

National Mental Health Resources

These mental health organizations and resources do not substitute seeking support from a mental health professional if you or a loved one is experiencing a mental health challenge or crisis.

ANXIETY DISORDERS

ANXIETY & DEPRESSION ASSOCIATION OF AMERICA | WWW.ADAA.ORG

Anxiety & Depression Association of America (ADAA) is an international nonprofit organization dedicated to the prevention, treatment and cure of anxiety, depression, OCD, PTSD and co-occurring disorders through the alignment of science, treatment and education.

ATTENTION-DEFICIT/HYPERACTIVITY DISORDER

CHILDREN AND ADULTS WITH ATTENTION-DEFICIT/HYPERACTIVITY DISORDER | WWW.CHADD.ORG/

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) works to improve the lives of individuals with attention-deficit/hyperactivity disorder through education, advocacy and support.

BIPOLAR DISORDER AND DEPRESSION

DEPRESSION AND BIPOLAR SUPPORT ALLIANCE | WWW.DBSALLIANCE.ORG

The Depression and Bipolar Support Alliance (DBSA) provides hope, help, support and education to improve the lives of people who have mood disorders. DBSA offers peer-based, wellness-oriented support and empowering services and resources available when people need them, where they need them and how they need to receive them—online 24/7, in local support groups, in audio and video casts, or in printed materials distributed by DBSA, their chapters and mental health care facilities across America.

INTERNATIONAL BIPOLAR FOUNDATION | WWW.IBPF.ORG

The International Bipolar Foundation (IBPF) empowers individuals living with bipolar disorder and their caregivers by providing advocacy, education, support and awareness—fostering a caring community and stigma-free world where mental health is equitably acknowledged and treated.

BORDERLINE PERSONALITY DISORDER

BORDERLINE PERSONALITY DISORDER RESEARCH CENTER |
WWW.BPDRESOURCECENTER.ORG

The Borderline Personality Disorder Resource Center (BPDRC) is an online repository of information related to borderline personality disorder (BPD). Created in the memory of Pamela Tusiani, a young woman who lived with BPD, and hosted by NewYork-Presbyterian health care system, this center aims to educate those affected by BPD and connect them to treatment and support in their local area.

EATING DISORDERS

NATIONAL EATING DISORDERS ASSOCIATION |
WWW.NATIONALEATINGDISORDERS.ORG

The National Eating Disorders Association (NEDA) is the largest nonprofit organization dedicated to supporting individuals and families affected by eating disorders. NEDA supports individuals and families affected by eating disorders and serves as a catalyst for prevention, cures and access to quality care.

THE RENFREW CENTER | WWW.RENFREWCENTER.COM

The Renfrew Center uses an evidence-based treatment model that emphasizes respect for the unique psychology of women, the importance of a collaborative therapeutic relationship and the belief that every patient needs to actively participate in their own growth and recovery. Services include residential in-patient and out-patient treatment options as well as treatment tracks and specialized programming for mental health disorders.

MENTAL HEALTH COUNSELING

PSYCHOLOGY TODAY | WWW.PSYCHOLOGYTODAY.COM/US/THERAPISTS

Psychology Today provides a listing of mental health professionals in the United States. Use the free search tool to find a local, licensed counselor in your area.

SUICIDE PREVENTION AND EMOTIONAL WELL-BEING

988 SUICIDE & CRISIS LIFELINE | WWW.988LIFELINE.ORG | TEXT OR CALL 988

The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. The Lifeline is committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices and building awareness.

AMERICAN ASSOCIATION OF SUICIDOLOGY | WWW.SUICIDOLOGY.ORG

The American Association of Suicidology (AAS) promotes research, public awareness programs, public education and training for professionals and volunteers on suicide prevention. AAS serves as a national clearinghouse for information on suicide. As a nonprofit organization, AAS works to promote the understanding and prevention of suicide and support those who have been affected by it.

AMERICAN FOUNDATION FOR SUICIDE PREVENTION | WWW.AFSP.ORG

The American Foundation for Suicide Prevention (AFSP) is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death. AFSP is dedicated to saving lives and bringing hope to those affected by suicide, including those who have experienced a loss.

