NAMI HelpLine

Information, Resources, Support
Monday–Friday, 10:00 a.m. to 6:00 p.m. ET
800-950-NAMI (6264)
info@nami.org

NATIONAL RESOURCE DIRECTORY

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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ADD/ADHD

- See, also, Apps section of Resource Directory.

- NAMI ADHD page / NAMI Discussion Groups ADHD Disorders Forum

- CHADD (Children & Adults with Attention-Deficit/Hyperactivity Disorder): (866) 200-8098 / www.chadd.org
  Provides info and resources on ADHD, including find a local in person support group locator. Accepts calls 1-5 pm EST. Website also offered in Spanish; Spanish-language calls accepted.

- Attention Deficit Disorder Association (ADDA): (800) 939-1019 / www.add.org
  Provides info 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.

- KidsHealth: www.kidshealth.org
  Informational website offering information and resources to parents of, and children and teens with ADHD take charge of their own health.

- Council of Parent Attorneys and Advocates: www.copaa.org
  Does not provide individual advocacy; provides extensive resources/info to empower parents to obtain effective educational programs for their child.

- Understood for Learning and Attention Issues: www.understood.org/en
  Provides information to parents of children with learning and attention issues. Provides extensive info & resources on website. 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

- Center for Parent Information and Resources: www.parentcenterhub.org
  Highly informative website on IDEA (Individuals with Disabilities Education Act), education-related mental health laws. Maintains a “Find a Parent Technical Assistance Center” locator on its website to centers across U.S. that provide direct services for children & youth with disabilities, their families at: https://www.parentcenterhub.org/the-parent-center-network/

- National Association of Therapeutic Schools and Programs: www.natsap.org
  Provides resources and information on how to find and select an appropriate educational program for children and teens with mental or behavioral health conditions. Offers a “Find a Program/School” search function.
NATIONAL RESOURCES DIRECTORY

ADDITION

• See Substance Use, Addiction and Dual Diagnosis section of Resource Directory

AFRICAN AMERICAN COMMUNITY

• 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: 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.

• Psychology Today: www.psychologytoday.com/us/therapists/african-american

• African American Therapists Directory: www.africanamericantherapists.com

• Association of Black Psychologists Directory: www.abpsi.org/find-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 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.

• Unapologetically Us: www.unapologeticallyus.com
  Online support community for African American women to seek support.

• 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 Safe Place App (Appstore)
  Minority mental health app that educated and raises awareness on Mental Illness in the Black community—has statistics, videos, podcasts, tips, etc. Available on IOS and Google Play.
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- **Ourselves Black**: [www.ourselvesblack.com](http://www.ourselvesblack.com)
  Provides information on promoting MH and developing positive coping mechanisms through podcast, online magazine and **online discussion groups**.

AGING POPULATIONS

**General Information**

- **ElderCare Locator Helpline**: **(800) 677-1116** / [www.eldercare.acl.gov](http://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, healthcare, legal aid, and day programs, etc. **Provides Spanish-language translator service to callers.**

- **Community Resource Finder**: [www.communityresourcefinder.org](http://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](http://www.elderlawanswers.com)
  Provides info 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.

**Alzheimer’s/Dementia**

- **Alzheimer’s Association**: **(800) 272-3900** (Spanish press 2) / [www.alz.org](http://www.alz.org)
  24/7 info & 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](http://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](http://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.**

- **Dementia Care Central**: [www.dementiacarecentral.com](http://www.dementiacarecentral.com)
  Provides a comprehensive info and resources for caregivers and individuals living with dementia, including online locators for finding “Assisted Living/Memory Care”, “Home care w/Alzheimer’s training”, “Getting paid to care for a family member” and “getting Help qualifying for Medicaid.” **Also provides online resources in Spanish.**
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Elder Abuse

- **National Adult Protective Services Association**: [www.napsa-now.org](http://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/](http://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 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](https://theconsumervoice.org/get_help).

Transportation-specific

- Local NAMI Affiliate for information on local transportation services.

- **211 / [www.211.org](http://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](http://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](http://www.connect2affect.org)
  
  Provides resources that meet the needs of those 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.

- **Community Resource Finder**: [www.communityresourcefinder.org](http://www.communityresourcefinder.org)
  
  Provides online resources from AARP and Alzheimer’s Association, including transportation.

