an inpatient psychiatric hospital or outpatient psychiatric service facility, follow grievance process dictated by their state’s Dept. of MH.

- **Medicare Rights Center: (800) 333-4114 / www.medicarerights.org**
Provides a national HelpLine and resources page for individuals with Medicare, their family members and friends. Helps to understand Medicare benefits, find the right coverage and understand how any existing coverage works. Accepts Spanish-language calls.
- **Medicare-Related Complaints – Quality Improvement Organization (QIO) / <https://qioprogram.org/locate-your-qio>**
Those with Medicare can file a complaint with their state’s Quality Improvement Organization (QIO). QIOs help Medicare beneficiaries exercise their right to high-quality health care and manage all beneficiary complaints and quality of care reviews to ensure consistency in the review process while taking into consideration local factors important to beneficiaries and their families. File complaint through state’s QIO.
- **Victims of Long-Term Care Resources: “Long-Term Care Ombudsman Program”**
The Long-Term Care Ombudsman Program advocates for residents of nursing homes, assisted living facilities, board and care homes, and similar adult care homes. LTCOPs provide information about how to find a facility and what to do to get quality care and they are trained to resolve problems. Website offers a “How to find a (LTCOP)” in their community at: https://theconsumervoice.org/get_help.

Against an Individual Provider

- **NAMI Complaint Knowledge Article: <https://helplinefaqs.nami.org>**
Type “Complaint” in search box. Title of Knowledge Article: How do I file a complaint against my psychiatrist/psychotherapist?
- **State Medical Board**
To file a complaint about an individual psychiatrist, contact the state medical board for more information. The Federation of State Medical Board website offers links to [state medical board websites](#).
- **The Association of State and Provincial Psychology Boards: www.asppb.net**
To file a complaint against a psychologist, contact your state psychology licensing board to obtain information on filing a complaint with that licensing board. These state regulatory agencies control the ability of a psychologist to practice and are separate entities from APA. A complete list can be found at <https://www.asppb.net/page/BdContactNewPG>.

Against a Correctional Facility

- **[NAMI Criminal Justice Videos](#) & [NAMI Guide to Mental Illness and the Criminal Justice System](#)**
- **NAMI Mistreatment Knowledge Article: <https://helplinefaqs.nami.org>**
Type “Mistreated” in search box. Title of Knowledge Article: My loved one is being mistreated in jail/not receiving medication. What can I do to help?

- American Civil Liberties Union (ACLU): (212) 549-2500 / www.aclu.org/issues/prisoners-rights
*Protects individuals with mental illness in prison systems who are denied care or mistreated while incarcerated. NOTE: **Prisoners or detainees with a complaint about conditions must follow all grievance procedures before contacting the ACLU** and then send copies of grievance filings and decisions. Use website to locate specific state affiliate.*
- Prison Policy Initiative: www.prisonpolicy.org/resources/legal/
*Website offering an up-to-date list of organizations (by state) that provide free legal assistance to incarcerated people on **civil** matters.*
- National Disability Rights Network: www.ndrn.org
*Does **not** provide individual legal advocacy (Use website to locate state-specific Protection and Advocacy "P&A" organization). NGO Protection and Advocacy organization that fights for civil rights of people with disabilities.*
- FindLaw's Rights of Inmates:
<https://civilrights.findlaw.com/other-constitutional-rights/prisoners-rights.html>
Comprehensive list of basic rights for inmates and detainees that are protected by the US Constitution. Includes links to finding a Civil Rights attorneys and a Do-It-Yourself Complaint for Denial of Medical Care for a State Inmate.
- Just Detention International: www.justdetention.org/service
JDI is a human rights organization seeking to end sexual abuse in forms of detention. Website provides a state-by-state resource guide to support services for survivors of sexual abuse behind bars who are either still incarcerated or have been released as well as loved ones on the outside searching for ways to help.

Against a Housing Facility

- NAMI Discrimination Knowledge Article: <https://helplinefaqs.nami.org>
Type "Discrimination" in search box. Title of Knowledge Article: I feel I am being discriminated against access to housing because of my mental illness. What are my rights?
- HUD Office of Fair Housing & Equal Opportunity: (800) 669-9777 / https://www.hud.gov/program_offices/fair_housing_equal_opp
Site features resources related to HUD fair housing enforcement and where users can file a complaint online. Website and Helpline also offered in Spanish.
- National Fair Housing Alliance (202) 898-1661 / www.nationalfairhousing.org
Provides fair housing resources, reports and news about recent fair housing developments. Spanish-language calls accepted.

Against an Insurance Company

- **NAMI Complaint Knowledge Article:** <https://helplinefaqs.nami.org>
Type "Complaint" in search box. Title of Knowledge Article: I've been denied medical coverage. How can I file a complaint?
- **Psych Appeal:** <http://psych-appeal.com/benefits-advocacy-patients-and-family/>
The first private law firm in the United States exclusively specializing in mental health insurance advocacy on behalf of patients and providers (for fee). Psych-Appeal affiliates with the country's leading law firms as well as with the [Parity Implementation Coalition](#), the [Saks Institute for Mental Health Law, Policy and Ethics](#), and [Patrick J. Kennedy](#) to curb discrimination against mental illness and to expand access to meaningful treatment.
- **National Association of Insurance Commissioners:** www.naic.org
Can connect individuals with state insurance boards for general information regarding insurance laws and filing a complaint against an insurance company for delay in coverage/reimbursement. Offers an interactive map online to locate state-specific contact information at https://www.naic.org/state_web_map.htm.

Medical Parity

- **NAMI Complaint Knowledge Article:** <https://helplinefaqs.nami.org>
Type "Complaint" in search box. Title of Knowledge Article: I've been denied medical coverage. How can I file a complaint?
- **The Kennedy Forum:** www.parityregistry.org
Provides state specific information on filing a complaint or appeal for denial of mental health services under "Resources" section. Also offers a Complaint Registry and a step-by-step guide too filing an appeal.
- **ParityTrack:** www.paritytrack.org
For individuals who have been denied coverage for mental health services (higher copays, limits on the amount of time spent at treatment, high Rx costs, etc.). Go to the Know Your Rights-Common Violations page to find out if your rights have been violated and an option to [register a complaint](#) if you have been denied coverage for a mental health or addiction service. Website offer legal information only- does not provide legal referrals or legal representation).
- **Know Your Rights: Mental Health Parity (SAMHSA):** **(866) 444-3272 /** <https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4971.pdf>
PDF providing information on Parity Law (financial requirements and treatment rules) and one's rights relating to mental health and substance abuse disorder benefits.

CRISIS/EMERGENCY MENTAL HEALTH SERVICES

See, also, [Emotional Support](#) section of Resource Directory.

Mental Health Crisis

- [NAMI Getting Treatment During a Crisis page, NAMI Guide to Navigating a Mental Health Crisis](#) and [NAMI Calling 911 and Talking with Police page](#)
- [NAMI Emotional and Crisis Support Knowledge Center Section:](#)
<https://helplinefaqs.nami.org>
- [NAMI MH Crisis Knowledge Article:](#) <https://helplinefaqs.nami.org>
Type "Crisis" in search box. Title Knowledge Article: What can I do if my loved one has a mental health crisis?
- [911/CIT](#)
In case of a dangerous or life-threatening emergency, always dial 911 immediately. When contacting 911, request that CIT officers respond (if available). Refer to [CIT Database](#) to determine if the community has CIT resources.
- [Mobile Crisis Unit/Mobile Crisis Response Teams](#)
*A [mental health](#) service (typically operated by hospital or community mental health agency) that services the community by providing on-scene evaluations, treatment and crisis intervention in the community when a person is experiencing a mental health emergency and is unwilling or unable to seek treatment. In most situations there is concern that, as a result of a psychiatric condition, the person may be a danger to self or others or may not be caring for self. **To find an MCU in your community, conduct an internet search for "Mobile Crisis Unit [and the name of your county/State]"**.*
- [Treatment Advocacy Center "Get Help" section:](#)
<https://www.treatmentadvocacycenter.org/component/content/article/186-old-get-help/1613-get-help-crisis-response#Assault%20threat>
Section of the Treatment Advocacy Center's website that provides extensive information on how to respond in a crisis.

Suicidal Ideation Crisis

- [NAMI Suicidal Ideation Knowledge Article:](#) <https://helplinefaqs.nami.org>
Type "Suicide" in search box. Title of Knowledge Article: I'm having suicidal thoughts and need help.
- [National Suicide Prevention Lifeline:](#) **(800) 273-8255** (press 1 for veterans); **(888) 628-9454** in Spanish / <https://suicidepreventionlifeline.org/>
24-hour free and confidential support to callers in crisis; can also provide guidance to loved ones of those with suicidal ideation on how to help. Website provides extensive list of resources and a directory to local crisis centers. Website offered in Spanish.

- **Crisis Text Line:** Text **NAMI** to **741741** / www.crisistextline.org
24/7 text support with a trained crisis counselor. (Also offered in UK, Canada, Ireland, South Africa.) Website offered in Spanish.
- **International Suicide Hotline Directory:** www.suicide.org/international-suicide-hotlines.html
- **Open Counseling International Suicide Hotlines:** www.opencounseling.com/suicide-hotlines.
Provides a list of International Suicide Hotlines
- **Befrienders Worldwide** resource for suicide support: www.befrienders.org
Provide an open space for those who are in distress to talk and be heard. Befrienders Worldwide strives to improve access to information about suicide and emotional support services worldwide. Based in England and Wales.
- **Live for Tomorrow:** www.livefortomorrow.co
Connects people to free mental health and crisis help on a global level. They provide a "Find a Helpline" feature listed by country which can be refined using location. Also offers in-app crisis support and workshops. Based in New Zealand.

Urgent Medication Needs

- **NAMI Emergency Medication Knowledge Article:** <https://helplinefaqs.nami.org>
Type "Medication" in search box. Title of Knowledge Article: I've run out of my medication. How can I get emergency medication?
 - Speak with your pharmacist to see if they are able to fill an "emergency" dose until your prescribing physician can call in a refill.
 - Go to your local urgent mental health/walk-in psychiatric service facility. These resources and services vary by County/local jurisdiction and can be found by searching the website of your **County or local jurisdiction's Department of Health and Human Services. Once on the website conduct a search for the term "crisis" or searching for "Emergency Mental Health Services" in your area.**
 - If in crisis without a prescription (or an expired prescription) and are unable to reach your prescribing physician, consider visiting your nearest Emergency Room (ER). There, they may be able to honor the prescription and get you the medication you need or at least be able to monitor the symptoms. You will also want to be sure to notify your treatment provider as soon as possible.

Urgent Psychiatric Treatment

- **NAMI MH Crisis Knowledge Article:** <https://helplinefaqs.nami.org>
Type "Crisis" in search box. Title of Knowledge Article: What can I do if my loved one has a mental health crisis?

- Local Emergency Mental Health/Walk-in Psychiatric Service
*Resources and services vary by County/local jurisdiction. **These services often can be found through the County or local jurisdiction's Department of Health and Human Services. Once on the website, conduct a search for the term "crisis" or search for "Emergency Mental Health Services" in your area.** Services may include:*
 - Walk-in emergency psychiatric services. *Often associated with community/county mental health services. A clinician will assess the risk and help secure appropriate services. This may include medication, detoxification, or even hospitalization.*
 - Crisis Stabilization Units. *Small, inpatient facilities of less than 16 beds for individuals experiencing a psychiatric crisis whose needs cannot be met safely in residential service settings. Structure, support and counseling support. Can be an alternative to hospitalization or a step-down setting upon leaving a hospital. CSUs try to stabilize the person and get them back into the community quickly. **Conduct an internet search for "Emergency Mental Health Services [and the name of your county/State]".***

Urgent Psychotherapy

- NAMI MH Crisis Knowledge Article: <https://helplinefaqs.nami.org>
Type "Crisis" in search box. Title of Knowledge Article: What can I do if my loved one has a mental health crisis?
- 7 Cups: www.7cups.com
*Fee-for-service online therapy with a licensed mental health professional. Also offers a free **online text chat** with a trained listener for emotional support, support groups and counseling. Service/website also offered in Spanish.*
- Doctor on Demand: www.doctorondemand.com
Online telehealth service including behavioral health treatment. (Individuals should verify participation in their health plan.) For psychotherapeutic services: cost is @\$130 for 25 min consultation; @\$180 for a 50-min consultation. For psychiatric services: cost is @\$300 for initial 45-min consultation; @\$130 for a 15-min follow-up.
- National Network of Depression Centers: <https://nndc.org/resources/get-help/>
Provides a Resources page containing links to each State's Department of Behavioral Services.

Veteran Crisis Support

- VA Suicide Hotline: **(800) 273-8255** press 1 / www.suicidepreventionlifeline.org
Accepts Spanish-language calls.
- Veteran Call Center **(877) WAR-VETS (927-8387)** / <https://www.vetcenter.va.gov/media/Call-Center-PSA.asp>
An around-the-clock confidential call center where combat Veterans and their families can call to talk about their military experience or any other issue they are facing in their readjustment to

civilian life. The staff is comprised of combat Veterans from several eras as well as family members of combat Veterans. This benefit is prepaid through the Veteran's military service.

- **Military Help Line: (888) 457-4838** or text **MIL1 to 839863** / www.militaryhelpline.org
24-hour free, confidential crisis support for military service members, Veterans and their families. **Accepts Spanish-language calls.**
- **National Call Center for Homeless Veterans: (877) 424-3838** / <https://www.va.gov/homeless/nationalcallcenter.asp>
24/7 assistance for veterans who are homeless or at risk of homelessness. **Spanish interpreter available 24/7 upon request.**
- **TAPS Suicide Loss Survivor Assistance: (800) 959-8277** / www.taps.org/suicide
Tragedy Assistance Program for Survivors (TAPS) provides support to family members who have lost loved ones to suicide through postvention to prevent family members from experiencing mental health crises. TAPS offers seminars, care teams, peer support groups, monthly online support chats, caseworkers, grief counseling and assistance with postsecondary education. The phone line is for emergency crisis situations.

Teens & Young Adults Crisis Support

- **Boys Town National Hotline: (800) 448-3000** / www.boystown.org
24-hour crisis line for teens and families in need of help: suicide prevention line, parents can call about parenting issues, kids can call about anything – provides suicide prevention line, referrals and problem solving (calls answered by trained crisis counselors). **Spanish resources available on website; Spanish-language available on hotline.**
- **Trevor Lifeline: (866) 488-7386**; text line **START to 678-678** / www.thetrevorproject.org
24/7 hotline, text-line and online chat; provides crisis intervention and suicide prevention services for LGBTQ youth ages 13–24, as well as free online educational modules. **Spanish-language translation service available.**
- **Thursday's Child: (800) 872-5437** / www.thursdayschild.org
24-hour emergency help and information for youths in crisis. Helps children, teens and young adults faced with bullying, eating disorders, self-harm, sexual assault, thoughts of suicide, trafficking, abuse, and abduction and addiction. Provides extensive information on its website and operates a 24/7 youth hotline.
- **Covenant House/National Runaway Safeline: (800) 786-2929**, press 2 for crisis line; press 3 for resources / www.1800runaway.org
24-hour confidential crisis and resource line for at-risk teens considering running away from home; serves as a middle-man for teenagers (13-21) and parents, resources for parents of children who have run away, free bus transport home, runaway education; also offers message boards and Live Chat options. **Spanish-language available on hotline.**

- **National Safe Place:** <https://www.nationalsafeplace.org/>
24-hour service that provides information to immediate help and supportive resources for youth in need. Designates youth-friendly organizations as Safe Place locations. Website maintains a “Find a Safe Place Locator” for teens in a crisis. Use TXT 4 HELP, text the word “safe” and our current location (city/state/zip) to 4HELP (44357).

988 (to be implemented Summer of 2022)

- [NAMI 988: Reimagining Crisis Response](#)
- [NSPL: 988 and the National Suicide Prevention Lifeline](#)
- [FCC Fact Sheet: 988 AND SUICIDE PREVENTION HOTLINE](#)
- [MHA FAQ for Understanding 988 and How It Can Help with Behavioral Health Crises](#)
- [NAMI Advocacy Action Center \(Quorum\) / https://nami.quorum.us/crisisadvocacy/](#)
Provides information and resources on how to get involved in State advocacy, including learning about the issues, voting rights, and how elected officials impact mental health services in the community, ways to discuss MH issues with candidates and more.

DEPRESSION

- [NAMI Depression page](#)
- [NAMI Depression Knowledge Article: https://helplinefaqs.nami.org](https://helplinefaqs.nami.org)
Type “Depression” in search box. Title of Knowledge Article: How do I get help/support for depression?
- **Depression and Bipolar Support Alliance (DBSA): (800) 826-3632 / www.dbsalliance.org**
Provides information and resources on depression & bipolar disorder, online tools, & **online** and **in-person support group** locator.
- **Anxiety & Depression Association of America (ADAA): (240) 485-1001 / www.adaa.org**
Provides information on prevention, treatment of anxiety, depression & related disorders, lists of mental health professionals and an **online** and **in-person support group** locator. Offers Spanish-language **online support group** and resources on its website.
- (App) **My 3:** www.my3app.org (Apple Android; Free)
App trains users to recognize suicidal warning signs in themselves and others. Prompts users to choose three close contacts that they would feel comfortable contacting when feeling particularly low. Also helps users create a personal safety plan that encourages them to think through and list personal warning signs, coping strategies and support networks. Also available in Spanish.

DIAGNOSIS

See, also, [Treatment](#) section of Resource Directory.

General

- [NAMI Understanding Your Diagnosis page](#)
- [NAMI Diagnosis Knowledge Article: https://helplinefaqs.nami.org](https://helplinefaqs.nami.org)
Type "Diagnosis" in search box. Title of Knowledge Article: *Is my behavior typical or is it a sign of mental illness? What's going on with me?*

Screening Tools (online)

- **General Mental Health screening tools:**
 - [Mental Health America](https://screening.mentalhealthamerica.net/screening-tools) offers online Mental Health Screening Tools for numerous mental health conditions on its website at <https://screening.mentalhealthamerica.net/screening-tools>. Also, offered in Spanish: www.mentalhealthamerica.net/pruebas-de-salud-mental-en-espanol
 - [Psychology Tools.com](http://PsychologyTools.com) offers online screening tools for numerous mental health conditions on its website.
 - [Psychology Today](http://PsychologyToday.com) offers a quick, online mental health assessment tool on its website at <https://www.psychologytoday.com/us/tests/health/mental-health-assessment> to help determine if seeing a therapist would be helpful to address unhealthy cognitive, emotional and behavioral patterns.
- **ADHD: [Attention Deficit Disorder Association](http://AttentionDeficitDisorderAssociation.org)** offers an online screening tool for ADHD on its websites at <https://add.org/adhd-test/>
- **Depression/Bipolar: [Families for Depression Awareness](http://FamilyAware.org)** offers on its website an online depression and bipolar disorder test <http://familyaware.org/help-someone/take-the-depression-and-bipolar-test/>.
- **MHA's Spanish-language screening tools for Depression and Anxiety:** www.mentalhealthamerica.net/pruebas-de-salud-mental-en-espanol
- **DID: [Trauma Dissociation.com](http://TraumaDissociation.com)** offers a screening tool for DID on its website at: <http://traumadissociation.com/des>
- **Eating Disorders: [National Eating Disorders Association](http://NationalEatingDisordersAssociation.org)** offers an online screening tool for ages 13+ to determine if it's time to seek professional help at: www.nationaleatingdisorders.org/screening-tool
- **Internet Addiction screening tools: [Psychology Tools.com](http://PsychologyTools.com)** offers online screening tools for [Excessive Gaming](#) and an [Internet Addiction Assessment](#).

- **OCD:** [Psychology Tools.com](https://www.psychologytools.com) offers a link to the [Yale-Brown Obsessive-Compulsive Scale](https://www.yale.edu/brown-compulsive-scale) to help to evaluate OCD.
- **Sex Addiction:** [SexHelp](https://www.sexhelp.com) offers a free, basic online screening tool (and a more in-depth, low cost tool) on its website at www.sexhelp.com to help people identify whether their sexual behaviors are cause for concern.

DISABILITY BENEFITS (Including SSI & SSDI)

See, also, [Education](#), [Insurance](#) and [Social Services](#) sections of Resource Directory.