IMALIVE | WWW.IMALIVE.ORG

IMALIVE is a program of the Kristin Brooks Hope Center (KBHC), a nonprofit 501(c)3 organization focused on providing support for suicide intervention, prevention, awareness, and education. This organization provides help and hope through online crisis chat, educational on-campus and virtual college events, and awareness campaigns.

THE JED FOUNDATION | WWW.JEDFOUNDATION.ORG

The Jed Foundation (JED) is a nonprofit that protects emotional health and prevents suicide for our nation's teens and young adults, giving them the skills and support they need to thrive today and tomorrow. JED empowers teens and young adults by building resiliency and life skills, promoting social connectedness, and encouraging help-seeking and help-giving behaviors through nationally recognized programs, digital channels and partnerships, as well as through the media.

SUICIDE AWARENESS VOICES OF EDUCATION | WWW.SAVE.ORG

Suicide Awareness Voices of Education (SAVE) is on a mission to prevent suicide through public awareness and education, reducing stigma and serving as a resource to those touched by suicide.

THE STEVE FUND | WWW.STEVEFUND.ORG | TEXT “STEVE” TO 741-741

The Steve Fund is the nation’s leading organization focused on supporting the mental health and emotional well-being of young people of color. The Steve Fund works with colleges and universities, nonprofits, researchers, mental health experts, families and young people to promote programs and strategies that build understanding and assistance for the mental and emotional health of the nation’s young people of color.

**THE TREVOR PROJECT | WWW.THETREVORPROJECT.ORG | TEXT “START” TO 678-678
OR CALL 866-488-7386**

The Trevor Project is the world’s largest suicide prevention and crisis intervention organization for LGBTQ (lesbian, gay, bisexual, transgender, queer and questioning) young people. This organization provides 24/7 access to counselors trained to support LGBTQ communities.

THERAPY FOR BLACK GIRLS | WWW.THERAPYFORBLACKGIRLS.COM

Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls. Their website provides a free search tool to help find local, licensed therapists for Black women and girls looking for in-office or virtual appointments.

SUBSTANCE ABUSE**ALCOHOLICS ANONYMOUS | WWW.AA.ORG**

Alcoholics Anonymous (AA) is an international community of those with alcoholism dedicated to abstinence-based recovery through its spiritually-inclined Twelve Step program. Following its Twelve Traditions, AA is non-professional, non-denominational, as well as apolitical and unaffiliated.

GENERATION RX | WWW.GENERATIONRX.ORG

Generation Rx, founded at The Ohio State University College of Pharmacy, has been powered through a partnership with the Cardinal Health Foundation since 2009. The

mission of Generation Rx is to educate people of all ages about the potential dangers of misusing prescription medications. This unique partnership has led to the creation of open-source educational materials to prevent the misuse of prescription drugs. Generation Rx also offers several services to help promote safe medication-taking practices in local communities.

NARCOTICS ANONYMOUS | WWW.NA.ORG

Narcotics Anonymous (NA) offers recovery from the effects of addiction through working a 12-step program, including regular attendance at group meetings. The group atmosphere provides help from peers and offers an ongoing support network for those with addictions who wish to pursue and maintain a drug-free lifestyle.

NATIONAL INSTITUTE ON ALCOHOL ABUSE AND ALCOHOLISM | WWW.NIAAA.NIH.GOV

The mission of the National Institute on Alcohol Abuse and Alcoholism (NIAAA) is to generate and disseminate fundamental knowledge about the effects of alcohol on health and well-being, and apply that knowledge to improve diagnosis, prevention and treatment of alcohol-related problems, including alcohol use disorder, across the lifespan.

NATIONAL INSTITUTE ON DRUG ABUSE | WWW.NIDA.NIH.GOV

National Institute on Drug Abuse (NIDA) is a federal scientific research institute under the National Institutes of Health and U.S. Department of Health and Human Services. NIDA is the largest supporter of the world's research on drug use and addiction. NIDA-funded scientific research addresses the most fundamental and essential questions about drug use, including tracking emerging drug use trends, understanding how drugs work in the brain and body, developing and testing new drug treatment and prevention approaches, and disseminating findings to the general public, researchers, policymakers and others.

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION | WWW.SAMHSA.GOV

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.