- **Aunt Bertha**: (512) 717-0518 / [www.auntbertha.com](http://www.auntbertha.com)
  
  Connects users to free and reduced cost local resources such as medical care, food, housing, transportation and much more. Website also offered in Spanish.

- **ElderCare Locator Helpline**: (800) 677-1116 / [www.eldercare.acl.gov](http://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.
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• **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](http://www.n4a.org).

Lyft offers GreatCall, [www.greatcall.com](http://www.greatcall.com), a Jitterbug medical alert and phone company, to offer a rideshare service for seniors. Callers don’t need to use the app to schedule a ride. Instead, they can go on their GreatCall phone, 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: [https://www.cms.gov/medicare-medicaid-coordination/fraud-prevention/medicaid-integrity-education/downloads/nemt-factsheet.pdf](https://www.cms.gov/medicare-medicaid-coordination/fraud-prevention/medicaid-integrity-education/downloads/nemt-factsheet.pdf)

*LogistiCare: [www.logisticare.com](http://www.logisticare.com)*

The nation’s largest manager of NEMT programs for state government agencies and managed care organizations. Callers can visit their reservations page to contact a customer service representative for their health plan in their state.

**ANIMALS (Emotional Support and Service Dogs)**

• **Service Dog Central:** [www.servicedogcentral.org](http://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](http://www.esaregistration.org)
  Website where callers can register their emotional support animals. Also provides FAQs section to answer top questions regarding ESAs.

• **Assistance Dogs International (ADI):** [www.assistancedogsinternational.org](http://www.assistancedogsinternational.org)
  Offers a programs search map where you can locate accredited service animal organizations in each state, as well as resources on laws based on location.
NATIONAL RESOURCE DIRECTORY

- **America’s VetDogs**: (866) 838-3647 / [www.vetdogs.org](http://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](http://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 you need to consider when getting a support/service animal.

ANOSONGOSIA

- See, also, First Episode Psychosis, Guardianship, and Schizophrenia sections in the Resource Directory.

- **NAMI Anosognosia page**

- **NAMI Family-to-Family Education Course**

- “I am Not Sick; I Don’t Need Help”
  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 at [NAMI Anosognosia page](http://www.nami.org/anosognosia). Can be purchased at an online bookseller.

- **Leap Institute** (888) 801-5327 / [www.lfrp.org](http://www.lfrp.org)
  Website of Dr. Xavier Amador provides information and videos (some for free as well as for purchase) on the LEAP method.

- **Cognitive Behavior 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

ANXIETY DISORDERS

- See also, Apps and Resilience-Building sections of Resource Directory.

- **NAMI Anxiety Disorders page** / NAMI Discussion Groups Anxiety Disorders Forum

- **Anxiety and Depression Association of America (ADAA)**: (240) 485-1001; press 7 / [www.adda.org](http://www.adda.org)
  Info and referral on anxiety & depression; online and in person support groups. Offers Spanish-language online support group as well as resources on its website.
NATIONAL RESOURCE DIRECTORY

- **The Anxiety Network**: [www.anxietynetwork.com](http://www.anxietynetwork.com)
  Provides online resources and information on panic disorder, generalized anxiety disorder and social anxiety disorder; offers recommendations for anxiety therapy materials.

- **Social Anxiety Association**: [www.socialphobia.org](http://www.socialphobia.org)
  Provides information & resource on social anxiety and treatment options as well as (limited number) of **in person support groups**.

- **Phobias Awareness**: [www.phobias-awareness.org](http://www.phobias-awareness.org)
  Free **online forum** for people experiencing phobias to provide support/coping techniques.

- **National Empowerment Center**: (800) 769-3728 / [www.power2u.org](http://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 info & resources, education and also a **national directory of peer respite organizations** at ([https://power2u.org/consumer-run-statewide-organizations/](https://power2u.org/consumer-run-statewide-organizations/)) providing non-clinical **in person support programs**.

  Article that reviews 7 apps to assist with anxiety management.

**APPS**

*NOTE: Many health apps share data with third parties. Users may wish to exercise caution by investigating the privacy policy of each app before use.*

**General**

- **PsyberGuide**: [www.psyberguide.org/apps/](http://www.psyberguide.org/apps/)
  Application that reviews mental-health apps and digital tools for credibility, user experience, and transparency.

- **Woebot**: [www.woebot.io](http://www.woebot.io) / **(Available through Google Play and Apple)**
  Built by clinical psychologists, Woebot is an artificial intelligence mental health chatbot that engages in text message conversations – similar to texting with a friend or coach - to provide emotional support by coaching and helping to build resilience.