- [NAMI Page on Supplemental Security Income \(SSI\) and Social-Security Disability Income \(SSDI\)](#)
- [NAMI Disability Knowledge Article: https://helplinefaq.s.nami.org](https://helplinefaq.s.nami.org)
Type "Disability" in search box. Title of Knowledge Article: *Can I receive disability for my mental health condition? I need help understanding/applying for SSI/SSDI/Medicaid/Medicare.*
- [National Disability Rights Network/State Protection and Advocacy: www.ndrn.org](http://www.ndrn.org)
(Use website to locate state-specific Protection and Advocacy "P&A" organization.) NDRN partners with the Social Security Administration to investigate claims from disabled individuals who receive disability income when they believe a "Representative Payee" is mismanaging their money. State agencies will investigate complaints.
- **Representative Payee Review Program: (800) 772-1213 / www.ssa.gov/payee/bene.htm**
For individuals receiving SSI/SSDI, in some cases Social Security has carefully selected a person, or an organization, to help by serving as a "Representative Payee". The Social Security Administration has partnered with the National Disability Rights Network and Protection and Advocacy (P&A) organizations to conduct reviews on Representative Payee performance and provide Representative Payees support to better understand their role and responsibilities. The SSA website offers a comprehensive FAQ section. If anyone believes their rights are being violated by their representative payee, contact their State's National Disability Rights Protection & Advocacy org. Website also available in Spanish; Spanish calls accepted.
- **Social Security Administration (SSA): (800) 772-1213 / www.ssa.gov**
Agency that administers and manages Social Security application process (SSI & SSDI). (Applicants likely denied the first time; must file an appeal.) Website and Helpline also offered in Spanish.
- **Allsup: (800) 279-4357 / www.allsup.com**
Free (fee may apply upon winning your case), non-lawyer expert representation for those applying for and appealing denial of SSDI (only) benefits. Website also offered in Spanish.
- **National Organization of Social Security Claimants Representatives (NOSSCR): (845) 682-1880 / www.nosscr.org**
Provides referrals to (fee for service) representation for persons (21+) seeking SSDI & SSI. Spanish calls accepted after 1 p.m. ET (online referral tool is most useful)

- National Association of Disability Representatives (NADR): (800) 747-6131 / www.nadr.org
Offers referral services for (fee for service) lawyers and non-lawyer representatives who can assist in accessing SSI/SSDI. Accepts Spanish-language calls.

DISABILITY RIGHTS

Education

- [NAMI Getting Your Child Mental Health Support and Accommodations in School page](#)
- Understood for Learning and Attention Issues: www.understood.org/en
*Provides info to parents of children with learning and attention issues about school accommodations. **In particular, website includes info on the “Child Find” mandate that covers school accommodations, IEPs (Individual Education Plans), 504s and IDEA (Individuals with Disabilities Act)** at: www.understood.org/en/school-learning/your-childs-rights/basics-about-childs-rights/child-find-what-it-is-and-how-it-works Website also offered in Spanish.*
- COPAA (Council of Parent Attorneys and Advocates, Inc.): copaa.site-ym.com
Does not provide individual advocacy; provides extensive resources/information to students and families to protect educational rights for students with disabilities and their parents or family members. Offers a ‘Find an Attorney/Advocate’ search engine on the site. Website also offered in Spanish and numerous languages.
- Center for Parent Information and Resources: (937) 642-8100 / www.parentcenterhub.org
An accessible guide for parents (and anyone else) looking to understand more about the Individuals with Disabilities Education Act (IDEA) and other education-related mental health laws. Maintains a “Find a Parent Technical Assistance Center (PTAC)” locator on its website to PTACs in their community that perform a variety of direct services for children with disabilities, families and other organizations that support them at: <https://www.parentcenterhub.org/the-parent-center-network/> Website offers resources in Spanish.
- Wrightslaw: www.wrightslaw.com
Website containing extensive information and resources for parents, educators, advocates and attorneys regarding special education law, education law and advocacy for children with disabilities. Website offers resources in Spanish.
- U.S. Department of Education Office of Civil Rights (OCR): <https://www2.ed.gov/about/offices/list/ocr/index.html?src=oc>
The U.S. Department of Education Office for Civil Rights enforces several Federal civil rights laws that prohibit discrimination in programs or activities that receive Federal financial assistance from the Department of Education. Information on How to File a Discrimination Complaint can be found at <https://www2.ed.gov/about/offices/list/ocr/docs/howto.html>

- **National Disability Rights Network:** www.ndrn.org
*Does **not** provide individual legal advocacy (Use website to locate state-specific Protection and Advocacy “P&A” organization). NGO Protection and Advocacy organization that fights for civil rights of people with disabilities.*
- **ADA National Network:** **(800) 949-4232** / www.adata.org/find-your-region
*Website provides information, guidance and training for individuals/groups on the American with Disabilities Act. Allows user to contact their region via interactive online or phone for local assistance and implementation through video, publications and training. Offers “Web Portal” search for list of keywords under resource tab. **Has Spanish-language materials***
- **National Association of Therapeutic Schools and Programs:** **(301) 986-8770** / www.natsap.org
Website offers a “Find a Program” feature to locate schools and other programs (residential treatment, wilderness programs, outdoor therapeutic programs, young adult programs and home-based residential programs) for teens with a mental illness or behavioral problems.

Employment/Accommodations

- [NAMI Succeeding at Work page](#)
- **NAMI Discrimination Knowledge Article:** <https://helplinefaqs.nami.org>
Type “Discrimination” in search box. Title of Knowledge Article: I feel I am being discriminated against by my employer because of my mental illness. What are my rights?
- **ADA Information Line:** **(800) 514-0301** / <https://www.ada.gov/infoline.htm>
*Provides information about what workers’ rights are based on the Americans w/Disabilities Act (ADA). (Provides information only – no referrals or representation.) Can submit a complaint alleging disability discrimination online at <https://civilrights.justice.gov/report/>. **Website offered in Spanish; Spanish-language translation services available on 800 number.***
- **Job Accommodation Network:** **(800) 526-7234** / www.askjan.org
*Resource on employment-related ADA info, workplace accommodations database and FAQs on workplace accommodations/compliance for those living with mental health disabilities. **Website also offered in Spanish***
- **U.S. Equal Employment Opportunity Commission (EEOC):** **(800) 669-4000** / www.eeoc.gov
*Federal agency that investigates and works to settle employment discrimination claims; may file a claim online at <https://publicportal.eeoc.gov/Portal/Login.aspx>. **Website also offered in Spanish.***

Housing Discrimination/Complaints

- **NAMI Discrimination Knowledge Article:** <https://helplinefaqs.nami.org>
Type “Discrimination” in search box. Title of Knowledge Article: I feel I am being discriminated against access to housing because of my mental illness. What are my rights?

- HUD Office of Fair Housing & Equal Opportunity: (800) 669-9777 / https://www.hud.gov/program_offices/fair_housing_equal_opp
Site features resources related to HUD fair housing enforcement and where users can file a complaint online. Website and Helpline also offered in Spanish.
- National Fair Housing Alliance: (202) 898-1661 / www.nationalfairhousing.org
Provides fair housing resources, reports and news about recent fair housing developments. Spanish-language calls accepted.

DISSOCIATIVE DISORDERS

- [NAMI Dissociative Disorders page](#)
- NAMI Dissociative Knowledge Article: <https://helplinefaqs.nami.org>
Type "Dissociative" in search box. Title of Knowledge Article: How can I get help/support for dissociative disorder (DID)?
- Int'l Society for the Study of Trauma and Dissociation: (844) 994-7783 / www.isst-d.org
Provides information & resources on trauma and dissociation, as well as a "Find a Therapist" locator.
- The Sidran Institute: www.sidran.org
International organization that helps people understand, recover from and treat traumatic stress (including PTSD), dissociative disorders and co-occurring conditions such as addiction, self-injury and suicidality. Website provides educational information, resources for treatment, support and self-help, as well as publications about trauma and recovery.
- Mosaic Minds: www.mosaicminds.org
*Provides links to 16 interactive, **online community forums** to share experience with DID.*
- Ivory Gardens: <https://igdid.org/>
*Provides **online support groups** where those who have experienced trauma can listen and talk openly to help each other understand the ins and outs of living with DID.*
- Survivors of Incest Anonymous: (877) 742-9761 / www.slawso.org
*12-step, self-recovery program for adult (18+) survivors of incest and childhood sexual abuse. Offers a **Find an in-person group** locator as well as **online and phone meetings**.*

EATING DISORDERS

- [NAMI Eating Disorders page](#)
- NAMI Eating Disorders Knowledge Article: <https://helplinefaqs.nami.org>
Type "Eating" in search box. Title of Knowledge Article: How can I get help/support for an eating disorder?
- National Eating Disorders Association: (800) 931-2237 / www.nationaleatingdisorders.org
*Offers information & referral helpline for treatment and **in-person and online forum support***

groups. Website also offered in Spanish; Helpline offers a translation service.

- **National Association of Anorexia Nervosa & Associated Disorders (ANAD):**
888-375-7767 / www.anad.org
Provides HelpLine for those needing support (M–F, 9 a.m.–9 p.m. CT); also provides referrals to treatment, **in-person support groups**, recovery mentors and support services such as grocery buddies; also have a YouTube channel and a section on Apps designed for managing recovery from a variety of eating disorders.
- **Eating Disorders Anonymous:** www.eatingdisordersanonymous.org
Online and **in-person support communities** to support each other in their struggle to recover from eating disorders.
- **With All:** **(651) 379-6123 / www.withall.org**
Provides information, resources and tools for individuals and caregivers to help develop healthy relationships with food and body. Also provides financial assistance to those in recovery from eating disorders with one-time grants of up to \$500 to help with costs of treatment and living expenses.

EMOTIONAL SUPPORT

See, also, [Crisis/Emergency Mental Health Services](#), **Community-specific** and **Population-specific** sections of the Resource Directory.

General

- **NAMI Emotional and Crisis Support Knowledge Center Section:**
<https://helplinefaqs.nami.org>
- **NAMI Emotional Support Knowledge Article:** <https://helplinefaqs.nami.org>
Type “Support” in search box. Title of Knowledge Article: Please help - I need support and don't know where to turn.
- See, [NAMI National Warmline Directory](#)
Warmlines are free, confidential emotional support hotlines staffed by peer-specialists with lived experience with mental health conditions.
- **NAMI Connection Support Group**
For peers is a support group for people with mental health conditions. Groups meet weekly, every other week or monthly, depending on location. **This program is also available in Spanish, NAMI Conexión.**
- **NAMI Family Support Group**
Support group for family members, significant others and friends of people with mental health conditions. Groups meet weekly, every other week or monthly, depending on location.

- **Emotions Anonymous:** (651) 647-9712 / www.emotionsanonymous.org
An international fellowship of people who desire to have a better sense of emotional well-being. EA members have *in-person* and *online weekly meetings* available in more than 30 countries with 600 active groups worldwide. The EA is nonprofessional and can be a complement to therapy. *Spanish language literature available through online store.*
- **Mental Health America:** (703) 684-7722 / <https://mhanational.org/>
National community-based, non-profit org providing education, outreach, peer advocacy, support and public policy services. They offer a list of nationwide support groups at www.mentalhealthamerica.net/find-support-groups to direct individuals to organizations offering *in-person support groups* for consumers, their family members and friends. Some support groups are peer-led, while others may be led by a mental health professional. View a list of their programs and resources at <https://www.mhanational.org/programs>. *Website offers Spanish-language educational materials.*
- **Recovery International:** <https://recoveryinternational.org/>
Support through *peer-led meetings* using a cognitive-behavioral framework. Offered through local *in-person meetings* in communities in the U.S., Canada and Ireland. Also offers regularly scheduled *telephone meetings, online meetings and chat meetings.*

Health Care/Frontline Professionals

- **The Emotional PPE Project:** <https://www.emotionalppe.org/>
Directory provides contact information of volunteer mental health practitioners to health care workers whose mental health has been impacted by the COVID-19 crisis at no cost.
- **PeerRxMed:** <https://www.peerrxmed.com/>
A free, peer-supported program designed to help physicians and others on the care team move toward thriving personally and professionally. Support is built around weekly, monthly and quarterly check-in with a "PeerRx" partner to provide encouragement, support and accountability.
- **Therapy Aid Coalition:** www.therapyaid.org
National network of psychotherapists developed to ensure that those impacted by crises or natural disasters within the U.S. receive quality care and support. Serves essential/ frontline professionals as well as those impacted by disasters or crisis by providing free and low cost online therapy.

Online/Teleconference Support

- **NAMI Emotional Support Knowledge Article:** <https://helplinefaqs.nami.org>
Type "Support" in search box. Title of Knowledge Article: Please help – I need support and don't know where to turn.
- **Support Group Central:** www.supportgroupscentral.com
Offers *virtual support groups* on numerous mental health conditions – free or low-cost. *Website also offered in Spanish.*

- TheTribe Wellness Community: <https://support.therapytribe.com/>
Free, **online peer support groups** offering members a safe place to connect. facing mental health challenges and/or difficult family dynamics. Support groups include Addiction, Anxiety, Depression, HIV/AIDS, LGBT, Marriage/Family, OCD and Teens.
- 7 Cups: www.7cups.com
Free **online text chat** with a trained listener for emotional support, support groups and counseling. Also offers fee-for-service online therapy with a licensed mental health professional. **Service/website also offered in Spanish.**
- SupportGroups.com: <https://online.supportgroups.com/>
Website featuring 200+ **online support groups**.
- Pro2Pro Listserv: [Burton Blatt Institute P2P Launch](#)
A collaborative mental health initiative from the Saks Institute and the Burton Blatt Institute providing free, anonymous **online “professional to professional” peer support communication platform** where professionals with psychosocial disabilities can give and receive support from their peers. Visit their site for more info, including how to be added to the Listserv.
- Emotions Anonymous: **(651) 647-9712** / www.emotionsanonymous.org
An international fellowship of people seeking a better sense of emotional well-being. EA members have **in-person** and **online weekly meetings** available in more than 30 countries with 600 active groups worldwide. The EA is nonprofessional and can be a complement to therapy.
- 18percent: www.18percent.org
Offers a free, peer-to-peer **online support community** for those struggling with a wide range of mental health issues.
- Psych Central: www.psychcentral.com
Offers online mental health resources, quizzes, news, an “Ask the Therapist” function and **online support communities**.
- Co-Dependents Anonymous: **(602) 277-7991** / **(888) 444-2359** / <https://coda.org/>
Offers a 12-step recovery program for people seeking healthy relationships. Provides face-to-face meetings in the U.S. and internationally, as well as phone and online meetings and has a “Meeting Locator” function. **Offers Spanish-language calls at (888) 444-2379**

Animals (Emotional Support and Service Dogs)

- NAMI ESA Knowledge Article: <https://helplinefaqs.nami.org>
Type “Animals” in search box. Title of Knowledge Article: *Where can I learn more about emotional support animals (ESA)?*
- Service Dog Central: www.servicedogcentral.org
Features information on specific kinds of service dogs, service dog training and handling, access issues, rights and legal issues. Includes helpful FAQ section.

- **Emotional Support Animal Registry:** www.esaregistration.org
Website where individuals can register their emotional support animals. Also provides FAQs section to answer top questions regarding ESAs.
- **Assistance Dogs International (ADI):** www.assistedogsinternational.org
Offers a [programs search map](#) where individuals can locate accredited service animal organizations in each state, as well as resources on laws based on location.
- **America's VetDogs:** (866) 838-3647 / www.vetdogs.org
Provides service dogs (at no cost) to veterans, active-duty service members, or first responders who are living with disability caused by PTSD.
- **Dogs and PTSD:** www.ptsd.va.gov/gethelp/dogs_ptsd.asp
Section of the National Center for PTSD website that discusses the emotional benefits of having a support dog, differentiates "emotional support animal" from "service animal," and what to consider when getting a support/service animal. **Website information available in Spanish.**

Resilience-Building

- **NAMI Emotional Support Knowledge Article::** <https://helplinefaqs.nami.org>
Type "Support" in search box. Title of Knowledge Article: Please help – I need support and don't know where to turn.
- **NAMI Hearts+Minds:** www.nami.org/heartsandminds
A wellness initiative to help better manage your mental and physical health with ways to advocate for your health, gut health and nutrition, diet and fitness, managing side effects of medication, substance abuse and smoking cessation, and **gaining a greater sense of control over your emotions**. Available as a 4-hour seminar or 4-session course at your local NAMI Affiliate. If a seminar isn't available, contact your local NAMI Affiliate about starting one.
- **American Psychological Association:** www.apa.org
Offers an excellent online resource that helps individuals develop a personal strategy for enhancing resilience at: <https://www.apa.org/topics/resilience>
- **Your Life Your Voice:** www.yourlifeyourvoice.org
A service of Boys Town that provides teens with tips and coping techniques to help with tough situations. Features an interactive list and print-out of 99 coping skills and strategies at www.yourlifeyourvoice.org/pages/tip-99-coping-skills.aspx.
- **Now Matters Now:** www.nowmattersnow.org
An online resource that provides support for coping with suicidal thoughts through teaching skills based on DBT; includes videos of personal stories.

Loneliness/Isolation

- **Connect2Affect:** www.connect2affect.org
Provides resources that meet the needs of those who are isolated or lonely by building social connections in the form of social activities, volunteering, learning, wellness, etc. Resources regarding transportation, money, food and more are also available.
- **Meetup:** www.meetup.com
A nationwide service used to organize online groups that host in-person events for people with similar interests.
- **For Like Minds:** www.forlikeminds.com
Online mental health support network** that allows for individuals to connect with others who are living with or supporting someone with mental health conditions, substance use disorders and stressful life events. **Offers a COVID-19 online support group.

EMPLOYMENT

Accommodations & Discrimination Issues

- [NAMI Succeeding at Work page](#)
- **NAMI Employment Discrimination Knowledge Article:** <https://helplinefaqs.nami.org>
Type "Employer" in search box. Title of Knowledge Article: I feel I am being discriminated against by my employer because of my mental illness. What are my rights?
- **ADA Information Line:** **(800) 514-0301** / <https://www.ada.gov/infoline.htm>
*Helpline provides assistance to callers to understand how the Americans w/Disabilities Act (ADA) applies to their situation. (Provides information only – no referrals or representation.)
Translator service available*
- **Job Accommodation Network:** **(800) 526-7234 *2 *1** / www.askjan.org
The leading source of free, expert and confidential guidance on workplace accommodations and disability employment issues. Consultants offer one-on-one guidance on workplace accommodations, the Americans with Disabilities Act (ADA) and related legislation, and self-employment and entrepreneurship options for people with disabilities. Website also offered in Spanish
- **Employment EEOC:** **(800) 669-4000** / www.eeoc.gov
Investigates and works to settle discrimination claims; must file claim online. Offers a Find an EEOC Office directory for local contact at <https://www.eeoc.gov/field-office>. Website also offered in Spanish.

- **U.S. Department of Health & Human Services:**
<https://www.hhs.gov/civil-rights/filing-a-complaint/index.html>
Website provides feature to file an online civil rights complaint regarding housing, law enforcement, labor, education or employment discrimination. Website also offered in Spanish.

Finding a Job

- **NAMI Succeeding at Work page**
- **NAMI Employment Knowledge Article:** <https://helplinefaqs.nami.org>
Type "Job" in search box. Title of Knowledge Article: Where can I get help finding a job?
- **SourceAmerica:** www.sourceamerica.org/nonprofit-locator
The leading source of job opportunities for people with significant disabilities. Website offers a "Nonprofit Agency" locator tool to find agencies in the SourceAmerica network.
- **abilityJOBS:** www.abilityjobs.com
Billed as the "largest job site for people with disabilities." Provides a section for job seekers on website to allow individuals to search thousands of job opportunities.
- **Getting Hired:** (866) 352-7481 / www.gettinghired.com
A search engine that connects people with companies that are looking to hire people with disabilities.
- **JobsForFelonsHub:** www.jobsforfelonshub.com
Web-based resource providing resources dedicated to helping former felons get employed again. Website offers a "one-stop-shop" for information and resources including expungement services, employment services, housing, legal representation, to name a few.
- **FindHelp.org by Aunt Bertha:** www.findhelp.org
Online service that connects users to free and reduced cost local resources nationwide such as medical care, food, housing, transportation and much more. Website also offered in Spanish.
- **Career One Stop:** (877) 872-5627 / www.careeronestop.org
Service of the US Department of Labor that provides resources and guides for career exploration, training, as well as jobs availability sorted by location and job type. Website also offered in Spanish.
- **Goodwill Services:** www.goodwill.org/jobs-training/find-a-job
Offers a Find Your Closest Goodwill Care Center locator. Provides job training/career services and employment opportunities by location.
- **International Center for Clubhouse Development:** (212) 582-0343 / www.iccd.org
National database; may offer transitional/independent employment programs; must locate a clubhouse in the community where the caller resides (to get help with housing, social and

employment). Website also offered in Spanish. Also, contact NAMI Affiliate for additional list of “Drop-in” centers or similar clubhouses in the area.

- **Ticket to Work: (866) 968-7842 / <https://www.ssa.gov/work/>**
Free and voluntary program that helps people with disabilities progress toward financial independence. Offers beneficiaries with disabilities access to meaningful employment with the assistance of Ticket to Work employment service providers called Employment Networks (EN). Individuals who receive Social Security benefits because of a disability and are age 18 through 64 probably already qualify for the program.

Workplace Mental Health

- **NAMI Employer Knowledge Article: <https://helplinefaqs.nami.org>**
Type “Workplace” in search box. Title of Knowledge Article: How can my organization build a strategy for supporting mental health in the workplace?
- **Empower Work: <https://www.empowerwork.org/>**
Provides free, confidential support for tough work situations via SMS or web chat platform. Allows users to talk through a workplace problem with trained peer support professionals. To connect with a peer counselor text 510-674-1414.
- **Mental Health America: <https://mhanational.org/workplace-training-and-resources>**
Section of MHA’s website that helps employers to develop a workplace strategy for supporting mental health in the workplace.
- **Society for Human Resource Management (SHRM): <https://www.shrm.org/>**
SHRM’s website features an article that discusses strategies for addressing mental health concerns in the workplace: [Depression: Start the Conversation to Remove the Stigma](#). The article references two corporate initiatives: the [ICU Program](#) from Dupont and [Right Direction](#) from the Partnership for Workplace Mental Health and Employers Health Coalition Inc.
- **The Center for Workplace Mental Health: <http://www.workplacementalhealth.org>**
Section of the American Psychiatric Association’s website that provides an employer’s resource guide/tool kit to develop a presentation on workplace mental health at <http://www.workplacementalhealth.org/Employer-Resources/ICU>
- **Workplaces Respond: <https://www.workplacesrespond.org/>**
A national resource center that educates and builds collaborations among workplace and non-workplace stakeholders – employers, worker associations, unions and anti-violence advocates – to prevent and respond to domestic violence, sexual harassment & violence, trafficking, stalking and exploitation impacting the workplace.

END-OF-LIFE TRANSITION

See, also, [Grief Support](#) section of the Resource Directory.

- **Hospice Foundation of America:** www.hospicefoundation.org
Educates the public and health care professionals about death, dying and grief. Website offers resources to the public to answer questions regarding living with advanced life-limiting illness, options for care and helpful [End-of-Life Support and Resources](#) section for caregivers that includes books, web-based tutorials and programs, and videos. Also includes a section on finding [Grief Support Groups](#). Spanish-language resources available on website.
- **National Institute on Aging:** www.nia.nih.gov
Provides comprehensive section on [Caregiving](#) for those who take care of a friend or family member with a serious health condition, including information on [long-term care](#), [advance care planning](#), [long-distance caregiving](#) and [Alzheimer's Caregiving](#) as well as articles responding to FAQs. NIA's [End-of-Life Care](#) section of website that addresses myriad concerns, including Making Difficult End-of-Life Decisions, Advance Directives, Support for Caregiver, including information on [Respite Care](#). Sections of website offered in Spanish.
- **The ARCH National Respite Network and Resource Center:** www.archrespite.org
Assists and promotes the development of quality respite and crisis care programs to help families locate respite and crisis care services in their communities. Website includes a [National Respite Locator](#), a service to help caregivers and professionals locate respite services in their community. Search State-specific programs that offer handbooks in Spanish.
- **The National Hospice and Palliative Care Association:** (703) 837-1500 / www.nhpc.org/find-a-care-provider
Maintains a list of hospices across the U.S., many of which offer free or sliding scale grief therapy or can refer individuals to local **in-person support groups**. Most hospice bereavement programs provide support to the community, regardless of whether a person's loved one was cared for by hospice or not.

FINANCIAL ASSISTANCE

General

- **NAMI Financial Assistance Knowledge Article:** <https://helplinefaqs.nami.org>
Type "Bills" in search box. Title of Knowledge Article: Where can I get help paying for my bills?
- **Need Help Paying Bills:** www.needhelppayingbills.com
Information on assistance programs, charity organizations, and resources that provide help paying bills, mortgage and debt relief (financial, rent and government assistance).
- **FindHelp.org by Aunt Bertha:** www.findhelp.org
Online service that connects users to free and reduced cost local resources nationwide such as medical care, food, housing, transportation and more. Website also offered in Spanish.

- **211:** www.211.org
Dial 211 from any phone (mobile or landline) or use website to search for contact information by zip code; service refers callers to appropriate agencies/community organizations that offer emergency financial assistance; available in most areas. Website also offered in Spanish.
- **HelpWhenYouNeedIt:** www.helpwhenyouneedit.org
An online service that connects users to over 350,000 listings nationwide of private and public resources for food pantries, stores that accept food stamps, assisted living facilities, domestic violence and homeless shelters, mental health & substance use treatment, free clinics, legal and financial assistance.
- **Help with Bills:** **(844) USA-GOV1** / www.usa.gov/help-with-bills
Provides information about government programs that help with bill payment, medical bill info, temporary assistance, jobs/unemployment, credit, etc. Website and Helpline also offered in Spanish.
- **Feeding America:** www.feedingamerica.org/find-your-local-foodbank
Offers a zip-code based directory of food banks in the U.S. for individuals in need.

Medical Care/Hospital bills

- **Hospital bills:** Contact billing office to work out a reasonable payment plan.
- **The Assistance Fund:** **(855) 845-3663** / www.tafcares.org
For those who qualify for financial support, service provides patient advocates to assist in securing financial assistance for co-payments, prescriptions, deductibles, premiums, medical expenses. Spanish-language translation service also available.
- **Rise Above the Disorder:** **(562) 461-7575** / www.youarerad.org
Connects users with resources for finding a therapist, answering mental health questions and applying for grants to cover the cost of therapy.
- **Patient Access Network Foundation (PAN):** **(866) 316-7263** / www.panfoundation.org
Provides underinsured patients with financial assistance through disease-specific funds that provide access to progressive therapies. Spanish-language calls accepted.
- **Patient Advocate Foundation:** **(800) 532-5274** / www.patientadvocate.org
Helps federally and commercially insured people living with life-threatening, chronic and rare diseases. Offers co-pay relief program to provide direct financial assistance to insured patients who meet certain qualifications to help them pay for needed prescriptions and/or treatment. Their website has many other resources and services. Website also offered in Spanish.
- **HealthWell Foundation:** **(800) 675-8416** / www.healthwellfoundation.org
Financial assistance for underinsured to afford critical medical treatments through "Disease

*Funds” (Note: Typically for chronic physical diseases – not mental health conditions).
Website also offered in Spanish.*

- **HIV Care and Treatment:** www.hiv.gov/hiv-basics/staying-in-hiv-care/hiv-treatment/paying-for-hiv-care-and-treatment
Provides information on HIV treatment and resources that can help pay for the care needed.
- **The Jim Collins Foundation:** www.jimcollinsfoundation.org/#
Helps transgender people in need of funding for their gender-confirming surgeries.
- **With All:** **(651) 379-6123** / www.withall.org
Provides information, resources and tools for individuals and caregivers to help develop healthy relationships with food and body. Also provides financial assistance to those in recovery from eating disorders with one-time grants of up to \$500 to help with costs of treatment and living expenses.

Prescription Medication

- **NAMI Getting Help Paying for Medications page,** offers list of pharmaceutical companies that may offer payment assistance.
- **NAMI Prescription Assistance Knowledge Article:** <https://helplinefaqs.nami.org>
Type “Medication” in search box. Title of Knowledge Article: Where can I get help paying for my medication?
- **PhRMA’s Medicine Assistance Tool:** www.medicineassistancetool.org
A search engine for many of the patient assistance resources that the pharmaceutical industry offers.
- **Needy Meds:** **(800) 503-6897** / www.needymeds.org
Offers a HelpLine and website information on financial assistance programs to help defray cost of medication. Website also offered in Spanish.
- **RX Assist:** www.rxassist.org
Provides up-to-date directory of free and low-cost medicine programs and other ways to manage medication costs.
- **RX Hope:** www.rxhope.com
A free patient assistance program to assist people in need obtain critical medications.
- **USARX:** www.usarx.com
Provides coupons online for downloading/printing and can be brought to the pharmacy to see if it will give consumer a lower price or beat their copay.
- **Blinkhealth Prescription Assistance:** **(844) 366-2211** / www.blinkhealth.com
Individuals (with or without insurance) pay upfront for medication online and then take a voucher to their pharmacy. Accepts calls 8 a.m.–10 p.m. M–F, 9 a.m.–7 p.m. weekends (ET); Spanish language option on patient assistance line.

FIRST EPISODE PSYCHOSIS (FEP)

See, also, [Anosognosia](#), [Psychosis](#) and [Children/Teens & YAs](#) sections of Resources Directory.

- [NAMI Early Psychosis and Psychosis page](#) and [NAMI Ask the Expert Series: Supporting a Loved One with Psychosis](#)
- [NAMI First Episode Psychosis Knowledge Article: <https://helplinefaqs.nami.org>](#)
Type "Psychosis" in search box. Title of Knowledge Article: *My loved one is displaying symptoms of early serious mental illness – Where do I begin to find help?*
- [NAMI Family-to-Family Classes / \[www.nami.org/findsupport\]\(http://www.nami.org/findsupport\)](#)
For families, significant others and friends of people with mental health conditions. Designated as an evidence-based program by SAMHSA, it facilitates a better understanding of mental health conditions, increases coping skills and empowers participants to become advocates for their family members. Also available in Spanish, De Familia a Familia de NAMI. Find a class nearest to you via your local NAMI Affiliate. If a class isn't available, contact your local NAMI Affiliate about starting one.
- [NAMI Family Support Group / \[www.nami.org/findsupport\]\(http://www.nami.org/findsupport\)](#)
Support group for family members, significant others and friends of people with mental health conditions. Groups meet weekly, every other week or monthly, depending on location. Find a group nearest to you via your local NAMI Affiliate. If a group isn't available, contact your local NAMI Affiliate about starting one.
- [SAMHSA Fact Sheet on Cognitive Behavioral Therapy for psychosis \(CBTp\)](#)
- [Cognitive Behavioral Therapy for Psychosis CBTp](#)
An evidence-based talking therapy that concentrates on how an individual's thoughts, behaviors and emotions are connected; CBTp was developed as an individual treatment, and later as a group-based intervention, to reduce the distress associated with the symptoms of psychosis and improve functioning. To learn more:
 - [NAMI Ask the Expert Series: Supporting a Loved One with Psychosis](#)
 - [Fact Sheet on CBTp](#)
- [SAMHSA Early Serious Mental Illness \(ESMI\) Treatment Locator: \(877\) 726-4727](#) for Spanish [\(800\) 985-5990](#) press 2) / www.samhsa.gov/esmi-treatment-locator
Maintains an Early Serious Mental Illness Treatment Locator as a source of information for family members seeking CSC programs in the U.S. Portions of website available in Spanish.
- [Early Assessment & Support Alliance \(EASA\): \[www.easacommunity.org\]\(http://www.easacommunity.org\)](#)
Provides extensive information & resources about psychosis for individuals, loved ones and for professionals. They also provide a program directory of FEP programs nationwide: http://www.easacommunity.org/PDF/Directory_V5.pdf Website also offered in Spanish.

- RA1SE (Recovery After an Initial Schizophrenia Episode):
<https://www.nimh.nih.gov/health/topics/schizophrenia/raise/raise-resources-for-patients-and-families.shtml>
Large-scale research initiative of NIMH examining CSC treatments for people experiencing FEP. Provides information, resources and tools to help individuals and caregivers understand the condition, treatment options and strategies for living with psychosis.
- Specialized Treatment Early in Psychosis (STEP): www.medicine.yale.edu/psychiatry/step/
Yale University Clinic established to facilitate research and learning about effectiveness of intensive early intervention on long-term functioning. Website provides overview of STEP.

GRIEF SUPPORT

General

- NAMI Grief Knowledge Article: <https://helplinefaqs.nami.org>
Type "Grief" in search box. Title of Knowledge Article: I lost a loved one recently and need help learning to cope. Where can I find a grief support group?
- Contact NAMI Affiliate for listing of local grief support services.
- Trauma Intervention Programs, Inc.: <http://www.tipnational.org/resources.htm>
Website's Resources page provides an extensive list of grief-related support services.
- The National Hospice and Palliative Care Association: **(703) 837-1500** / www.nhpco.org/find-a-care-provider
*Maintains a list of hospices across the U.S., many of which offer free or sliding scale grief therapy or can refer individuals to local **in-person support groups**. Most hospice bereavement programs provide support to the community, regardless of whether a person's loved one was cared for by hospice or not.*
- Hospice Foundation of America: www.hospicefoundation.org
*Educates the public and health care professionals about death, dying and grief. Website offers how to find [Grief Support Groups](#). **Spanish-language resources available on website.***
- The Compassionate Friends: **(877) 969-0010** / www.compassionatefriends.org
*600+ chapters in all 50 states (plus DC, PR, Guam) that offer **in-person** and **online** grief support to bereaved parents, siblings, grandparents and other family members during the natural grieving process after a child has died. **Website also offered in Spanish.***
- Carson's Village: **(877) 789-0722** / www.carsonsvillage.org
Free service to assist families in managing practical details following the sudden loss of a loved one. Provides free peer advocacy to help families plan/navigate details from loss to funeral. Serving 18 states currently (see list on website).

- National Widowers Organization: **(800) 309-3658** / www.nationalwidowers.org
National organization providing information, resources and *in-person* and *online* support community for men coping with the loss of a loved one. Offers a “Find a Support Group” function on its website.
- My Grief Angels: www.mygriefangels.org
Provides an extensive directory of grief support resources by type of loss experienced. Also provides 24/7 access to a variety of social services and human services, free grief online course/resources, a mobile app, and an online volunteer community of people that have experienced or are also experiencing grief.
- **Online Grief Support /Forums:**
 - Psychology Today: www.psychologytoday.com
 - Grief Anonymous Facebook Group: www.griefanonymous.com/facebook-groups/
 - Open to Hope: www.opentohope.com
- *Websites providing resources and tips on navigating life after a loss and coping with grief:*
 - Modern Loss: www.modernloss.com
 - What’s Your Grief?: www.whatsyourgrief.com
 - DIY Doula: www.diydoula.org (information regarding self-care before, during and after an abortion).

Loss from Suicide

- American Foundation for Suicide Prevention: **(888) 333-2377** / www.afsp.org
Offers referrals to *in-person support groups* and mental health professionals for those having thoughts of suicide, those who have lost someone to suicide and those who have attempted suicide; offers resources on loss; suicide prevention information. *Website offers resources in Spanish.*
- American Association of Suicidology: **(202) 237-2280** / www.suicidology.org
National clearinghouse/directory for suicide resources, statistics, etc. Maintains an *in-person support group* finder for both attempts and loss survivors of suicide.
- Carson’s Village: **(877) 789-0722** / www.carsonsvillage.org
Free service to assist families in managing practical details following the sudden loss of a loved one. Provides free peer advocacy to help families plan/navigate details from loss to funeral. Serving 18 states currently (see list on website).
- SAVE (Suicide Awareness Voices of Education): **(952) 946-7998** / www.save.org
Provides a finder function for *in-person support groups* for suicide loss survivors, as well as resources about suicide and finding help for yourself or others. Also in Spanish: <https://save.org/blog/support-groups/survivors-suicide-support-group-spanish-speakers/>

- Alliance of Hope: www.allianceofhope.org
*Provides information and resources to those who have lost a loved one to suicide; provides a locator for **online support groups**.*
- Parents of Suicides (POS) and Friends and Families of Suicides (FFOS): www.pos-ffos.com
*Website offering links to **online grief support communities**.*

For Children/Teens

- National Alliance for Grieving Children: (866) 432-1542 / www.childrengrieve.org
*Provides information on supporting children through grief, including a national database of **in-person grief support programs**, camps and community resources.*
- Rainbows for all Children: <https://rainbows.org>
*An international support group network dedicated to providing **in-person peer support programs** for children, teens and young adults as they navigate grief and heal from loss — whether from death, divorce/separation, deployment, deportation, incarceration or other trauma. Rainbows partners with communities to offer support through channels of peer support with volunteer adult facilitators. Offers a “Find a Group” function on its website.*

GUARDIANSHIP/CONSERVATORSHIP/PSYCHIATRIC ADVANCE DIRECTIVES

See, also, [Long-Term Planning](#) and [Involuntary Commitment/Civil Commitment](#) sections of Resources Directory.

- NAMI Guardianship Knowledge Article: <https://helplinefaqs.nami.org>
Type “Guardianship” in search box. Title of Knowledge Article: What are my options for caring for a loved one who won’t get treatment? Can I have them involuntarily committed?
- Special Needs Alliance: (877) 572-8472 / www.specialneedsalliance.org
Provides legal referrals for attorneys who have daily experience with and are skilled in the areas of qualifying for appropriate public benefits, creation of special needs trusts & wills, estate and financial planning, special education, advance directives and guardianships & conservatorships. Offers guidebook in Spanish at <http://www.specialneedsalliance.org/wp-content/uploads/2017/04/2017-Spanish-Handbook-1.pdf>
- National Resource for Psychiatric Advance Directives (PAD): www.nrc-pad.org/
Provides state-specific information for individuals and caregivers of loved ones with mental illness. Also provides helpful FAQ section on website. (PADs are used to direct psychiatric care in the event an individual w/MI can no longer give/withhold consent to treatment during acute episode.)
- National Guardianship Association: (877) 326-5992 / www.guardianship.org
Site providing helpful overview about the guardianship process, “levels” of guardianship, etc. Does not provide advocacy or consulting services on how to seek guardianship.

GUN LAWS & REPORTING

- **Giffords Law Center to Prevent Gun Violence:** <https://lawcenter.giffords.org/>
National policy organization that works at the local, state and national levels by providing free technical assistance to lawmakers, advocates, legal professionals, law enforcement and citizens who seek to make their communities safer from gun violence. Website contains extensive information regarding gun laws, background checks and mental health reporting. Provides state-specific reporting information at: <https://lawcenter.giffords.org/gun-laws/policy-areas/background-checks/mental-health-reporting/#state>
- **Coalition to Stop Gun Violence:** www.csgv.org
National organization dedicated to preventing gun violence through policy development and advocacy. Website offers helpful and information and resources on the intersection of gun violence and mental health conditions under the “Issues” section.
- **Consortium for Risk-Based Firearm Policy:** www.efsgv.org
Includes the nation’s leading researchers, practitioners, and advocates in gun violence prevention, public health, law and mental health. Website provides information about Extreme Risk Protection Orders in its “Issues” section.

HEALTH CARE WORKERS (Emotional Support)

- **The Emotional PPE Project:** <https://www.emotionalppe.org/>
Directory providing contact information of volunteer mental health practitioners to health care professionals whose mental health has been impacted by the COVID-19 crisis at no cost.
- **PeerRxMed:** <https://www.peerrxmed.com/>
Free, peer-supported program designed to help physicians and others on the care team move toward thriving personally and professionally. Support is built around weekly, monthly and quarterly check-in with a “PeerRx” partner to provide encouragement, support and accountability.

HIPAA

See, also, [Insurance](#) section of Resource Directory.

- **NAMI HIPAA Knowledge Article:** <https://helplinefaqs.nami.org/article/254-hipaa>
Type “HIPAA” in search box. Title of Knowledge Article: My loved one is receiving mental health treatment, but I can’t get any information because of HIPAA. What can I do?
- **NAMI Guide: Starting the Conversation (College and Your Mental Health)**
(HIPAA information on pp 17–23)
- **HIPAA:** www.hhs.gov/hipaa/for-individuals/mental-health/index.html
Provides extensive information related to mental and behavioral health patient privacy rights.
- **Mental Health America:** <https://www.mhanational.org/hipaa-what-are-caregivers-rights>
Section of MHA’s website that discusses in detail the rights of caregivers to medical information when a loved one is experiencing a mental health crisis.

- Treatment Advocacy Center “HIPAA at a Glance”:
<https://www.treatmentadvocacycenter.org/component/content/article/183-in-a-crisis/1850-hipaa-at-a-glance>
Section of TAC’s website that discusses HIPAA and how to navigate its privacy restrictions.
- U.S. Department of HHS Office of Civil Rights:
<https://www.hhs.gov/sites/default/files/hipaa-privacy-rule-and-sharing-info-related-to-mental-health.pdf>
Section of HHS website that discusses in detail HIPAA privacy restrictions.

HOARDING

See, also, [Obsessive-Compulsive Disorder](#) section of Resource Directory.