- **What's Up? - A Mental Health App** **(Apple and Android; Free)**
  For all types of mental health crises. Employs CBT and ACT (Acceptance Commitment Therapy) to help individuals cope with depression, anxiety, anger, stress, etc. By tapping the “help right now” button, users can choose from multiple exercises, mood logs and connect to forums where they can talk to others.

- **SuperBetter** **(Game/Teen)** **(Apple & Android; Free)**
  Especially designed for gamers/teens – helps to build resilience, achieve goals, and tackle challenges including anxiety, depression, stress, chronic pain, concussion recovery and more.
NATIONAL RESOURCE DIRECTORY

ADHD

• I’m on it: Focus Timer: (Android only; Free)
  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.

• 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.

• 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.

Anxiety

• See, also, ADAA’s section on recommended mobile apps at www.adaa.org/finding-help/mobile-apps

• Breathe2Relax: (Apple and Android; Free)
  Teaches breathing techniques to manage stress. Useful for those with anxiety disorders, stress, and PTSD. App includes a video demo, reading materials and charts to map personal progress. Helpful for self-starters or those working with a therapist to include breathing techniques in overall treatment.

• MindShift: (Apple and Android; Free)
  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.

• Panic Relief: (Apple and Android; Free, but offers upgraded version for $0.99)
  Helps with panic disorder through coping tools to better manage and move through panic attacks. Free version includes basic information; upgrade allows access to the full range of skills development including multiple breathing techniques and progressive muscle relaxation.

Bipolar Disorder

• DBSA Wellness Tracker: (Web, Apple, and Android; Free)
  Allows users to keep track of emotional, mental, and physical health through reports that provide an at-a-glance summary of health trends to better recognize potential health problems and mood triggers.

• iMoodJournal - Mood Diary: (Apple and Android; $2.99)
  Allows users to track daily moods on a qualitative scale. Hashtag your triggers in journal and use them later to drill down, filter, and analyze entries. Also offers option to take selfies to scan and plot on calendar for visual reflection of what a month looks like mood-wise.
NATIONAL RESOURCE DIRECTORY

- **eMoods:** (Apple and Android; Free, with in-app purchases)
  App captures daily highs and lows to track depressive or psychotic symptoms, irritability, and elevated mood throughout the day, including an estimate of severity for each. Input is summarized in color code on a monthly calendar. Can also view/export a monthly summary report.

**Borderline Personality Disorder**

- **Simple DBT Skills Diary Card** (Apple and Android; Free; $3.99 for premium)
  App participating in DBT skills-development can practice using a Daily Diary Card that lists 28 DBT skills. Provides stats summary based on 1-day, 7-days, 28-day tracking, or ALL records. Users can upgrade to premium feature for full access.

- **DBT Travel Guide** (Apple and Android; Free)
  For users and practitioners - app provides information 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.

**Depression**

- **DBSA Wellness Tracker:**  (Web, Apple, and Android; Free)
  Allows users to keep track of emotional, mental, and physical health through reports that provide an at-a-glance summary of health trends to better recognize potential health problems and mood triggers.

- **Moodpath:**  (Apple & Android; Free)
  Depression and anxiety app that offers a mental health assessment that can help you make the judgement call about exploring professional treatment. Asks in-the-moment questions over a series of 14 days to weigh emotional well-being. Geared toward facilitating conversations with a professional but offers more than 150 exercises and tools to work on mental health within the app.

- **My 3:**  [www.my3app.org](http://www.my3app.org) (Apple Android; Free)
  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. 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.

**Eating Disorders**

- **Rise Up + Recover:** An Eating Disorder Monitoring and Management Tool for Anorexia, Bulimia, Binge Eating, and EDNOS (Apple and Android; Free)
  An app based on self-monitoring homework, a key aspect of CBT. Users can log meals, emotions, and behaviors, set custom reminders, and export PDF summaries of your logs and check-ins to share with your treatment team.
NATIONAL RESOURCE DIRECTORY

- **Recovery Record: Eating Disorder Management:** (Apple and Android; Free)
  App is designed to be a smart companion for managing your recovery from a variety of eating disorders. Keep a record of meals, thoughts, and feelings; customize meal plans, coping tactics, and recovery goals, and link to your treatment team when you need in-the-moment feedback and support.