- NAMI Hoarding Knowledge Article: <https://helplinefaqs.nami.org>
Type “Hoarding” in search box. Title of Knowledge Article: How can I get help/support for hoarding behavior?
- International OC Foundation: Hoarding Center: (617) 973-5801 / www.hoarding.iocdf.org
Information and referrals for hoarding resources and education; maintains resource directory for local clinics/**in-person support groups**/therapists/treatment programs. **Offers Spanish-language resources on website.**
- Hoarding Cleanup: (800) 462-7337 / www.hoardingcleanup.com
Provides nationwide directory of fee-for-service hoarding cleanup services and mental health providers specializing in hoarding behavior. Website provides **online support groups** open to hoarders, family members and anyone that works with hoarders.
- National Association of Productivity & Organizing Professionals: www.napo.net
For those looking to get organized, NAPO offers a fee-for-service “Find a Professional” directory for organizers that specialize in serving those with hoarding behavior.

HOUSING

See also, [Social Services/Local Services](#) section of Resource Directory.

General

- NAMI Securing Stable Housing page
- NAMI Housing Knowledge Article: <https://helplinefaqs.nami.org>
Type “Housing” in search box. Title of Knowledge Article: Where can I find a group home or supported housing?
- Contact NAMI Affiliate
Individuals are encouraged to attend NAMI Family Support Groups where they can network with other families in the community about potential availability of local housing resources. Additionally, inquire with the local Affiliate regarding local resources (some state and local jurisdictions maintain lists of housing resources for people with disabilities, including

mental illnesses. See, for example, this list of supportive housing resources in New York state, www.shnny.org/supportive-housing/looking-for-housing/

- **Community Behavioral Health Services**
Resources and services vary by county/local jurisdiction and can be found by searching the website of your **county or local jurisdiction's Department of Health and Human Services.**
- **Local HUD Public Housing Authority Locator: (800) 955-2232 / https://www.hud.gov/program_offices/public_indian_housing/pha/contacts**
Contact local Public Housing Agency in caller's city/state using website's locator map to local agencies. Provides referrals for subsidies, information and guidance for Section 8 voucher holders and public housing residents. **Website and Helpline also offered in Spanish**
- **Technical Assistance Collaborative's (TAC) Listing of Affordable Housing Agencies & Voucher Programs: www.tacinc.org**
The TAC's website includes a state-by-state list of agencies and voucher programs under the Knowledge & Resources tab/Vouchers database at: www.tacinc.org/knowledge-resources/vouchers-database/?state=&submit.x=13&submit.y=9
- **HUD Housing Resource Locator: resources.hud.gov**
Website provides interactive locator for services including finding affordable housing, special needs housing, group homes, local HUD offices, Section 8 housing (assists disabled, low-income families and elderly to afford housing; voucher ensures that one pays no more than 30% of income toward rent), homeless resources and local public housing agencies (for help with housing applications/vacancies). **Website also offered in Spanish.**
- **Centers for Independent Living: www.ilru.org/projects/cil-net/cil-center-and-association-directory**
Centers for Independent Living (CIL) are consumer-controlled, community-based, cross-disability, nonresidential private non-profit agencies that are designed and operated within a local community by individuals with disabilities and provide an array of independent living services. Website offers an interactive state-by-state map to find local CILs.
- **National Mental Health Consumer's Self-Help Clearinghouse: www.mhselfhelp.org**
Nationwide directory to locate local consumer-driven mental health services, including resources such as Clubhouses, crisis prevention/respite services, drop-in centers, employment resources, housing, peer case management and support. Maintains search function for directory of local CDS (consumer-driven services) through www.cdsdirectory.org.
- **Homeless Shelter Directory: www.homelessshelterdirectory.org**
National directory of homeless shelters, rent assistance programs, affordable housing and food kitchens.

Discrimination/Complaints

- **NAMI Discrimination Knowledge Article: <https://helplinefaqs.nami.org>**
Type "Discrimination" in search box. Title of Knowledge Article: *I feel I am being*

discriminated against access to housing because of my mental illness. What are my rights?

- **HUD Office of Fair Housing & Equal Opportunity: (800) 669-9777 / https://www.hud.gov/program_offices/fair_housing_equal_opp**
Site features resources related to HUD fair housing enforcement and where users can file a complaint online. Website and Helpline also offered in Spanish.
- **National Fair Housing Alliance: (202) 898-1661 / www.nationalfairhousing.org**
Provides fair housing resources, reports and news about recent fair housing developments. Spanish-language calls accepted.

Eviction

- **HUD Office of Fair Housing & Equal Opportunity: (800) 669-9777 / https://www.hud.gov/program_offices/fair_housing_equal_opp**
Site features resources related to HUD fair housing enforcement and where users can file a complaint online. Website and Helpline also offered in Spanish.
- **National Fair Housing Alliance: (202) 898-1661 / www.nationalfairhousing.org**
Provides fair housing resources, reports and news about recent fair housing developments. Spanish-language calls accepted.

INCARCERATED POPULATIONS

General

- **[NAMI Handling the Arrest of a Family Member, NAMI Criminal Justice Videos](#) and [NAMI Guide to Mental Illness and the Criminal Justice System](#)**
- **[NAMI Incarcerated Populations Knowledge Article: https://helplinefaqs.nami.org](https://helplinefaqs.nami.org)**
Type "Arrested" in search box. Title of Knowledge Article: My loved one has been arrested but can't afford a lawyer. What are the options?
- Search case information via the County's General District Court System's website
- **[Prepare a Mitigation Report for Public Defender or Lawyer](#)**
Contains "the story" of your loved one's life, document (in chronological order) all information pertaining to their mental illness (i.e., names of doctors, diagnoses, list of prescriptions, dates of hospitalizations, treatments prescribed), educate the court – include info about the criminalization of the mentally ill (see [Treatment Advocacy Network website](#))
- **[SAMHSA](#) webinar on [Getting Help After Arrest and Jail](#)**
- **[SAMHSA Mental Health Court](#) Locator**
- **[Treatment Advocacy Center Criminalization of Mental Illness Page](#)**

- **Prison Activist Resource Center (PARC): (510) 893-4648 / <https://www.prisonactivist.org/>**
PARC produces a comprehensive online directory (and a .pdf version that they will send to prisoners upon request) of state-specific resources that is free to prisoners, their friends and family. Includes information on prisoners' rights organizations, community organizations, prison literature and arts projects, family and visiting resources, health care and legal resources, parole and pre-release resources, and the prison abolition movement.
- **National Prisoner Resource List: (617) 423-3298 / <https://prisonbookprogram.org/for-people-in-prison/national-prisoner-resource-list/>**
Provides information on places where prisoners and their families can find support, advocacy, health care information and outlets for their creativity. The NPRL is sent, free-of-charge, to prisoners upon request. Also available online.

Appealing Sentence

- **Center on Wrongful Convictions:**
www.law.northwestern.edu/legalclinic/wrongfulconvictions/assistance/
*A service of Northwestern Law School that will consider cases that meet the following criteria: **A claim of actual innocence:** The person seeking assistance must be in no way responsible for the crimes of which he or she was convicted, and **Post-conviction status:** The trial must be completed and have resulted in a conviction and sentence. Petitioners may send letter that briefly summarizes event leading to incarceration.*

Mistreatment While Incarcerated

- **NAMI Incarcerated Populations Knowledge Article:** <https://helplinefaqs.nami.org>
Type "Mistreated" in search box. Title of Knowledge Article: My loved one is being mistreated in jail/not receiving medication. What can I do to help?
- **American Civil Liberties Union (ACLU):** www.aclu.org/issues/prisoners-rights
*Protects individuals with mental illness in prison systems who are denied care or mistreated while incarcerated. NOTE: **Prisoners or detainees with a complaint about conditions must follow all grievance procedures before contacting the ACLU** and then send copies of grievance filings and decisions. Use website to locate specific state office.*
- **Prison Policy Initiative:** www.prisonpolicy.org/resources/legal/
*Website offering an up-to-date list of organizations (by state) that provide legal assistance to incarcerated people on **civil** matters.*
- **National Disability Rights Network:** www.ndrn.org
*Does **not** provide individual legal advocacy (Use website to locate state-specific Protection and Advocacy "P&A" organization). NGO Protection and Advocacy organization that fights for civil rights of people with disabilities.*

- **FindLaw's Rights of Inmates:** <https://civilrights.findlaw.com/other-constitutional-rights/rights-of-inmates.html>
*Comprehensive list of basic rights for inmates and detainees that are protected by the U.S. Constitution. Includes links to finding a Civil Rights attorneys and a **Do-It-Yourself Complaint for Denial of Medical Care for a State Inmate.***
- **Just Detention International:** www.justdetention.org/service
JDI is a human rights organization seeking to end sexual abuse in forms of detention. Website provides a state-by-state resource guide to support services for survivors of sexual abuse behind bars who are either still incarcerated or have been released as well as loved ones on the outside searching for ways to help.

Reentry After Period of Incarceration

- [NAMI Reentry After a Period of Incarceration page](#)
- **NAMI Incarcerated Populations Knowledge Article:** <https://helplinefaqs.nami.org>
Type "Reentry" in search box. Title of Knowledge Article: I'm/my loved one will soon be released from prison. Does NAMI have any information on how to prepare for release?
- **NRRC Reentry Service Directory (National Reentry Resource Center):** **(877) 332-1719** / www.csqjusticecenter.org/nrrc/reentry-services-directory/
National directory of local programs to assist post-incarcerated individuals.
- **JobsForFelonsHub:** www.jobsforfelonshub.com
Web-based resource providing resources dedicated to helping former felons get employed again. Website offers a "one-stop-shop" for information and resources including expungement services, employment services, housing, legal representation, to name a few.

INSURANCE

See, also, [Disability Benefits \(SSI & SSDI\)](#) and [Social Services](#) sections of Resource Directory.

General

- [NAMI Understanding Health Insurance page](#)
- **NAMI Disability Knowledge Article:** <https://helplinefaqs.nami.org>
Type "Disability" in search box. Title of Knowledge Article: Can I receive disability for my mental health condition? I need help understanding/applying for SSI/SSDI/Medicaid/Medicare.
- **ACA Health Insurance Marketplace:** **(800) 318-2596** / www.healthcare.gov
Provides specific information about coverage options in one's state, includes private options, high risk pools, other public programs. Website and Helpline also available in Spanish.
- **Medicaid.gov:** **(877) 267-2323*** / www.medicaid.gov
U.S. govt insurance program for persons of all ages whose income and resources are insufficient to pay for health care. Website provides comprehensive information/resources on

Medicaid eligibility and benefits. *(Search Contact Us page of website for regional contact info.)

- **Medicare.gov: (800) 633-4227*** / www.medicare.gov
U.S. government health insurance program for Americans aged 65 and older, but also for some younger people with disability status as determined by the Social Security Administration. Website provides comprehensive information/resources on Medicare eligibility and benefits. *(Search Contact Us page of website for regional contact information.) Website and Helpline also offered in Spanish.
- **Medicare Rights Center: (800) 333-4114** / www.medicarerights.org
Provides a national HelpLine and extensive resources page for individuals with Medicare, their family members and friends. Helps to understand Medicare benefits, find the right coverage and understand how any existing coverage works. Spanish calls accepted.
- **InsureKidsNow.gov: (877) 543-7669** / www.insurekidsnow.gov
Website operated by Centers for Medicare & Medicaid Services (CMS), providing information about Medicaid and CHIP (Children's Health Insurance program) for families seeking health insurance coverage for children and teens, families needing help locating a dentist. Spanish language translators available to callers; website also offered in Spanish.
- **National Association of Insurance Commissioners: www.naic.org**
Can connect individuals with state insurance boards for general information regarding insurance laws and filing a complaint against and insurance company for delay in coverage/reimbursement. Offers an interactive map online to locate state-specific contact information at https://www.naic.org/state_web_map.htm.

Mental Health Parity

- **[NAMI What is Mental Health Parity page](#)**: pervasive discrimination in health insurance regarding mental health care.
- **[NAMI Denied Medical Coverage Knowledge Article](https://helplinefaqs.nami.org)**: <https://helplinefaqs.nami.org>
Type "Denied" in search box. Title of Knowledge Article: I've been denied medical coverage. How can I file a complaint?
- **The Kennedy Forum: www.parityregistry.org**
Provides state specific information on filing a complaint or appeal for denial of mental health services under "Resources" section. Also offers a Complaint Registry and a step-by-step guide too filing an appeal.

INTELLECTUAL DISABILITIES

- **National Association for Persons with Developmental Disabilities (NADD): (845) 331-4336** / www.thenadd.org
Non-profit providing education and resources to professionals, care providers and families of

individuals living with developmental disabilities and mental health needs. Provides resource info to members.

- **The Arc: (800) 433-5255 / www.thearc.org**
National community-based organization serving individuals with intellectual and developmental disabilities (I/DD) and their families. State and local chapters provide individual and public policy advocacy, residential, education, and vocational services, financial planning and **in-person support groups** that meet needs of the I/DD community.
- **The Arc Center for Future Planning: <https://futureplanning.thearc.org/>**
Complementary website of The Arc that provides extensive information and an online “Build Your Future Plan” guide to support individuals with I/DD and their families with transition planning for the future. Also offers online [sample Letter of Intent](#) that individuals fill out every year (ideally) as a tool for person-centered planning.

INTERNATIONAL

- **NAMI International Knowledge Article: <https://helplinefaqs.nami.org>**
Type “International” in search box. Title of Knowledge Article: *I don’t live in the U.S. Is there a NAMI program in my country?*
- **IKTMIT Resources: <https://www.hbo.com/i-know-this-much-is-true/resources>**
Section of HBO’s website organized by country with links to mental health resources for the listed country.
- **Psychology Today: www.psychologytoday.com**
Provides a search for therapists and (fee for service) support groups for countries in Western Europe, Canada, Australia and New Zealand. On the menu bar, click on the “globe” icon to the far right and select your country from the drop-down menu.
- **International Association for Suicide Prevention: <https://www.iasp.info/resources/>**
Website provides links to information on crisis centers in Africa, Asia, Europe, North America, Oceania and South America.
- **Suicide.org: www.suicide.org/international-suicide-hotlines.html**
Website provides a list of international suicide hotlines
- **U.S. Department of State Office of Overseas Citizens Services (OCS):** In U.S./Canada **(888) 407-4747**; Abroad **(202) 501-4444 / www.travel.state.gov**
For American citizens living/traveling abroad, contact OCS for assistance with emergency and non-emergency situations. Can assist in locating appropriate medical services.
- **EUFAMI (European Federation of Associations of Families of People with Mental Illness):** **+32 16 74 50 40 / www.eufami.org**
Maintains a network of member organizations across Europe to support people affected by severe mental illness.

- **Mental Health Europe:** www.mhe-sme.org/library/youth-helplines
Website provides an interactive map that provides information on helplines and support organizations for young people in all European countries.
- **Canadian Mental Health Association:** www.cmha.ca
Branches across Canada provide a wide range of services and supports to people who are experiencing mental illness and their families. Use website to connect with provincial office. Several run NAMI Family-to-Family Courses.
- **Mind (UK):** **+0300 123 3393** / www.mind.org.uk
Mental health organization in the UK providing information and resources to individuals and caregivers touched by mental illness. Also has local chapters for support & services.
- **United for Global Mental Health:** <https://unitedgmh.org/mental-health-support>
Website provides list of HelpLines in the following countries: United Kingdom, India, New Zealand, South Africa, Nigeria and Australia.
- **Open Counseling International Suicide Hotlines:** www.opencounseling.com/suicide-hotlines
Provides a list of International Suicide Hotlines
- **Befrienders Worldwide resource for suicide support:** www.befrienders.org
Provide an open space for those who are in distress to talk and be heard. Befrienders Worldwide strives to improve access to information about suicide and emotional support services worldwide. Based in England and Wales.
- **Live for Tomorrow:** www.livefortomorrow.co
Connects people to free mental health and crisis help on a global level. They provide a "Find a Helpline" feature listed by country which can be refined using location. Also offers in-app crisis support and workshops. Based in New Zealand.

INVOLUNTARY COMMITMENT/CIVIL COMMITMENT

- Involuntary/Civil commitment laws vary upon state. Search on local/state government website.
- **NAMI Involuntary Commitment Knowledge Article:** <https://helplinefaqs.nami.org>
Type "Involuntary" in search box. Title of Knowledge Article: What are my options for caring for a loved one who won't get treatment? Can I have them involuntarily committed?
- **NAMI Guide to Psychiatric Crisis and Civil Commitment Process (Virginia)**
Note: This guide is specific to the state of Virginia; each state maintains its individual threshold/process for civil commitment.
- **Treatment Advocacy Center:** www.treatmentadvocacycenter.org
Nonprofit national (not individual) advocacy organization that promotes laws, policies and practices for treatments for and research into the causes of SMIs. Website provides

extensive information and resources regarding issues surrounding civil commitment and criminalization of mentally ill. Section of the website provides information on State-specific civil commitment criteria at: <https://www.treatmentadvocacycenter.org/browse-by-state>

IMMIGRATED POPULATIONS/UNDOCUMENTED POPULATIONS

- [NAMI Identity and Cultural Dimensions](#) and [NAMI Hispanic/Latinx Immigrants and First-Generation Americans](#)
- [Immigrants Rising MH Connector: https://immigrantsrising.org/mental-health-connector/](#)
Connects undocumented youth to MH services, Users fill out their survey and are connected with a professional that is tailored to their needs. Also host virtual wellness gatherings.
- [Informed Immigrant: https://www.informedimmigrant.com](#)
Offers MH for immigrant's guide, "knowing your rights" section for Undocumented Populations, including information on DACA, finding legal help and mental health services.

LATINX COMMUNITY

- [NAMI Hispanic/Latinx page](#), [NAMI Hispanic/Latinx Immigrants and First-Generation Americans page](#) and [NAMI La salud mental en la comunidad latina page](#)
- [NAMI's Compartiendo Esperanza Presentation](#)
Lack of information surrounding mental health issues can prevent people in Hispanic/Latinx communities from getting the help and support they need. Compartiendo Esperanza is a three-part video series that explores the journey of mental wellness in Hispanic/Latinx communities through dialogue, storytelling and a guided discussion. For more info about participating in a Compartiendo Esperanza Community Conversation, contact your local NAMI.
- [Psychology Today: www.psychologytoday.com/us/therapists/hispanic-and-latino](#)
- [Therapy for Latinx: www.therapyforlatinx.com](#)
Provides database of therapists who either identify as Latinx or has worked closely and/or understands the unique needs of the Latinx community. Website also offered in Spanish.
- [Mental Health America's Resources for Latinx/Hispanic Communities: http://www.mentalhealthamerica.net/issues/latinxhispanic-communities-and-mental-health](#)
Web section discusses Latinx/Hispanic community issues surrounding mental health. Spanish-language materials, including Spanish-language screening tools, are available on the webpage.
- [American Society of Hispanic Psychiatry: www.americansocietyhispanicpsychiatry.com](#)
Promotes the research, education, advocacy and support for those in the Hispanic community. Offers a "Find a Physician" feature on their website.
- [MedLine Plus: https://medlineplus.gov/](#)
A service of the National Library of Medicine that provides extensive health and wellness

information in English and Spanish. Maintains a section of the website dedicated to mental and behavioral health at: <https://medlineplus.gov/spanish/mentalhealthandbehavior.html>

LAW ENFORCEMENT COMMUNITY

- **1st Help:** www.1stHelp.net
Website that provides a comprehensive, confidential database of local resources for first responders (Fire, Law Enforcement, Dispatch, Corrections, EMS), including spiritual, emotional and financial support.
- **Copline:** **(800) 267-5463** / www.copline.org
24-hour free, confidential hotline for active and retired law enforcement officers and their families; staffed by retired law enforcement officers.
- **Safe Call:** **(206) 459-3020**
Confidential 24-hour crisis referral service for first responders and their families. Staffed by an officer or former law enforcement officer. Provides education, healthy alternatives and resources to save lives and put families back together.
- **International Association of Chiefs of Police:** **(800) 843-4227** / www.theiacp.org/projects/mental-wellness-of-police-officers
The IACP's "Mental Wellness of Police Officers" section on its website provides extensive information and toolkits to assist police departments on how to develop mental health and resilience programs for their police force. Topics include Vicarious Trauma, Cumulative Trauma, Suicide Prevention and Awareness, Family Wellness, Financial Planning, among others. In particular, the [Law Enforcement Family Resources](#) section of the website provides extensive information on how to start a law enforcement family support group, blogs, and resources for spouses and children of law enforcement officers
- **Concerns of Police Survivors (C.O.P.S.):** **(573) 346-4911** / www.concernsofpolicesurvivors.org
Organization providing resources to survivors (spouses, children, primary family members and co-workers) of officers who have died in the line-of-duty. Programs include scholarships, *peer support*, C.O.P.S. kids counseling reimbursement program, summer camp, C.O.P.S. teens outward bound adventure, retreats for spouses, parents, siblings, adult children, extended family, co-workers, and trial and parole support. Offers training and assistance to law enforcement agencies nationwide on how to respond to the loss of a law enforcement officer.
- **Catch a Falling Star:** **(716) 656-8641** / www.catchafallingstar.net
Organization providing comprehensive array of confidential consulting services to first responders and their family members to help cope with their personal or work-related problems that affect workplace performance.
- **Thin Blue Line Foundation:** **(503) 457-6163** / www.thinbluelinefoundation.org
Provides short-term financial assistance to officers in need, funding for training, college scholarships, Kevlar vest funding. Also includes online resources that help equip law

enforcement to manage the personal hardships of their role, spiritual support, support to families of fallen officers and crisis intervention assistance.

LEGAL (Finding a Lawyer)

See, also, [Incarcerated Populations](#) section of Resource Directory.

Low-Cost/Pro Bono Services

(NOTE: Will not provide services for criminal cases)

- **NAMI Legal Knowledge Article:** <https://helplinefaqs.nami.org>
Type “Legal” in search box. Title of Knowledge Article: *I need an attorney – Where can I find legal help?*
- **State Legal Aid Services**
Government subsidized bureau or organization specific to each state whose function is to provide legal services for low income individuals. To find local information initiate an internet search for state name and legal aid – ex. “Maryland legal aid”.
- **Lawhelp.org:** www.lawhelp.org
Online service for low and moderate-income Americans that helps find free legal aid programs in their communities, answers to questions about their legal rights and forms to help with legal issues; click on “find help near you” for state specific legal info, self-help forms and a directory of legal aid services.
- **HelpWhenYouNeedIt:** www.helpwhenyoneedit.org
Online service that connects users to over 350,000 listings nationwide of private and public resources. Offers a “Legal Assistance” in the “Select a Category” drop-down menu with a list of organizations that provide low-cost or pro bono legal assistance in your area. NOTE: Will need to review listings of legal aid services that are relevant to area of law that is needed.
- **American Bar Association Pro Bono Resource Directory:**
<https://www.americanbar.org/groups/center-pro-bono/>
Search for state-specific pro bono organizations.
- **Legal Services Corporation (LSC):** <https://lsc.gov/>
Federal resource to help with SSI claims and other legal aid. Search by zip code to locate contact information for legal aid offices in that region (offices all around the U.S.). They promote equal access to justice by providing high quality civil legal assistance to low-income persons. Search by zip code to locate legal aid offices in your region, apply for grants, and LSC also conducts compliance reviews and program visits to oversee program quality and compliance with statutory and regulatory requirements.
- **211:** www.211.org
Dial 211 from any phone (mobile/landline) or use website to search for contact information

by zip code; service refers callers to appropriate agencies/community organizations that offer pro-bono legal assistance; available in most areas. Website also offered in Spanish.

- NAMI Affiliate or NAMI State Organization

For information about state specific laws or procedures. Might have additional legal resources or community contacts with lawyers.

Fee-Based Representation

- American Bar Association: www.americanbar.org/groups/legal_services/flh-home/flh-bar-directories-and-lawyer-finders/

Website provides links to affiliated State bar associations that can provide legal referrals depending on type of law. (Some referral services may require small payment for assessment of the case and referral.) Click on affiliated State Bar Association.

- Martindale-Hubbell Lawyer Locator: <https://www.martindale.com/find-attorneys/>

Web-based service providing ratings and reviews to identify, evaluate and select the most appropriate lawyer for a legal issue. Provides a “Find an Attorney Near You” function.

LGBTQ COMMUNITY

General

- [NAMI LGBTIQ+ page](#)

- LGBT National Help Center: (888) 843-4564 (Hotline), (800) 246-7743 (Youth Talkline), (888) 234-7243 (Senior Hotline) / www.glnh.org

NOTE: Hours are 4 p.m. – 12 midnight ET. Each hotline provides skilled peer counseling, info and resources. Also provides peer support through **online chats** and email; facts/stats/local resources on LGBT+ businesses, lawyers, doctors and counseling professionals.

- (PFLAG) Parents, Families and Friends of Lesbian & Gays: (202) 467-8180 / www.pflag.org
Supports families and friends of LGBT community; provides PFLAG chapter helplines, **in-person support group** meetings and resources. Website also offered in Spanish.

- Trevor Lifeline: (866) 488-7386 / www.thetrevorproject.org

24/7 hotline; provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13–24. Also provides TrevorSpace: Service that connects LGBTQ Youth to peer support and community through **online forums** (trevorspace.org).

- Essay: <https://essayontime.com.au/lgbtq-students-resources-support/>

Website providing an extensive list of resources for LGBTQ students, their friends and supporters.

- It Gets Better: www.itgetsbetter.org

Provides coping skills and resources with the goal of communicating to LGBTQ+ youth that it gets better. Offers a “Get Help” page to find LGBTQ+ youth support services in your community.

- **National Queer and Trans Therapists of Color Network:** www.nqttcn.com
A social justice organization that actively works to transform mental health for queer and trans people of color in North America, including resources and access to mental health practitioners. Offers a Directory of Therapists finder.

Transgender-Specific

- **Trans Lifeline:** (877) 565-8860 / www.translifeline.org
Crisis intervention and suicide prevention services for transgendered individuals (hotline is run by transgendered individuals). Also provides help for individuals wanting to change legal name on passport, license, ID, etc. Calls accepted 7 a.m.–1 a.m. PT/9 a.m.–3 a.m. CT/10 a.m.–4 a.m. ET. **Spanish-language hotline available.**
- **The Jim Collins Foundation:** www.jimcollinsfoundation.org/#
Helps transgender people in need of funding for their gender-confirming surgeries.

Legal

- **Lambda Legal:** (212) 809-8585 www.lambdalegal.org
Nation's oldest and largest legal organization advocating for policy change and working for the civil rights of lesbians, gay men, trans students and people with HIV/AIDS. Know Your Rights directory by state online. Look up local number online. **Website also offered in Spanish.**
- **National Center for Transgender Equality:** (202) 642-4542 / www.transequality.org
Provides info and resources about transgender people and issues that affect them such as health care, homelessness and civil rights. **Limited website resources offered in Spanish.**
- **Transgender Law Center:** (510) 587-9696 / www.transgenderlawcenter.org
Provides information about the legal rights of trans people on a wide variety of topics from housing to employment to immigration. They also have resources on housing, employment, discrimination, health, etc. **Website also offered in Spanish.**
- **(LGBTQ Military) Stateside Legal:** www.statesidelegal.org/library/4697
Site provides a section dedicated to LGBTQ+ resources for military members and veterans.
- **It's Your Life:** PDF resource from the ABA that provides information to LGBTQ+ teens in the child welfare system. Explains legal rights, what to expect from protective programs and employees, and how to get help if rights are violated.

LONG-TERM CARE PLANNING

See, also, [Guardianship/Psychiatric Advanced Directives](#) and [Involuntary Commitment/Civil Commitment](#) sections of Resource Directory.

- **NAMI Long-Term Care Planning Knowledge Article:** <https://helplinefaqs.nami.org>
Type "Long Term" in search box. Title of Knowledge Article: How do I create a long-term care plan for my loved one who is living with a serious mental illness?

- **NAMI Peer Support Knowledge Article:** <https://helplinefaqs.nami.org>
Type "Support" in search box. Title of Knowledge Article: *How can I find ways to support my loved one's daily living activities? Can I hire a caregiver to come to my home and assist?*
- **Special Needs Alliance:** www.specialneedsalliance.org
Maintains database of attorneys who are skilled in the areas of special needs trusts & wills, estate and financial planning, advance directives and guardianships & conservatorships. Website offers comprehensive section on "Special Needs 101."
- **National PLAN Alliance, Inc. (NPA):** www.nationalplanalliance.org
Provides resources, referrals and info to assist families with the planning needs of adult children with lifelong disabilities. Site offers a finder function for a [state-specific PLAN office](#).
- **ABLE National Resource Center:** www.ablenrc.org
Provides information on how to create and manage an ABLE account (tax-free savings accounts for individuals with disabilities). Website also offered in Spanish.
- **National Disability Institute:** <https://www.nationaldisabilityinstitute.org/>
Maintains resources and information on financial planning for individuals living with a disability (budgeting, benefits planning, tax preparation and loan program to pay for devices that improve/maintain quality of life).
- **ElderLawAnswers:** (866) 267-0947 / www.elderlawanswers.com
Information about estate planning, long-term care, Medicaid, medical directives and nursing home issues for aging populations. Attorney referrals nationwide.
- **The Arc Center for Future Planning:** <https://futureplanning.thearc.org/>
Complementary website of The Arc that provides extensive information and an online "Build Your Future Plan" guide to support individuals with I/DD and their families with transition planning for the future. Also offers online [sample Letter of Intent](#) that individuals fill out every year (ideally) as a tool for person-centered planning.

MEDICATION

See, also, [Emergency Mental Health Services/Urgent Medication Needs](#) and [Treatment](#) sections of Resource Directory.

For questions regarding potential side-effects or dosages of a specific medication, please speak with the prescribing physician and/or the local pharmacy that has filled the prescription.

General

- [NAMI Mental Health Medications](#) and [NAMI Types of Medication](#) pages
(Note: Medications listed are not a comprehensive list)
- **NAMI Medication Knowledge Article:** <https://helplinefaqs.nami.org>
Type "Medication" in search box. Title of Knowledge Article: *How can I learn more about my medication's dosage and side effects?*

- **NAMI Hearts+Minds:** www.nami.org/heartsandminds
A wellness initiative to help better manage your mental and physical health with info on gut health and nutrition, diet and fitness, **managing side effects of medication**, substance abuse and smoking cessation, and gaining a greater sense of control over your emotions. Available as a 4-hour seminar or 4-session course at your local NAMI Affiliate.
- **U.S. National Library of Medicine Drug Information Portal:** **(888) 346-3656** / <https://druginfo.nlm.nih.gov/drugportal/drug/names>
Site offers a Drug Information Portal that provides information on over 80,000 medications.
- **Food & Drug Administration (FDA):** www.fda.gov/drugs/drug-safety-and-availability
Website offers extensive information on prescription medication, side effects, safety and availability. Offers a [Find Information about a Drug](#) portal with information on drugs, drug dosage and drug disposal (also offered in Spanish). Website offers a section in Spanish.
- **American Association of Poison Control Centers:** **(800) 222-1222** / www.aapcc.org
Provides 24/7 confidential and expert medical advice for poisoning information. **Accepts Spanish-language calls.**

Prescription Medication Financial Assistance

- **PhRMA's Medicine Assistance Tool:** www.medicineassistancetool.org
A search engine for many of the Patient Assistance Resources that the pharmaceutical industry offers.
- **Needy Meds:** **(800) 503-6897** / www.needymeds.org
Offers a HelpLine and website information on financial assistance programs to help defray cost of medication. **Website also offered in Spanish.**
- **RX Assist:** www.rxassist.org
Provides up-to-date directory of free and low-cost Patient Assistance Programs and other ways to manage medication costs.
- **RX Hope:** www.rxhope.com
A free patient assistance program to assist people in need obtain critical medications.
- **USARX:** www.usarx.com
Provides coupons online for downloading/printing and can be brought to the pharmacy to see if it will give consumer a lower price or beat their copay.
- **Blinkhealth Prescription Assistance:** **(844) 366-2211** / www.blinkhealth.com
Individuals (with or without insurance) pay upfront for medication online and then take a voucher to their pharmacy. **Accepts calls 8 a.m. – 10 p.m. M-F, 9 a.m. – 7 p.m. weekends (ET); Spanish language option on patient assistance line.**

- **Good Rx Care: (415) 237-1378 / www.goodrx.com/care**
Allows you to make an appointment with a doctor who can prescribe anti-depressants & other psychiatric drugs. After a consultation (fee is \$100), one can get prescription refills without seeing the doctor.
- **LemonAid Health: (415-926-5818) / www.lemonaidhealth.com**
Online doctor's office & medicine delivery. Connects users with professional help and/or medication for the anxiety, depression and more for a minimum consultation fee of \$25.

MISSING PERSONS

- **[NAMI Finding a Missing Person page](#)**
- **[NAMI Missing Person Knowledge Article: https://helplinefaqs.nami.org](https://helplinefaqs.nami.org)**
Type "Missing" in search box. Title of Knowledge Article: How can I find my family member who is missing?
- **[Call Police and File Missing Person Report](#)**
Note: 3-day requirement may be lowered for person with mental illness; ask to have person placed on endangered adult list.
- **[National Center for Missing & Exploited Children \(NCMEC\): \(800\) THE-LOST / www.missingkids.com](http://www.missingkids.com)**
Offers extensive information on tips and resources for finding missing children under the age of 20 years old. After filing a police report, contact the NCMEC at 800-THE-LOST and open up a case. Website and Helpline also offered in Spanish.
- **["How Stuff Works: What to do if a Loved One Goes Missing": https://people.howstuffworks.com/what-to-do-if-loved-one-goes-missing.htm](https://people.howstuffworks.com/what-to-do-if-loved-one-goes-missing.htm)**
Article that details numerous options for locating a missing loved one; explains difference when trying to find missing minor vs. adult.
- **[Nat'l Missing and Unidentified Persons System \(NAMUS\): \(855\) 626-7600 / www.namus.gov](http://www.namus.gov)**
Maintains a national database on all missing persons and provides free investigative support. Website also offered in Spanish.
- **[Salvation Army Missing Persons Program: \(800\) 315-7699 / https://centralusa.salvationarmy.org/usc/missing_persons/](https://centralusa.salvationarmy.org/usc/missing_persons/)**
For persons missing 6+ months; SA provides an international service to help facilitate successful reunions between family members who have lost contact with each other. Searches are conducted utilizing a variety of methods, including government offices, credit institutions, social service agencies and law-enforcement personnel. Contact SA's Missing Persons Regional Office (Eastern, Central, Southern). Find correct regional contact info by searching "Salvation Army missing persons locator." Accepts Spanish-language calls.

MUSLIM AMERICAN COMMUNITY

- **Institute for Social Policy and Understanding: (313) 436-0523 / www.ispu.org/mental-health**
Provides educational mental health resources to Muslim American communities to assist with issues involving youth mental health, dealing with bias and bigotry, and links to other Muslim wellness resources.
- **Institute for Muslim Mental Health: www.muslimmentalhealth.com**
Website provide resources, a "Find a Therapist" locator, research and journals.
- **Muslim Wellness Foundation (MWF): (267) 571-1730 / <https://www.muslimwellness.com/>**
Aims to destigmatize mental health conditions in the Muslim community. Website includes information about resources on community trauma, programs and news.

NATIVE AMERICAN/INDIGENOUS COMMUNITY

- **[NAMI Indigenous page](#)**
- **Psychology Today: www.psychologytoday.com/us/therapists/native-american**
- **Indian Health Service: www.ihs.gov**
Federal program for American Indians and Alaska Natives. Website includes FAQ for patients and section on Behavior Health services in the AI/AN health care services.
- **Indian Country Child Trauma Center (ICCTC): (405) 271-8858 / www.icctc.org**
SAMHSA-funded program established to develop training, technical assistance, program development and resources on trauma-informed care to tribal communities. Oklahoma City-based center specializes in treatment of Native American children that live with trauma and sexual abuse.
- **One Sky Center: (503) 970-7895 / www.oneskycenter.org**
Provides resources and a "Find a Therapist" locator for treating mental health and substance use disorder within Native American communities.
- **StrongHearts Native HelpLine: (844) 762-8483**
This is a domestic violence and dating violence helpline for American Indians and Alaska Natives offering culturally appropriate support daily from 7 a.m. –10 p.m. CT via phone and online chat. StrongHearts Native Helpline's one-on-one chat sessions with advocates can be accessed by clicking on the "Chat Now" icon at strongheartshelpline.org.

OBSESSIVE-COMPULSIVE DISORDER (OCD)

See, also, [Anxiety Disorders](#) or [Hoarding](#) section of Resource Directory.

- **[NAMI OCD page](#)**

- [NAMI OCD Knowledge Article: https://helplinefaq.nami.org](https://helplinefaq.nami.org)
Type “OCD” in search box. Title of Knowledge Article: *How can I get help/support for obsessive-compulsive disorder (OCD)?*
- [International OCD Foundation \(IOCDF\): \(617\) 973-5801 / www.iocdf.org](http://www.iocdf.org)
Provides info and resources on OCD, including individual therapist & clinic referrals; operates national network of in-person support groups; Offers limited Spanish-language call support.
- [The TLC Foundation: \(831\) 457-1004 / www.bfrb.org](http://www.bfrb.org)
Information and resources for Trichotillomania, skin picking disorder, nail biting and other body-focused repetitive behaviors. Offers referrals to therapists, in-person support groups, and hair and skin care services. Website also offered in Spanish.
- [Psychology Today OCD Therapist Locator: https://www.psychologytoday.com/us/therapists/obsessive-compulsive-ocd](https://www.psychologytoday.com/us/therapists/obsessive-compulsive-ocd)
Offers an OCD “Find a Therapist” link on the site. Can also use the link to locate treatment facilities and psychiatrists. Individuals should verify with their insurance company once they have identified a provider to confirm coverage.
- [Peace of Mind: www.peaceofmind.com/resources/ocd-resources](http://www.peaceofmind.com/resources/ocd-resources)
Supports the OCD community – individuals living with OCD and their caregivers – through education, research, support and advocacy (not personal advocacy). Offers information on OCD residential treatment facilities; in-person support groups (Texas only); online support groups, nationwide.
- [Obsessive-Compulsive Anonymous: www.obsessivecompulsiveanonymous.org](http://www.obsessivecompulsiveanonymous.org)
Offers 12-step in-person support groups and conference call support meetings for those living with multiple forms of OCD.

OPPOSITIONAL DEFIANT DISORDER (ODD)

- [NAMI Basics OnDemand / https://basics.nami.org](https://basics.nami.org)
An education program for parents, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. This program is free to participants, self-paced and available 24/7. Register online today.
- [American Academy of Child and Adolescent Psychiatry \(ODD Resource Center\): www.aacap.org/aacap/families_and_youth/Resource_Centers/Oppositional_Defiant_Disorder_Resource_Center/Home.aspx](http://www.aacap.org/aacap/families_and_youth/Resource_Centers/Oppositional_Defiant_Disorder_Resource_Center/Home.aspx)
Provides information and resources for families and youth on ODD. Also provides a child and adolescent psychiatrist finder. Website offers resources in Spanish.
- [Child Mind Institute \(section on ODD\): \(212\) 308-3118 / www.childmind.org/guide/oppositional-defiant-disorder/what-is-it/](http://www.childmind.org/guide/oppositional-defiant-disorder/what-is-it/)
Offers info about children’s mental health issues for parents and educators, including a symptom checker for a wide range of disorders. Website offers resources in Spanish.

- **VeryWell Mind:** www.verywellmind.com/before-you-look-for-information-on-odd-3106614
Website contains informative section on ODD, providing information and links to resources on the condition, treatment options, what to do after diagnosis, preparing your child for school, disciplining an ODD child, strategies for living with an ODD child and links to websites that offer ideas for parents who have a child with ODD.
- **Oppositional Defiant Disorder *Online Support Group*:**
A website operated by DailyStrength, a division of *Sharecare* that serves as a *social network* where users provide one another with emotional support. The site contains 500+ online communities that deal with different medical conditions or life challenges, and includes a group specific to ODD that can be accessed at:
www.dailystrength.org/group/oppositional-defiant-disorder-odd

PEER SUPPORT SERVICES

Peer support programs provide an opportunity for consumers who have achieved significant recovery to assist others in their recovery journeys. Peer specialists model recovery, teach skills and offer supports to help people experiencing mental health challenges lead meaningful lives in the community. The resources listed below can assist in locating a peer support specialist or recovery program in your area. Additionally, **conducting an internet search for "Mental Health Peer Recovery Center [insert location]" will often produce a list in your area.**

- **NAMI Peer Support Knowledge Article:** <https://helplinefaqs.nami.org>
Type "Support" in search box. Title of Knowledge Article: How can I find ways to support my loved one's daily living activities? Can I hire a caregiver to come to my home and assist?
- **NAMI Connection Support Group**
For peers is a support group for people with mental health conditions. Groups meet weekly, every other week or monthly, depending on location. *This program is also available in Spanish, NAMI Conexión.*
- **National Empowerment Center:** **(800) 769-3728** / www.power2u.org
Peer-run organization dedicated to providing a message of recovery, empowerment, hope, and healing to those with lived mental health issues, trauma and/or extreme states. Provides information & resources, education and also a *national directory of consumer-run statewide organizations* at (<https://power2u.org/consumer-run-statewide-organizations/>) providing myriad services (by community), including supported employment, drop-in centers, crisis prevention (WRAP)/respite, non-clinical *in-person peer support programs*, etc. *Spanish-speaking information specialist available to callers.*
- **National Mental Health Consumer's Self-Help Clearinghouse:** www.mhselfhelp.org
Nationwide directory to locate local consumer-driven mental health services, including resources such as Clubhouses, crisis prevention/respite services, **drop-in centers**, employment resources, housing, peer case management and support. Maintains search function for directory of local CDS (consumer-driven services) through www.cdsdirectory.org.