**Mindfulness**

- **Head Space:** (Apple and Android; $12.99/Month or $9.99/Year for students)
  A mindfulness and guided meditation app. Also provides articles and videos on a demystified meditation style.

- **Mindfulness Coach:** (Apple and Android; Free)
  Downloadable app that helps practice mindfulness meditation.

**OCD**

- **GGOC: OCD Relief:** (Apple and Android; Free with in-app purchases)
  App aims to improve OCD symptoms, specifically negative thinking by increasing the user’s awareness of negative thoughts and training the brain to challenge them including habituation of positive self-talk, themes including self-esteem, belief in change, stopping self-criticism and other negative thinking, and more. Additional features such as mood tracking can purchased with a subscription.

- **nOCD:** (Apple and Android; Free)
  Helps users with OCD through Mindfulness and Exposure Response Prevention Treatment exercises. Contains immediate guidance during an OCD episode, weekly tests to assess severity of OCD, OCD information and education, data about the condition and treatment that can be shared with a therapist, and motivational support in the form of notifications.

- **OCD Understood:** (Apple only; Free)
  Users with OCD play a game in which text of negative thoughts linger on the screen and users are tasked with swiping them off screen at increasing speed. The app relates the texts coming on the screen to obsessions and the action of swiping them off-screen as of trying to appease the obsessions with compulsions. The app also contains information on OCD and external resources.

**PTSD**

- **PTSD Coach:** (Apple and Android; Free)
  App can help you learn about and cope with the symptoms related to PTSD that commonly occur following trauma.
NATIONAL RESOURCE DIRECTORY

Schizophrenia/Schizoaffective Disorders Apps

• **Schizophrenia Health Storylines:** (Apple, Android & Web; Free)
  Developed in partnership with SARDA, the app makes it easier to record details and specifics about symptoms, medication, moods, and more. Choose what you want to track and see all the information you need to help you or your loved one who is living with schizophrenia and related disorders. Helps document self-care activities for better care coordination and communication.

• **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.

Self-Injury

• **Calm Harm:** (Apple and Android; Free)
  App provides tasks to help users 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.

• **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

• **iSleepEasy:** (Apple and Android; Free)
  A calm voice helps you quell anxieties and take the time to relax and sleep with an array of guided meditations. Separately controlled voice and music tracks, flexible lengths, and an alarm. Includes a special “wee hours” rescue track, and tips for falling asleep.

• **Awoken - Lucid Dreaming Tool:** (Android only; Free)
  Sleep app that combines a journal and practice exercises to help you achieve lucid dreaming and dream awareness.

• **Relax Melodies: Sleep Sounds** (Apple and Android; Free)
  Sleep app that combines soothing sounds, bedtime stories, sleep meditations, and SleepMoves. Recommended by leading doctors and neuropsychologists.
Suicide

- **My 3app:** (Apple and Android; Free) 
  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.

- **notOK:** (Apple and Android; Free) 
  A digital panic button service to 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. Users can add up to five trusted contacts as part of their support group so when they 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.”

Asian American Community

- **Psychology Today:** [www.psychologytoday.com/us/therapists/Asian](http://www.psychologytoday.com/us/therapists/Asian)

- **South Asian Public Health Association:** [www.joinsapha.org](http://www.joinsapha.org)
  Offers a section providing national mental health resources for South Asian American communities across the country.

- **South Asian Mental Health Initiative & Network (SAMHIN):** (732) 902-2561 / [www.samhin.org/](http://www.samhin.org/)
  NOTE – specific to NJ region, but offers helpful resources page focused on mental health issues within South Asian American communities.

- **I am Shakti:** [www.iamshatki.org](http://www.iamshatki.org)
  *Online community* working for awareness, social justice issues affecting the SE Asian/Indian American mental health challenges.

- **LGBTQ Helpline for South Asians:** (908) 367-3374

- **Asian Pride Project:** [www.asianprideproject.org](http://www.asianprideproject.org)
  Online space for family and friends of Asian & Pacific Islander LGBTQ community to share journeys, triumphs and struggles with each other.

NATIONAL RESOURCE DIRECTORY

AUTISM SPECTRUM DISORDER

- **National Autism Association**: (877) 622-2884 / [www.nationalautismassociation.org](http://www.nationalautismassociation.org)  
  Responds to needs of the autism community w/education, support and tools for family members, police, teachers; safety wandering prevention toolkits. Offers **in person support groups**.