- **International Center for Clubhouse Development: (212) 582-0343 / www.iccd.org**
"Clubhouses" provide opportunities for education, employment and social activities to those living with SMI. Site offers a [Find a Clubhouse Near You](#) directory. Website also offered in Spanish.

PERSONALITY DISORDERS

Borderline Personality Disorder

- [NAMI BPD page](#)
- [NAMI BPD Knowledge Article: https://helplinefaqs.nami.org](https://helplinefaqs.nami.org)
Type "BPD" in search box. Title of Knowledge Article: How can I get help/support for borderline personality disorder (BPD)?
- [National Education Alliance for BPD: www.borderlinepersonalitydisorder.com](http://www.borderlinepersonalitydisorder.com)
Resource and information for families and loved ones of those living with BPD. Offers a "Family Connections™" Program, a free, 12-week course offered across US, both **in-person** and via **teleconference**, the provides current information and research on BPD and family functioning; individual coping skills based on Dialectical Behavior Therapy (DBT); family skills; and group support that builds an ongoing network for family members.
- **BPD Resource Center: (888) 694-2273 / www.nyp.org/bpdresourcecenter**
Resources and information on BPD; including referrals to clinicians and treatment centers.
- **BPD Central: <http://stopwalkingoneggshells.com/>**
Information on BPD & Narcissistic Personality Disorder, treatment referrals, resources and **online support groups** for multiple BPD-related communities.
- **TARA (Treatment/Research Advancements for BPD): (888) 482-7227 / www.tara4bpd.org**
Offers national helpline, resource & referral center to families and people in recovery from BPD. NOTE: Callers will be asked to provide their name and contact information before being able to proceed with services.
- **Out of the FOG: www.outofthefog.website**
Information and resources for caregivers and loved ones of individuals living with BPD or Narcissistic Personality Disorder. Provides multiple **online discussion forums**.
- **(App) DBT Travel Guide (Apple and Android; Free)**
App for users and practitioners that provides info about DBT and BPD and contains 200+ skills and mindfulness exercises, including a crisis resources section. For the therapist, the app offers practical guidelines and guide to write down agreements between client and therapist and to digitally fill in the diary card.

Narcissistic Personality Disorder

- **BPD Central:** <http://stopwalkingoneggshells.com/>
*Information on BPD & Narcissistic Personality Disorder, treatment referrals, resources and **online support groups** for multiple BPD-related communities, including NPD.*
- **Out of the FOG:** www.outofthefog.website
*Information and resources for caregivers and loved ones of individuals living with BPD or Narcissistic Personality Disorder. Provides multiple **online discussion forums**.*

PSYCHOSIS

- [NAMI Early Psychosis and Psychosis page](#) and [NAMI Ask the Expert Series: Supporting a Loved One with Psychosis](#)
- [NAMI First Episode Psychosis Knowledge Article:](https://helplinefaqs.nami.org) <https://helplinefaqs.nami.org>
Type "Psychosis" in search box. Title of Knowledge Article: My loved one is displaying symptoms of early serious mental illness – Where do I begin to find help?
- [NAMI Peer-to-Peer Classes](#)
A free, eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery. Taught by trained leaders with lived experience, this program includes activities, discussions and informative videos. As with all NAMI programs, it does not include recommendations for treatment approaches.
- [NAMI Family-to-Family Classes](#)
*For families, significant others and friends of people with mental health conditions. Designated as an evidence-based program by SAMHSA, it facilitates a better understanding of mental health conditions, increases coping skills and empowers participants to become advocates for their family members. **Also available in Spanish, De Familia a Familia de NAMI.***
- [NAMI Connection Support Group](#)
*For peers is a support group for people with mental health conditions. Groups meet weekly, every other week or monthly, depending on location. **This program is also available in Spanish, NAMI Conexión.***
- [NAMI Family Support Group](#)
Support group for family members, significant others and friends of people with mental health conditions. Groups meet weekly, every other week or monthly, depending on location.
- [SAMHSA Fact Sheet on Cognitive Behavioral Therapy for psychosis \(CBTp\)](#)
- [Cognitive Behavioral Therapy for Psychosis CBTp](#)
An evidence-based talking therapy that concentrates on how an individual's thoughts, behaviors and emotions are connected; CBTp was developed as an individual treatment, and later as a group-based intervention, to reduce the distress associated with the symptoms of psychosis and improve functioning. To learn more:

- [NAMI Ask the Expert Series: Supporting a Loved One with Psychosis](#)
- [Fact Sheet on CBTp](#)
- **Early Assessment & Support Alliance (EASA):** www.easacommunity.org
Provides extensive information & resources about psychosis for individuals, loved ones and for professionals. They also provide a program directory of FEP programs nationwide:
http://www.easacommunity.org/PDF/Directory_V5.pdf Website also offered in Spanish.

POST-TRAUMATIC STRESS DISORDER (PTSD)

- [NAMI PTSD page](#)
- **NAMI PTSD Knowledge Article:** <https://helplinefaqs.nami.org>
Type "PTSD" in search box. Title of Knowledge Article: How can I get help/support for post-traumatic stress disorder (PTSD)?
- **National Center for PTSD:** **(802) 296-6300** / www.ptsd.va.gov
Service of the Department of Veterans Affairs providing resources to individuals, family members and providers on combat- and non-combat-related PTSD. Information includes types of trauma, treatment options, coping mechanisms, related problems. Website maintains a "Find a Therapist" finder. Offers a [Helping a Family Member Who Has PTSD](#) page in Spanish on its website.
- **The Sidran Institute:** www.sidran.org
International organization that helps people understand, recover from and treat traumatic stress (including PTSD), dissociative disorders, and co-occurring conditions such as addiction, self-injury and suicidality. Website provides educational information, resources for treatment, support and self-help, as well as publications about trauma and recovery.
- **EMDR International Association:** www.emdria.org/search/default.asp
Maintains an online locator of providers of Eye Movement Desensitization and Reprocessing (EMDR) therapy, a psychotherapy treatment originally designed to alleviate the distress associated with traumatic memories.
- **Int'l Society for the Study of Trauma and Dissociation:** **(844) 994-7783** / www.isst-d.org
Provides information & resources on trauma and dissociation, as well as a Find a Therapist or facility locator.
- **America's VetDogs:** **(866) 838-3647** / www.vetdogs.org
Provides service dogs (at no cost) to Veterans, active-duty service members, or first responders who are living with disability caused by PTSD.
- **(App) PTSD Coach:** www.ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp
Downloadable app from the National Center for PTSD that can help learn about and manage symptoms that often occur after trauma.

RESEARCH (Mental Health)

NAMI does not conduct research. Rather, it shares information on research conducted by NIMH and SAMHSA

General

- [NAMI Research Page](#)
- **National Institute of Mental Health: (866) 615-6464 / www.nimh.nih.gov**
*Federal agency responsible for research on causes and treatments of mental illness. Also offers general information about mental illness. *All of NAMI's statistics come from NIMH. Website offers numerous fact sheets in Spanish; Accepts Spanish-language calls.*

Participating in Research

- [NAMI Participating in Research Page](#), which includes a “Find A Study” function
- **Harvard Brain Tissue Resource Center: (800) 272-4622 / <https://hbtrc.mclean.harvard.edu/>**
For those wishing to make a brain donation, HBTRC is a centralized resource for collection/distribution of human brains for research; information about donations available on their website.
- **ClinicalTrials.gov: www.clinicaltrials.gov**
Provided by U.S. National Library of Medicine, ClinicalTrials.gov is a registry and results database of publicly and privately supported clinical studies of human participants.

Research Funding

- **Stanley Medical Research Institute: www.stanleyresearch.org**
Nonprofit that supports research on the causes of, and treatment for, schizophrenia and bipolar disorder.
- **Brain and Behavior Research Foundation: (800) 829-8289 / www.bbrfoundation.org**
Awards grants to research scientists that study mental illness.

RELATIONSHIPS

See, also, [Anosognosia](#) and **Condition-specific** sections of Resource Directory.

Family

- [NAMI Family Members and Caregivers page](#)
- **NAMI Family-to-Family Classes / www.nami.org/findsupport**
For families, significant others and friends of people with mental health conditions. Designated as an evidence-based program by SAMHSA, it facilitates a better understanding of mental health conditions, increases coping skills and empowers participants to become advocates for their family members. Also available in Spanish, De Familia a Familia de NAMI.

Find a class nearest to you via your local NAMI Affiliate. If a class isn't available, contact your local NAMI Affiliate about starting one.

- [NAMI Basics OnDemand / https://basics.nami.org](https://basics.nami.org)
An education program for parents, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. This program is free to participants, self-paced and available 24/7. Register online today.
- [NAMI Family Support Group / www.nami.org/findsupport](http://www.nami.org/findsupport)
Support group for family members, significant others and friends of people with mental health conditions. Groups meet weekly, every other week or monthly, depending on location. Find a group nearest to you via your local NAMI Affiliate. If a group isn't available, contact your local NAMI Affiliate about starting one.
- [NAMI Family & Friends Seminar / www.nami.org/findsupport](http://www.nami.org/findsupport)
NAMI Family & Friends is a 90-minute or 4-hour seminar that informs and supports people who have loved ones with a mental health condition. Participants will learn about diagnoses, treatment, recovery, communication strategies, crisis preparation and NAMI resources. E-book available in English, Arabic, Farsi, Korean, Mandarin, Spanish and Vietnamese. Find a seminar nearest to you via your local NAMI Affiliate. If a seminar isn't available, contact your local NAMI Affiliate about starting one.

Friendship

- [NAMI Want to Know How to Help a Friend infographic](#) and [NAMI How to Talk to My Friends page](#)
- [NAMI Family & Friends Seminar / www.nami.org/findsupport](http://www.nami.org/findsupport)
NAMI Family & Friends is a 90-minute or 4-hour seminar that informs and supports people who have loved ones with a mental health condition. Participants will learn about diagnoses, treatment, recovery, communication strategies, crisis preparation and NAMI resources. E-book available in English, Arabic, Farsi, Korean, Mandarin, Spanish and Vietnamese. Find a seminar nearest to you via your local NAMI Affiliate. If a seminar isn't available, contact your local NAMI Affiliate about starting one.

Romantic

- [NAMI Romantic Relationships page](#) and [NAMI Romantic Relations pdf](#)
- [MHA Relationship page](#)
- **Love is Respect: (866) 331-9474 / Text LOVEIS to 22522 / Webchat www.loveisrespect.org**
Provides information on maintaining healthy intimate relationships, "dating basics", how to end unhealthy relationships, etc. Also offers a section on how to help a friend/family member/roommate/coworker in need of intervention. Offers specific information regarding Deaf and Native American Communities. Website also offered in Spanish.

SCHIZOPHRENIA/SCHIZOAFFECTIVE DISORDER

See, also, [Anosognosia](#) and [Psychosis](#) sections of Resource Directory.

- [NAMI Schizophrenia page](#) and [NAMI Schizoaffective Disorder page](#)
- [NAMI Schizophrenia Knowledge Article: <https://helplinefaqs.nami.org>](#)
Type “Schizophrenia” in search box. Title of Knowledge Article: How can I get help/support for schizophrenia/schizoaffective disorder?
- [NAMI Peer-to-Peer Classes / \[www.nami.org/findsupport\]\(http://www.nami.org/findsupport\)](#)
A free, eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery. Taught by trained leaders with lived experience, this program includes activities, discussions and informative videos. As with all NAMI programs, it does not include recommendations for treatment approaches.
- [NAMI Family-to-Family Classes / \[www.nami.org/findsupport\]\(http://www.nami.org/findsupport\)](#)
For families, significant others and friends of people with mental health conditions. Designated as an evidence-based program by SAMHSA, it facilitates a better understanding of mental health conditions, increases coping skills and empowers participants to become advocates for their family members. Also available in Spanish, *De Familia a Familia de NAMI*. Find a class nearest to you via your local NAMI Affiliate. If a class isn’t available, contact your local NAMI Affiliate about starting one.
- [NAMI Connection Support Group / \[www.nami.org/findsupport\]\(http://www.nami.org/findsupport\)](#)
For peers is a support group for people with mental health conditions. Groups meet weekly, every other week or monthly, depending on location. This program is also available in Spanish, *NAMI Conexión*.
- [NAMI Family Support Group / \[www.nami.org/findsupport\]\(http://www.nami.org/findsupport\)](#)
Support group for family members, significant others and friends of people with mental health conditions. Groups meet weekly, every other week or monthly, depending on location. Find a group nearest to you via your local NAMI Affiliate. If a group isn’t available, contact your local NAMI Affiliate about starting one.
- [Cognitive Behavioral Therapy for Psychosis CBTp](#)
An evidence-based talking therapy that concentrates on how an individual’s thoughts, behaviors and emotions are connected; CBTp was developed as an individual treatment, and later as a group-based intervention, to reduce the distress associated with the symptoms of psychosis and improve functioning. To learn more:
 - [NAMI Ask the Expert Series: Supporting a Loved One with Psychosis](#)
 - [Fact Sheet on CBTp](#)
- [Schizophrenia & Psychosis Action Alliance \(S&PAA\): \(800\) 493-2094 / \[www.sczaction.org\]\(http://www.sczaction.org\)](#)
“Go-to” resource for SCZ & SCZA; Maintains network of **in-person support groups**; also

provides toll-free, **weekly teleconference support calls** for those living with the condition and caregivers/allies.

- **Schizophrenia.com:** <http://schizophrenia.com/>
Provides in-depth information, resources and **online discussion forums** for individuals and caregivers affected by schizophrenia and related disorders.
- **Schizlife:** www.schizlife.com
Provides information on schizophrenia, treatment options, coping mechanisms, etc. Offers a **Schizophrenia Treatment Center** finder option to locate treatments centers by state.
- **“Surviving Schizophrenia, 7th Edition: A Family Manual” Book**
Book by Dr. E. Fuller Torrey that is widely considered to be the standard reference book on Schizophrenia. Written in clear language, the book describes the nature, causes, symptoms, treatment, and course of schizophrenia and explores living with it from both the patient's and the family's point of view. The newest (6th) edition includes the latest research findings on what causes the disease, as well as information about the newest drugs for treatment, and answers the questions most often asked by families, consumers and providers.
- **Hearing Voices Network:** www.hearingvoicesusa.org
Peer-support network for those hearing voices. Site offers an **in-person support group** locator.
- **SMI Adviser Tool:** www.smiadviser.org
Tool created by APA and SAMHSA, provides access to in-depth mental health courses, frequent and complex answers on SMI, clinical resources, mental health fact sheets and more.
- (App) **S&PAA Health Storylines:** (Apple, Android & Web; Free)
Developed in partnership with S&PAA, the app makes it easier to record details and specifics about symptoms, medication, moods, and more to help individuals living with schizophrenia and related disorders and their loved ones.
- (App) **UCSF PRIME** (Apple and Android; Free)
Developed by researchers at U Cal-San Francisco, PRIME provides connection to a social network especially tailored to the needs of people living with SCZ by connecting users to their peers and providing a direct line to mental-health clinicians called “coaches” (specially trained Master’s degree level clinicians) who communicate regularly with users to provide motivation and counseling in moments of need.

SCHOLARSHIPS/GRANTS

- **HEATH Resource Center at the National Youth Transitions Center:** www.heath.gwu.edu
National clearinghouse for information on post-secondary education for individuals with disabilities; website has information on financial aid, scholarships and internships. Offers Spanish section of the website.

- **Baer Reintegration Scholarship:** www.reintegration.com
Scholarships for individuals living with SCA/SCZA, bipolar, MDD and compliant with treatment plan, and engaged in high school/trade school.
- **American Association on Health and Disability Scholarship Program:** **(301) 545-6140** / www.aahd.us/initiatives/scholarship-program
Applicants must live with a disability and be pursuing undergrad or graduate work, preference given to those pursuing a major in public health, disability studies, health promotion or other field related to disability and health.

SELF-INJURY

See, also, [Resilience-Building](#) section of Resource Directory.

- [NAMI Self-Harm page](#)
- [NAMI Self-harm Knowledge Article:](https://helplinefaqs.nami.org) <https://helplinefaqs.nami.org>
Type "Self-harm" in search box. Title of Knowledge Article: How can I get help/support for self-harm?
- **S.A.F.E. Alternatives:** **(800) 366-8288** / www.selfinjury.com
Provides information and resources on self-harm; referrals to treatment options and a therapist locator; Phone line has an extension option for adolescents and teens calling in crisis and provides the National Suicide prevention helpline to all other callers in crisis.
- **Cornell Research Program on Self-Injury and Recovery:** <http://www.selfinjury.bctr.cornell.edu/>
Website offers extensive self-injury and recovery resources.
- **The Adolescent Self-Injury Foundation:** www.adolescentselfinjuryfoundation.com
Offers hope and information in the recovery process for the self-injurer and their families; raises awareness, provides extensive list of "things to do instead of self-harm."
- (App) **Calm Harm:** (Apple and Android; Free)
App provides tasks to help teenagers resist or manage the urge to self-harm through four categories: 'Distract' focuses on helping users learn self-control; 'Comfort' helps users learn to care rather than harm; 'Express Yourself' allows users to express feelings in a different way, and 'Release' provides safe alternatives to self-injury. There is also a 'Breathe' category to help calm and get back in control.
- (App) **My Shiny Thing:** (Apple only; Free)
App helps users resist urge to self-harm by asking how much a user wants to harm themselves and then shows pages and pages of funny and cute YouTube videos to act as a distracting intervention – based on DBT.

SLEEP DISORDERS

- [NAMI fact sheet on Sleep Disorders](#)
- Sleep Education: www.sleepeducation.org
Provides information on sleep disorders, causes, solutions/treatments, etc. Provides a “Find a Sleep Facility Near You” locator on its website. (Facilities listed are accredited by the American Academy of Sleep Medicine AASM.)

SOCIAL SERVICES/LOCAL SERVICES

See, also, [Disability Benefits \(SSI & SSDI\)](#) and [Insurance](#) sections of Resource Directory.

- NAMI Affiliate
Networks of local NAMI Affiliates may be able to provide contact information for local social services, community services board and other community services. Can locate by searching [Find Your Local NAMI](#)
- Community Behavioral Health Services
*These resources and services vary by County/local jurisdiction. Can provide information on local crisis services (including MCUs), disability services, housing and public benefits, children and teens services, health services and services for older adults. Found by conducting an internet search for the website of your **County or local jurisdiction’s Department of Health and Human Services.***
- National Association of Social Workers (NASW): www.helpstartshere.org
Largest association of professional social workers. Also offers a “Find a Therapist (Social Worker)” tool at: <https://www.helppro.com/NASW/BasicSearch.aspx>.
- 211: www.211.org
*Provides nationwide info on local resources/public benefits, shelter, food assistance, health clinics housing & utilities, employment, veterans, etc.) Dial 211 from any (mobile or landline) phone to be connected to services within that locality. **Spanish-language calls accepted.***
- FindHelp.org by Aunt Bertha: www.findhelp.org
*Online service that connects users to free and reduced cost local resources nationwide such as medical care, food, housing, transportation and more. **Website also offered in Spanish.***
- HelpWhenYouNeedIt: www.helpwhenyouneedit.org
An online service that connects users to over 350,000 listings nationwide of private and public resources for food pantries, stores that accept food stamps, assisted living facilities, domestic violence and homeless shelters, mental health & substance use treatment, free clinics, legal and financial assistance.
- (Respite care) National Institute on Aging: www.nia.nih.gov
Provides comprehensive section on [Caregiving](#) for those who take care of a friend or family member with a serious health condition, including information on [long-term care](#), [advance care planning](#), [long-distance caregiving](#) and [Alzheimer’s Caregiving](#) as well as articles

responding to FAQs. NIA's [End-of-Life Care](#) section of website that addresses myriad concerns, including Making Difficult End-of-Life Decisions, Advance Directives, **Support for Caregiver, including information on Respite Care.** Sections of website offered in Spanish.

- **National Empowerment Center: (800) 769-3728 / www.power2u.org**
Peer-run organization dedicated to providing a message of recovery, empowerment, hope, and healing to those with lived mental health issues, trauma and/or extreme states. Provides information & resources, education and also a [national directory of consumer-run statewide organizations](#) at (<https://power2u.org/consumer-run-statewide-organizations/>) providing myriad services (by community), including supported employment, drop-in centers, crisis prevention (WRAP)/respite, non-clinical **in-person peer support programs**, etc. **Spanish-speaking information specialist available to callers.**
- **National Mental Health Consumer's Self-Help Clearinghouse: www.mhselfhelp.org**
Nationwide directory to locate local consumer-driven mental health services, including resources such as Clubhouses, crisis prevention/respite services, drop-in centers, employment resources, housing, peer case management and support. Maintains search function for directory of local CDS (consumer-driven services) through www.cdsdirectory.org.
- **International Center for Clubhouse Development: (212) 582-0343 / www.iccd.org**
"Clubhouses" provide opportunities for education, employment and social activities to those living with SMI. Site offers a [Find a Clubhouse Near You](#) directory. **Website also offered in Spanish.**
- **Feeding America: www.feedingamerica.org/find-your-local-foodbank**
Offers a zip-code based directory of food banks in the US for individuals in need.

STATISTICS

- **[NAMI Mental Health by the Numbers Infographics](#)**
- **[NAMI Statistics Knowledge Article: https://helplinefaqs.nami.org](https://helplinefaqs.nami.org)**
Type "Statistics" in search box. Title of Knowledge Article: I'm working on a school project and would like to interview someone at NAMI.
- **National Institute of Mental Health (NIMH): (866) 415-8051 / www.nimh.nih.gov/statistics/index.shtml**
Provides statistics on mental health conditions & mental health in general; NAMI references NIMH statistics for our publications and other purposes. **Spanish-language calls accepted.**
- **National Center for Health Statistics: (800) 232-4636 / www.cdc.gov/nchs**
Provides statistics on various health conditions. **Spanish-language calls accepted.**
- **World Health Organization: https://www.who.int/mental_health/en/**
Provides info & statistics on mental health around the world. **Website also offered in Spanish.**

- See, also, links below on mental health statistics:

[CDC Fast Stats](#)

[SAMHSA Data](#)

[WHO Fact Sheets - Mental Disorders](#)

MH/guns and violence

[NAMI Gun Reporting Laws](#)

[Guns, Public Health and Mental Illness](#)

[Mental Illness and Violence](#)

Children's Mental Health

[National Center for Children in Poverty](#)

[CDC](#)

[NIMH](#)

[American Academy of Child and Adolescent Psychiatry](#)

[Child Mind Institute](#)

Criminal Justice

[NAMI Jailing People with Mental Illness](#)

[The Council of State Governments Justice Center](#)

[The Stepping Up Initiative](#)

[SAMHSA](#)

Suicide

[American Association of Suicidology](#)

[Suicide Prevention Lifeline](#)

[Speaking of Suicide](#)

[American Foundation for Suicide Prevention](#)

SUBSTANCE USE DISORDERS (SUD)

General

- [NAMI Substance Use Disorders page](#)
- [NAMI Substance Abuse Knowledge Article: https://helplinefaqs.nami.org](https://helplinefaqs.nami.org)
Type "Substance" in search box. Title of Knowledge Article: How can I get help/support for a drug addiction/substance abuse issue?
- [NAMI Hearts+Minds: www.nami.org/heartsandminds](http://www.nami.org/heartsandminds)
*A wellness initiative to help better manage your mental and physical health with info on gut health and nutrition, diet and fitness, managing the side effects of medication, **substance abuse and smoking cessation**, and gaining a greater sense of control over your emotions. Available as a 4-hour seminar or 4-session course at your local NAMI Affiliate.*
- [National Drug HelpLine: \(844\) 289-0879 / www.drughelpline.org](http://www.drughelpline.org)
A free, confidential 24/7 hotline is for information about substance use or misuse.

- **New York State HOPEline: (877) 846-7349 / Text 467369 24/7 / <https://oasas.ny.gov/hopeline>**
*Offers free and confidential services to those experiencing substance abuse and gambling disorders. Responds to callers and follows-up to ensure that referrals result in intake appointments and to provide support and additional referrals as appropriate. Services offered in English, **Spanish**, Bengali, Traditional Chinese, Haitian-Creole, Korean and Russian.*
- **SAMHSA Treatment Locator: (800) 662-4357 / <https://findtreatment.samhsa.gov/>**
*Federal agency website that provides referrals of the different treatment facilities across the nation. Can narrow search by insurance, cost of treatment and type of treatment. Includes programs like assertive community treatment and residential treatment. Good for low cost/sliding scale mental health care, substance abuse and dual diagnosis facilities. **Spanish-language calls accepted.***
- **Therapy Insider's Sober Living Homes Locator: www.therapyinsider.com/g/Sober-Living-Homes/**
Mental and behavioral health directory website with access to sober living homes – independently owned and operated homes designed for young people who are serious about sobriety. These homes are an aftercare stage of rehabilitation providing enhanced support. The best sober living homes charge a fee for rent, food and counseling. Each home has its own unique set of house rules, shared responsibilities and member expectations.
- **AddictionResource: (844) 905-0277 / www.addictionresource.com**
Website providing information and resources and a treatment finder to help those recovering from addiction and their loved ones to find the highest quality care.
- **In the Rooms: www.intherooms.com**
***Online social network** for the global recovery community – for those already in recovery or seeking immediate help from addiction, and for families and allies of those individuals. Free to join; members have access to over 129 **live online meetings**, weekly.*
- **SMART Recovery: (440) 951-5357 / www.smartrecovery.org**
*A substance use self-help program using cognitive behavioral therapy approaches to recover from addictive behaviors. Provides free, peer-led **online** and **in-person support groups** for individuals and family members/allies of those living with addiction.*
- **Start Your Recovery: www.startyourrecovery.org**
*Offers information about the signs, symptoms, conditions, and treatment options for people who are dealing with substance use issues, as well as resources for others who know someone struggling with addiction and a treatment locator tool. Website offers a “Find a Local Rehab Center,” counseling and **in-person support groups** function.*
- **WeRecover: (424) 365-9300 / www.werecover.com**
Provides search function for nationwide addiction treatment centers and to compare pricing.

- **Shatterproof:** <https://www.shatterproof.org/>
Works to revolutionize addiction treatment, end the stigma of addiction, and empower and educate communities. Provides information on addiction basics, prevention, treatment, recovery, safety and loss. Also provides a “Find Help” option
- **National Institute on Drug Abuse:** <https://www.drugabuse.gov>
Website that provides information on varying topics surrounding drug abuse including the following: current research being done on drug abuse, a variety of clinical resources, general information on drugs and drug abuse, information on grant opportunities, and news surrounding drugs and drug abuse.

Alcohol

- **NIAA Alcohol Treatment Navigator:** www.alcoholtreatment.niaaa.nih.gov
Provides extensive info on alcohol use, how to help someone with an alcohol addiction, treatment facility finder and guidance on how to find and choose the best treatment options.
- **Alcoholics Anonymous:** <https://www.aa.org/>
12-step program for individuals who believe they are living with an alcohol addiction; Website offers daily reflections, videos and a find an **in-person support group meeting** feature as well as **online intergroup/support groups**. Website offered in Spanish
- **Al-Anon/Al-Ateen:** **(888) 425-2666** (Meeting Line) / www.al-anon.alateen.org
Offers support and hope for family and friends of individuals (including teen-specific resources) abusing alcohol. Website offers find an **in-person support group meeting** feature; also offers **phone and online meetings** are also available. Spanish-language calls accepted; website offered in Spanish.
- **Partnership for Drug-Free Kids:** **(855) 378-4373** / www.drugfree.org
Supports families and caregivers in a supporting role in the life of a young person struggling with drug or alcohol use. Offers information, resources, peer support (parent coaching – phone-based support) and a HelpLine (855-378-4373). Spanish-language calls accepted; offers resources in Spanish on website.

Dual Diagnosis

- **NAMI Dual Diagnosis page**
- **NAMI Dual Diagnosis Knowledge Article:** <https://helplinefaqs.nami.org>
Type “Dual” in search box. Title of Knowledge Article: How can I get help for my loved one who has a substance abuse issue and a mental health condition (dual diagnosis) issue?
- **Dual Recovery Anonymous (DRA) Resource Center:** www.draonline.org
A 12-step self-help membership organization for individuals with a dual diagnosis. Features a find an **in-person support group meeting** search function on its website.

Gambling

- **National Council on Problem Gambling: (800) 522-4700 / www.ncpgambling.org**
Provides a confidential 24/7 helpline (call or text) as well as resources, connection to treatment, etc.
- **New York State HOPEline: (877) 846-7349 / Text 467369 24/7 / <https://oasas.ny.gov/hopeline>**
Offers free and confidential services to those experiencing substance abuse and gambling disorders. Responds to callers and follows-up to ensure that referrals result in intake appointments and to provide support and additional referrals as appropriate. Services offered in English, Spanish, Bengali, Traditional Chinese, Haitian-Creole, Korean and Russian.
- **Gamblers Anonymous: (855) 222-5542 / www.gamblersanonymous.org**
12-step program for people who live with a gambling addiction. that share their experiences with each other in order to help their recoveries. Offers a hotline (855-222-5542) and a find an **in-person support group meeting** locator.

Internet/Gaming

- **Internet Addicts Anonymous (ITAA): www.internetaddictsanonymous.org**
12-step **in-person support groups** for people with internet and technology addiction in all forms (Facebook, YouTube, smartphone and compulsive use of electronic devices.) Offers (limited) **in-person, phone or online support meetings** as well as **WhatsApp group support**.
- **Screenagers: Next Chapter: www.screenagersmovie.com**
A documentary that centers on stress resilience, a person's ability to handle stressful emotions. Lower stress resilience is correlated with mood disorders and conditions such as heart disease and diabetes. But when adolescents learn to experience and regulate their emotions, they can recover more rapidly from negative situations and overcome adversity. Movie's website provides a **Resources** section that includes information on subjects ranging from "sleep & screen," "pro-social video games," "screen time contracts," "screen time balance," "internet addiction" and many others.

Narcotics

- **Narcotics Anonymous: (818) 773-9999 x771 / www.na.org**
Offers recovery from the effects of narcotics addiction through twelve-step program, including regular attendance at group meetings. Website offers a find an **in-person support group meeting** feature.
- **Nar-Anon: (800) 477-6291 / www.nar-anon.org**
Designed to help relatives/friends of addicts recover from the effects of coping with a narcotics-addicted relative or friend. Website offers find an **in-person support group meeting** feature.

Sex Addiction

- **Sex Addicts Anonymous: (800) 477-8191 / www.saa-recovery.org**
Offers a find an **in-person support group meeting** locator for 12-step recovery-based meetings serving those committed to stopping addictive sexual behavior. Website also offered in Spanish.
- **Sexual Recovery Anonymous (SRA): www.sexualrecovery.org**
A fellowship of people who share their experiences with each other. Their website includes a locator for finding an **in-person support group meeting** in one's area as well as resources and a podcast on recovery.
- **S-Anon International Family Groups: (800) 210-8141 / www.sanon.org**
Offers a "Find a Support Group" meeting locator for **in-person** and **online meetings** for those who are hurting in response to the sexual addiction of someone close to them.
- **PornHelp: www.pornhelp.org**
Website that provides links to numerous 12-step programs that focus on recovery from sex and pornography addiction.
- **SexHelp: www.sexhelp.com**
Offers resources and a free, basic online screening tool (and a more in-depth, low cost tool) to help people identify whether their sexual behaviors are cause for concern, as well as a "Find a Therapist" search function.
- **Sexual Compulsives Anonymous: www.sca-recovery.org**
12-step program for people who want to stop having compulsive sex. Website features a find an **in-person support group** meeting locator (also provides **online and over the phone support**) as well as information and resources to support recovery.
- **American Association of Sexuality Educators, Counselors and Therapists: (202) 449-1099 / www.aasect.org**
Information, resources and search tool for a sexuality educator, counselor or sex therapist by state. Spanish-language calls accepted.

SUICIDE

Crisis

- **NAMI Suicidal Ideation Knowledge Article: <https://helplinefaqs.nami.org>**
Type "Suicide" in search box. Title of Knowledge Article: *I'm having suicidal thoughts and need help.*
- **National Suicide Prevention Lifeline: (800) 273-8255 (press 1 for veterans); (888) 628-9454 in Spanish / <https://suicidepreventionlifeline.org/>**
24-hour free and confidential support to callers in crisis; can also provide guidance to loved ones of those with suicidal ideation on how to help. Website provides extensive list of

resources and a directory to local crisis centers. Website offered in Spanish.

- **Crisis Text Line:** Text **NAMI** to **741741** / www.crisistextline.org
24/7 text support with a trained crisis counselor. (Also offered in UK, Canada, Ireland, South Africa.) Website offered in Spanish.
- **International Suicide Hotline Directory:** www.suicide.org/international-suicide-hotlines.html
- **Open Counseling International Suicide Hotlines:** www.opencounseling.com/suicide-hotlines.
Provides a list of International Suicide Hotlines.
- **Befrienders Worldwide** resource for suicide support: www.befrienders.org
Provide an open space for those who are in distress to talk & be heard; strives to improve access to info about suicide & emotional support services worldwide. Based in England & Wales.
- **Live for Tomorrow:** www.livefortomorrow.co
Connects people to free mental health and crisis help on a global level. They provide a “Find a Helpline” feature listed by country which can be refined using location. Also offers in-app crisis support and workshops. Based in New Zealand.

General Information/Supporting Someone with Suicidal Thoughts

- **NAMI Risk of Suicide page** and **NAMI Ask the Expert: Suicide Prevention During COVID and Beyond – Science, Grassroots & Solutions**
- **NAMI Suicide Knowledge Article:** <https://helplinefaqs.nami.org>
Type “Suicide” in search box. Title of Knowledge Article: My loved one is having suicidal thoughts. What can I do?
- **American Association of Suicidology:** www.suicidology.org
National clearinghouse/directory for suicide resources, statistics, etc. Maintains an **in-person support group** finder for both attempts and loss survivors of suicide.
- **American Foundation for Suicide Prevention:** **(888) 333-2377** / www.afsp.org
Offers referrals to **in-person support groups** and mental health professionals for those having thoughts of suicide, those who have lost someone to suicide and those who have attempted suicide; offers resources on loss; suicide prevention information.
- **SpeakingofSuicide.com:** www.speakingofsuicide.com
For suicidal individuals and their loved ones, survivors, mental health professionals and others who care. Provides extensive information, resources and articles, especially for those living with chronic suicidal thoughts.
- **Know the Signs:** www.suicideispreventable.org
Offers an interactive tool for third parties to help recognize the signs of suicidal ideation and helpful phrases for talking to someone about suicide. Website available in Spanish.

- Each Mind Matters Suicide Prevention Brochure (in Spanish): <https://emresourcecenter.org/resources/suicide-prevention-brochure-spanish-folleto-para-la-prevencion-del-suicidio>
- NIMH Suicide Prevention Resource Center: <https://www.sprc.org/resources-programs/nimh-publications-spanish> (publications in Spanish)
- The Buddy Project: www.buddy-project.org
Aims to prevent suicide and to provide self-harm alternatives by **pairing people through social media as buddies** and raising awareness for mental health.
- (App) My3: (Apple and Android; Free) <https://my3app.org/>
Recommended by the National Suicide Prevention Lifeline. Designed for people who are depressed or suicidal, the app trains users to recognize suicide warning signs in themselves and others. Prompts users to choose three close contacts that they would feel comfortable contacting when feeling particularly low. The app also helps users create a personal safety plan that encourages them to think through and list personal warning signs, coping strategies and support networks. *Also available in Spanish.*
- (App) notOK: (Apple and Android; Free)
A digital panic button service that connects users immediate support via text, phone call, or GPS location when struggling to reach out. The app features a large, red button that can be activated to let close friends, family and their support network know help is needed. When users hit the digital panic button, a message along with their current GPS location is sent to their contacts. The message reads: "Hey, I'm not OK! Please call, text, or come find me."

Support Groups for Suicidal Ideation and Loss from Suicide

- After a Suicide Resource Directory: www.personalgriefcoach.net
A website portal offering comprehensive links to an online directory of resources for people who are grieving after a death by suicide to help them cope with their loss.
- American Foundation for Suicide Prevention: (888) 333-2377 / www.afsp.org
Provides a "Find a Support" group locator for **in-person support group** and **online support groups** and mental health professionals for those having thoughts of suicide, those who have lost someone to suicide and those who have attempted suicide; offers resources on loss; suicide prevention information.
- American Association of Suicidology: (202) 237-2280 / www.suicidology.org
National clearinghouse/directory for suicide resources, statistics, etc. Maintains an **in-person support group** finder for both attempts and loss survivors of suicide.
- SAVE (Suicide Awareness Voices of Education): (952) 946-7998 / www.save.org
Provides a finder function for **in-person support groups** for suicide loss survivors, as well as resources about suicide and finding help for yourself or others. *Spanish:* <https://save.org/blog/support-groups/survivors-suicide-support-group-spanish-speakers/>

- Alliance of Hope: www.allianceofhope.org
*Provides information and resources to those who have lost a loved one to suicide; provides a locator for **online support groups**.*
- Parents of Suicides (POS) and Friends and Families of Suicides (FFOS): www.pos-ffos.com
*Website offering links to **online grief support communities**.*
- Carson's Village: (877) 789-0722 / www.carsonsvillage.org
Free service to assist families in managing practical details following the sudden loss of a loved one. Provides free peer advocacy to help families plan/navigate details from loss to funeral. Serving 18 states currently (see list on website).

TRANSPORTATION

General MH Disability

- NAMI Transportation Knowledge Article: <https://helplinefaqs.nami.org>
Type "Transportation" in search box. Title of Knowledge Article: How can I find transportation and other community services for my aging family member?
- NAMI Affiliate
Networks of local NAMI Affiliates may be able to provide contact information for local transportation services. Can locate by searching [Find Your Local NAMI](#)
- 211: www.211.org
*Connects individuals with local resources including employment, health, financial assistance, crisis, food, transportation, etc. **Website also offered in Spanish.***
- FindHelp.org by Aunt Bertha: www.findhelp.org
*Online service that connects users to free and reduced cost local resources nationwide such as medical care, food, housing, transportation and more. **Website also offered in Spanish.***
- Medicaid Transportation: (877) 267-2323* / www.medicaid.gov
Covers non-emergency medical transportation (NEMT) for eligible individuals to and from the doctor's office, the hospital, or another medical office for Medicaid-approved care for enrollees who have no other means of transportation. NEMT benefits cover a broad range of transportation services including trips in taxis, buses, vans and personal vehicles belonging to an enrollee and their family or friends. States can opt to administer NEMT coverage or contract with another entity such as a transportation broker or managed care organization to manage NEMT coverage. Recent changes in HHS's Centers for Medicare and Medicaid Services regulations and guidelines have also significantly expanded NEMT benefits by allowing Medicare Advantage, or Medicare Part C, plans to offer transportation benefits.*

*Individuals covered by Medicaid with a physical or mental disability or who are unable to travel or wait for a ride alone may qualify – coverage depends on individual situation and needs. May need to get State Medicaid agency's approval to qualify for a ride. *(Search Contact Us page of*

website for regional contact information.) This [fact sheet](#) on their website provides for more information on their state's Medicaid agency.

*LogistiCare: www.logisticare.com

The nation's largest manager of NEMT programs for state government agencies and managed care organizations. Individuals can visit their [reservations page](#) to contact a customer service representative for the health plan in their state.

Aging Populations

- **NAMI Affiliate**
Networks of local NAMI Affiliates may be able to provide contact information for local transportation services. Can locate by searching [Find Your Local NAMI](#)
- **211: www.211.org**
Connects individuals with local resources including employment, health, financial assistance, crisis, food, transportation, etc. **Website also offered in Spanish.**
- **GoGo Grandparent: www.gogograndparent.com**
Allows a call from a landline or flip phone to function like a smartphone to request licensed and authorized Transportation Network Companies on a senior's behalf (maintains heightened security and monitoring features).
- **Connect2Affect: www.connect2affect.org**
Provides resources that meet the needs of aging population who are isolated or lonely. Provides a "Find programs in your community" locator connecting individuals to local programs including social activities, volunteering, learning, wellness, **transportation**, financial and food assistance, and more.
- **FindHelp.org by Aunt Bertha: www.findhelp.org**
Online service that connects users to free and reduced cost local resources nationwide such as medical care, food, housing, transportation and more. **Website also offered in Spanish.**
- **ElderCare Locator Helpline: (800) 677-1116 / www.eldercare.acl.gov**
Public service of the U.S. Administration on Aging that offers a "Find Help in your Community" locator that connects individuals to services in the community for older adults and their families, including transportation. **Provides Spanish-language translator service to callers.**
- **Rideshare Companies:**
Some senior centers across the country provide residents with rides through UberCentral. Check with local senior center or their local Area Agency on Aging www.n4a.org.

Lyft offers GreatCall, www.greatcall.com, a Jitterbug medical alert and phone company, to offer a rideshare service for seniors. Individuals do not need the App to schedule a ride. Instead, they can dial Lyft's GreatCall phone number, type zero and an operator will schedule the Lyft.

- **Medicaid Transportation: (877) 267-2323*** / www.medicaid.gov
Covers non-emergency medical transportation (NEMT) for eligible individuals to and from the doctor's office, the hospital, or another medical office for Medicaid-approved care for enrollees who have no other means of transportation. NEMT benefits cover a broad range of transportation services including trips in taxis, buses, vans and personal vehicles belonging to an enrollee and their family or friends. States can opt to administer NEMT coverage or contract with another entity such as a transportation broker or managed care organization to manage NEMT coverage. Recent changes in HHS's Centers for Medicare and Medicaid Services regulations and guidelines have also significantly expanded NEMT benefits by allowing Medicare Advantage, or Medicare Part C, plans to offer transportation benefits.*

*Individuals covered by Medicaid with a physical or mental disability or who are unable to travel or wait for a ride alone may qualify – coverage depends on individual situation and needs. May need to get State Medicaid agency's approval to qualify for a ride. *(Search Contact Us page of website for regional contact information.) This [fact sheet](#) on their website provides for more information on their state's Medicaid agency.*

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TREATMENT

See, also, [Crisis/Emergency Mental Health Services](#), **Condition-specific** and **Population-specific** sections of the Resource Directory.

General

- [NAMI Treatments page: Types of Mental Health Professionals, Psychotherapy, Getting Treatment During a Crisis, Treatment Settings, Mental Health Medications](#)

Affordable Treatment (No Insurance or Public Insurance)

- [NAMI Affordable Treatment Knowledge Article: https://helplinefaqs.nami.org](https://helplinefaqs.nami.org)
Type "Affordable" in search box. Title of Knowledge Article: I need a psychiatrist/psychotherapist but can't afford it. Where can I find affordable treatment?
- [SAMHSA Treatment Locator: \(800\) 662-4357 / https://findtreatment.samhsa.gov/](https://findtreatment.samhsa.gov/)
Provides referrals of the different treatment facilities in the country. Can narrow search by insurance, cost of treatment and type of treatment. Includes programs like assertive community treatment and residential treatment. Good for low cost/sliding scale mental health care, substance abuse and dual diagnosis facilities. Spanish-language calls accepted.
- [Medicare.gov: https://www.medicare.gov/care-compare/](https://www.medicare.gov/care-compare/)
Treatment locator to search for providers that take Medicare in your area

- **Federally-Funded Health Centers:** www.findahealthcenter.hrsa.gov
Community health centers serving underserved areas or population, offer a sliding fee scale.
- **National Association of Free & Charitable Clinics:** www.nafcclinics.org/find-clinic
Free and Charitable Clinics are safety-net health care organizations that utilize a volunteer/staff model to provide a range of medical, dental, pharmacy, vision and/or behavioral health services to economically disadvantaged individuals. Offers a "Find a Clinic" function on its website that features 1,400 free and charitable clinics nationwide that maintain protocols to help people get car and assess eligibility for insurance.
- **HelpWhenYouNeedIt:** www.helpwhenyouneedit.org
An online service that connects users to over 350,000 listings nationwide of private and public resources, including local mental health & substance use treatment and free clinics.
- **Open Counseling:** www.opencounseling.com
Organization's mission is to make counseling affordable for all. Provides lists of resources on attaining accessible care and counseling resources for therapists and centers. Site indicates if providers listed are accepting new clients (updated regularly); many providers list their rates.
- **Open Path:** **(800) 268-2833** / www.openpathcollective.org
Non-profit nationwide network of mental health professionals connects people in genuine financial need with private therapists who can lower their costs per session. Requires initial, one-time "lifetime" membership fee of \$59.
- **Theravive:** www.theravive.com
Resource directory for low-cost therapists, listed by state. Provides listing on credentialed providers of e-counseling (phone, email, webcam or messaging.) (U.S. & Canada)
- **Zocdoc:** www.zocdoc.com
Treatment locator for all types of health care providers and specialists, including MH professionals. Filter by any insurance type including private and public insurances. Can also search by procedure needed, location and preferred date of service (can be day-of).
- **American Association of Pastoral Counselors:** www.acpe.edu
Helps to find pastoral counseling from a trained minister, rabbi, priest, imam, etc. Usually, free of charge. Maintains a "Find a Psychotherapist" directory under "Directory" tab on the site.
- **Free Clinic Directory:** www.freeclinicdirectory.org
(NOTE: Generally, only provides resources on medical/non-mental health. Children's health care, dental care, eye care, women's health.)
Free clinic treatment locator by zip code; each clinic listing offers reviews, services provided and contact information for clinics for the uninsured, no cost and affordable medical clinics.
- **Give an Hour:** www.giveanhour.org
Service members/veterans and their family members affected by mass tragedies and natural disasters can receive free therapy from MH professionals who donate an hour of their time.

- **American Association for Marriage and Family Therapy (AAMFT):** <https://www.aamft.org/>
The professional association for the field of marriage and family therapy, offers a “Find a Therapist” function. Provides online education and training, webinars, magazines and journals related to marriage and family therapy.
- **ChoosingTherapy:** <https://directory.choosingtherapy.com/directory>
Offers info about therapy in general and holds an online directory for selecting a new therapist. Online therapy is available for fees of \$100, \$200 or \$300 for each digital session (does not accept health insurance). Can sort by therapists that speak a number of other languages. Contact via email at [info@choosingtherapy.com/](mailto:info@choosingtherapy.com). **Spanish-speaking therapists available.**

Private Insurance

- Insurance company may provide list of providers “in network.”
- **Psychology Today:** www.psychologytoday.com
Offers a “Find a Therapist” link on the site. Can also use the link to locate treatment facilities and psychiatrists. Individuals should verify with their insurance company once they have identified a provider to confirm coverage.
- **Zocdoc:** www.zocdoc.com
Treatment locator for all types of health care providers and specialists, including mental health professionals. Filter by any insurance type including private and public insurances. Can also search by procedure needed, location and preferred date of service (can be day-of). Individuals should verify with their insurance company once they have identified a provider to confirm coverage.
- **American Psychological Association:** www.apa.org
The largest scientific and professional organization of **psychologists** in the U.S.; members include scientists, educators, clinicians, consultants and students. Offers a **Psychologist Locator** on its website.
- **Choosing Therapy:** <http://www.choosingtherapy.com/>
National service that provides a search engine for finding licensed therapists, as well as a number of articles to guide and educate consumers in various mental health topics (e.g., “[How to choose a Therapist](#)”). Choosing Therapy also provides licensed therapists a free service to advertise their practice and manage booking appointments. Treatment options on this site would not be considered affordable.

Psychotherapy/Talk Therapy

- **NAMI Therapy Knowledge Article:** <https://helplinefaqs.nami.org>
Type “Therapist” in search box. Title of Knowledge Article: *I Need to See a Psychiatrist/Therapist. How Can I Find One?*
- **Psychology Today:** www.psychologytoday.com
Offers a “Find a Therapist” link on the site. Individuals should verify with their insurance company once they have identified a provider to confirm coverage.

- **e-Psychiatry:** www.e-psychiatry.com
Provides express online consultations with fee-or-service psychiatrists and therapists by telephone and/or videoconference as well as a “Schedule a Visit” online appointment function. Typically, will call back same or next day to schedule appointment after receiving online request for consultation.
- **Open Counseling:** www.opencounseling.com
Organization whose mission is to make counseling affordable for all. Provides lists of resources on attaining accessible care and counseling resources for therapists and centers. Website indicates if providers listed are accepting new clients (updated regularly); many listed providers list their rates.
- **Open Path:** **(800) 268-2833** / www.openpathcollective.org
Non-profit nationwide network of mental health professionals connects people in genuine financial need with private therapists who can lower their costs per session. Requires initial, one-time “lifetime” membership fee of \$59.
- **Theravive:** www.theravive.com
Resource directory for low-cost therapists, listed by state. Also provides listing on credentialed providers of e-counseling (phone, email, webcam or messaging.) (U.S. & Canada)
- **BetterHelp:** www.betterhelp.com
*Provides affordable online counseling/therapy (\$60–90/week) for individuals, couples and teens. Sessions may be live chat, phone and/or video. Offers advice and articles on most mental health conditions including anger, grief, bullying and more. Website has a “Category List” to choose from under the advice tab. **Accepts Spanish-language calls***
- **American Association of Pastoral Counselors:** www.acpe.edu
Helps find pastoral counseling from a trained minister, rabbi, priest, imam, etc. Usually, free of charge. Maintains a “Find a Psychotherapist” directory under “Directory” tab on the site.
- **MiResource:** www.miresource.com
Online referral list to services that connects users to the best therapist and specific needed resources such as preferred payment method, location, language, availability, modalities used, conditions treated and much more.

Psychologists

- **American Psychological Association:** <https://locator.apa.org/>
*The largest scientific and professional organization of **psychologists** in the U.S.; members include scientists, educators, clinicians, consultants and students.*
- **Doctor on Demand:** www.doctorondemand.com
Online telehealth service including behavioral health treatment. (Individuals should verify participation in their health plan.) For psychotherapeutic services: cost is @\$130 for 25 min

consultation; @\$180 for a 50-min consultation. For psychiatric services: cost is @\$300 for initial 45-min consultation; @\$130 for a 15-min follow-up.

- **BetterHelp:** www.betterhelp.com
Provides affordable online counseling/therapy (\$60–90/week) for individuals, couples and teens. Sessions may be live chat, phone and/or video. Offers advice and articles on most mental health conditions including anger, grief, bullying and more. Website has a “Category List” to choose from under the advice tab. **Accepts Spanish-language calls**

Psychiatrists

- **NAMI Psychiatrist Knowledge Article:** <https://helplinefaqs.nami.org>
Type “Psychiatrist” in search box. Title of Knowledge Article: *I Need to See a Psychiatrist/Therapist. How Can I Find One?*
- **Psychology Today:** www.psychologytoday.com
Offers a “Find a Psychiatrist” link on the site. Individuals should verify with their insurance company once they have identified a provider to confirm coverage.
- **Doctor on Demand:** www.doctorondemand.com
Online telehealth service including behavioral health treatment. (Individuals should verify participation in their health plan.) For psychotherapeutic services: cost is @\$130 for 25 min consultation; @\$180 for a 50-min consultation. For psychiatric services: cost is @\$300 for initial 45-min consultation; @\$130 for a 15-min follow-up.
- **e-Psychiatry:** www.e-psychiatry.com
Provides express online consultations with fee-or-service psychiatrists and therapists by telephone and/or videoconference as well as a “Schedule a Visit” online appointment function. Typically, will call back same or next day to schedule appointment after receiving online request for consultation.

Treatment Facilities

- **NAMI Treatment Facility Knowledge Article:** <https://helplinefaqs.nami.org>
Type “Facility” in search box. Title of Knowledge Article: *How can I find an inpatient or residential treatment facility?*
- **NAMI Transfer from Treatment Facility Knowledge Article:** <https://helplinefaqs.nami.org>
Type “Transfer” in search box. Title of Knowledge Article: *I want to have my loved one transferred to another inpatient facility. What are my options?*
- **NAMI Discharge from Treatment Facility Knowledge Article:** <https://helplinefaqs.nami.org>
Type “Discharge” in search box. Title of Knowledge Article: *My loved one is being discharged from inpatient treatment. What can I do to help?*
- **SAMHSA Treatment Locator:** **(800) 662-4357** / <https://findtreatment.samhsa.gov/>
Provides referrals of different treatment facilities in the country. Can narrow search by

insurance, cost of treatment and type of treatment. Includes programs like assertive community treatment and residential treatment. Good for low-cost/sliding scale mental health care, substance abuse and dual diagnosis facilities. **Accepts Spanish-language calls.**

- **Psychology Today:** www.psychologytoday.com
Offers a “Find a Treatment Center” link on the site to locate treatment facilities. Individuals should verify with insurance company once they have identified a provider to confirm coverage.
- **National Council for Behavioral Health:** **(202) 684-7457** / www.thenationalcouncil.org
Users can search the website’s “Find a Provider” feature for finding behavioral health provider facilities in their community. **Accepts Spanish-language calls.**
- **American Residential Treatment Association:** www.artausa.org
Maintains a list of member residential treatment facilities, dedicated to providing superior care to adults. Includes information on finding the right facility as well as a “Find a Facility” locator function. (NOTE: Listed facilities may be high cost.)
- **AddictionResource:** www.addictionresource.com
Website providing information and resources and a treatment finder to help those recovering from addiction and their loved ones to find the highest quality care.

Treatment facility accrediting agencies

- **CARF International:** www.carf.org
An independent non-profit accreditor of health and human services – website includes a Find an Accredited Provider function.
- **Joint Commission Quality Check:** www.qualitycheck.org
A search engine that lists the health care organizations by state that have been accredited and certified by the Joint Commission.

Online and Telemental Health

- **NAMI Telemental Health Article:** <https://helplinefaq.nami.org>
Type “Online” in search box. Title of Knowledge Article: Are there any online resources for therapy/support groups or mental health apps?
- **7 Cups:** www.7cups.com
Offers at-cost online therapy and free chat support and support groups to people experiencing emotional distress by connecting them with trained “listeners.” Offers fee-based online therapy (monthly plan @\$150/month) with a licensed mental health professional.
- **Doctor on Demand:** www.doctorondemand.com
Online telehealth service including behavioral health treatment. (Individuals should verify participation in their health plan.) For psychotherapeutic services: cost is @\$130 for 25 min

consultation; @\$180 for a 50-min consultation. For psychiatric services: cost is @\$300 for initial 45-min consultation; @\$130 for a 15-min follow-up.

- **ADAA Online Therapy (Telemental Health) Provider Online Directory:** www.adaa.org/finding-help/telemental-health
A service of the Anxiety and Depression Association of America. Provides a “Search for an ADAA Member Telemental Health Provider in Your Area” function as well as information on what patients need to know about telehealth technologies for treating anxiety, depression, OCD and PTSD, as well as privacy and security concerns.
- **e-Psychiatry:** www.e-psychiatry.com
Provides express online consultations with fee-or-service psychiatrists and therapists by telephone and/or videoconference as well as a “Schedule a Visit” online appointment function. Typically, will call back same or next day to schedule appointment after receiving online request for consultation.
- **BetterHelp:** www.betterhelp.com
Provides affordable online counseling/therapy (\$60–90/week) for individuals, couples and teens. Sessions may be live chat, phone and/or video. Offers advice and articles on most mental health conditions including anger, grief, bullying and more. Website has a “Category List” to choose from under the advice tab. **Accepts Spanish-language calls.**
- **Good Rx Care:** **(415) 237-1378** / www.goodrx.com/care
Allows you to make an appointment with a doctor who can prescribe anti-depressants & other psychiatric drugs. After a consultation (fee is \$100), one can get prescription refills without seeing the doctor.
- **LemonAid Health:** **(415-926-5818)** / www.lemonaidhealth.com
Online doctor's office & medicine delivery. Connects users with professional help and/or medication for the anxiety, depression and more for a minimum consultation fee of \$25.

Alternative Treatments

- [NAMI Psychosocial Treatments, NAMI Complementary Health Approaches and NAMI ECT, TMS and Other Brain Stimulation Therapies](#)
- **NAMI Hearts+Minds:** www.nami.org/heartsandminds
A wellness initiative to help better manage your mental and physical health with info on gut health and nutrition, diet and fitness, managing the side effects of medication, substance abuse and smoking cessation, and gaining a greater sense of control over your emotions. Available as a 4-hour seminar or 4-session course at your local NAMI Affiliate. If a seminar isn't available, contact your local NAMI Affiliate about starting one.

VETERANS/MILITARY

Crisis

- **VA Suicide Hotline: (800) 273-8255** press 1 / www.suicidepreventionlifeline.org
Accepts Spanish-language calls.
- **Veteran Call Center (877) WAR-VETS (927-8387)** / <https://www.vetcenter.va.gov/media/Call-Center-PSA.asp>
Around-the-clock confidential call center where combat veterans and their families can call to talk about their military experience or any other issue they are facing in their readjustment to civilian life. The staff is comprised of combat veterans from several eras as well as family members of veterans. This benefit is prepaid through the veteran's military service.
- **Military Help Line: (888) 457-4838** or text **MIL1 to 839863** / www.militaryhelpline.org
24-hour free, confidential crisis support for military service members, veterans and their families. Accepts Spanish-language calls.
- **National Call Center for Homeless Veterans: (877) 424-3838** / <https://www.va.gov/homeless/nationalcallcenter.asp>
24/7 assistance for veterans who are homeless or at risk of homelessness. Spanish interpreter available 24/7 upon request.
- **TAPS Suicide Loss Survivor Assistance: (800) 959-8277** / www.taps.org/suicide
Provides support to family members who have lost loved ones to suicide through postvention to prevent family members from experiencing MH crises. TAPS offers seminars, care teams, peer support groups, monthly online support chats, caseworkers, grief counseling and assistance with postsecondary education. Phone line is for emergency crisis situations.

General

- [NAMI Veterans and Active Duty page](#)
- **NAMI PTSD Knowledge Article:** <https://helplinefaqs.nami.org>
Type "PTSD" in search box. Title of Knowledge Article: How can I get help/support for post-traumatic stress disorder (PTSD)?
- [NAMI Homefront/Homefront OnDemand](#)
NAMI Homefront is a free, 6-session educational program for families, caregivers and friends of military service members and veterans with mental health conditions.
- **National Resource Directory:** <https://nrd.gov/>
Comprehensive website for wounded, ill and injured service members, veterans, their families and those who support them. Provides access to services and resources at the national, state and local levels to support recovery, rehabilitation and community reintegration. Provides info and resources on a variety of topics including benefits and compensation,

education and training, employment, family and caregiver support, health, homeless assistance, housing, transportation and travel and other services and resources.

- Department of Veterans Affairs: (800) 827-1000 / <https://www.va.gov/>**
 Veterans, families and caregivers can access information about VA services like disability, pension, health care eligibility, enrollment and burial benefits, in addition to a self-service locator to find the nearest VA facility. For immediate assistance with housing or for anyone having a mental health crisis, MyVA311 will route callers to the Homeless Veteran help line and the Veterans Crisis Line. *Accepts Spanish-language calls; Website available in Spanish.*
- Code of Support: (571) 418-6339 / <https://www.codeofsupport.org/>**
 Offers support and resources to individuals in the military and veterans. Resources on housing, education, financial assistance, mental health, family support, disability claims, legal help and employment. Also offers case coordination services run by veterans and caregivers (with firsthand experience).
- National Center for PTSD: (802) 296-6300 / <https://www.ptsd.va.gov/>**
 Service of the Dept. of VA providing resources to individuals, family members and providers on combat- and non-combat-related PTSD. Info includes types of trauma, treatment options, coping mechanisms, related problems. Offers "Find a Therapist" finder. *Website also in Spanish.*
- Military One Source: (800) 342-9647 / www.militaryonesource.mil**
 Offers a wide range of community resources and **phone and text peer to peer support** that serves all of DoD, Active Duty, National Guard, and Reserve personnel and their direct family members. *Provides Spanish-language interpreters for callers upon request.*
- Give an Hour: www.giveanhour.org**
 Service members/veterans and their family members affected by mass tragedies and natural disasters can receive free therapy from mental health professionals who donate an hour of their time.
- Objective Zero: (202) 573-9660 / <https://www.objectivezero.org/>**
 Connects veterans, service members, their families and caregivers to **peer support via voice, video and text**. Also provides free access to wellness resources such as yoga and meditation.
- America's VetDogs: (866) 838-3647 / www.vetdogs.org**
 Provides service dogs to (only) veterans, first-responders and active-duty service members who are living with PTSD or other disabilities at no cost. Individuals can apply online.
- Veterans Affairs Caregiver Support Line: (855) 260-3274 / <https://www.caregiver.va.gov>**
 Resourceful caregiver support program providing information on available assistance including benefits and health, VA centers, a media room and other publication and resources. *Spanish-language calls and Spanish-language materials.*

Legal

- **Stateside Legal:** www.statesidelegal.org
Legal help and information for military members, veterans and their families. Use Find Local Help feature to find legal organizations that help veterans in each state.
- **The Veterans Consortium:** **(888) 838-7727** / www.vetsprobono.org
*Operates a global federal Veterans Pro Bono Program to represent veterans unjustly denied benefits or compensation earned from military service. **Accepts Spanish-language calls.***