- **Autism Society of America**: (800) 328-8476 (ext. 2) / [www.autism-society.org](http://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 on its website.

- **Autism Speaks**: (888) 288-4762; Spanish (888) 772-9050 / [www.autismspeaks.org](http://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 info/resources section in Spanish on its website.

- **Autism Support Network**: [www.autismsupportnetwork.com](http://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.

BIPOLAR DISORDER

- See, also, **Apps** section of Resource Directory.

- **NAMI Bipolar Disorder page** / NAMI Discussion Groups Bipolar Disorder Forum

- **Depression & Bipolar Support Alliance (DBSA)**: (800) 826-3632 / [www.dbsalliance.org](http://www.dbsalliance.org)  
  Provides information on bipolar and depression; offers **online** and **in person support groups**, forums.

- **Bipolar Caregivers**: [www.bipolarcaregivers.org](http://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](http://www.jbrf.org)  
  Provides extensive information for families on juvenile-onset of bipolar disorder.

BORDERLINE PERSONALITY DISORDER

- See, also, **Apps** section of Resource Directory.

- **NAMI BPD page** / NAMI Discussion Groups Borderline Personality Disorder Forum

- **BPD Resource Center**: (888) 694-2273 / [www.nyp.org/bpdresourcecenter](http://www.nyp.org/bpdresourcecenter)  
  Resources and information on BPD; including referrals to clinicians and treatment centers.
NATIONAL RESOURCE DIRECTORY

- **TARA (Treatment/Research Advancements for BPD):** [888] 482-7227 / [www.tara4bpd.org](http://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.

- **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 Central** [www.bpdcentral.com](http://www.bpdcentral.com)
  Info on BPD & narcissistic personality disorder, treatment referrals, resources and online support groups for multiple BPD-related communities.

- **Out of the FOG:** [www.outofthefog.website](http://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.

BRAIN TISSUE DONATION

- **See, also, Research (Mental Health) section of Resource Directory.**

- **Harvard Brain Tissue Resource Center:** (800) 272-4622 / [www.hbtrc.mclean.harvard.edu/about/](http://www.hbtrc.mclean.harvard.edu/about/)
  For those wishing to make a brain donation, HBTRC is a centralized resource for collection/distribution of human brains for research; info about donations on website.

BULLYING

- **Stop Bullying:** [www.stopbullying.gov](http://www.stopbullying.gov)
  Federal website with resources on prevention of bullying and cyberbullying. Spanish language section of website also available.

- **Teens Against Bullying:** [www.pacerteensagainstbullying.org](http://www.pacerteensagainstbullying.org)
  Website created by and for teens where middle and high school students can find ways to address bullying, to take action, to be heard, and to own an important social cause.

- **Cyber Civil Rights Initiative:** [www.cybercivilrights.org](http://www.cybercivilrights.org)
  Info 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. Accepts Spanish-language calls.
NATIONAL RESOURCE DIRECTORY

- **Without My Consent**: [www.withoutmyconsent.org](http://www.withoutmyconsent.org)
  Provides resources & tools guide for victims to fight online harassment.

- **KnowBullying** (Apple and Android; Free)
  Designed for parents to find simple conversation starters to prevent bullying and help your child build resilience by boosting your children’s confidence, resilience, and build effective strategies for facing bullying.

**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/](https://www.childwelfare.gov/topics/responding/reporting/how/)
  Website offers resources in Spanish/Accepts Spanish-language calls.

- **Stop it Now**: (888) 773-8368 / [www.stopitnow.org](http://www.stopitnow.org)
  Provides information and resources to keep children safe from sexual abuse. Provides national HelpLine (888-773-8368), preventative education programs, training programs and prevention advocacy. Accepts Spanish-language calls.

- **Darkness to Light**: (866) 367-5444 / [www.d2l.org/about](http://www.d2l.org/about)
  Provides a helpline (866-367-5444), and educational resources and training programs (Stewards of children) to adults to prevent child sexual abuse. Also provides state-specific directory of resources and reporting laws by state. Training is offered online and in person. Training is available in Spanish; HelpLine accepts Spanish-language calls.

**CHILD, TEENS & YAs – (For parents)**

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

- [NAMI’s Teens and Young Adults Page](#), [NAMI Basics program](#), [NAMI Say it Out Loud: Speaking With Teens About Mental Health page](#), [NAMI OK2TALK](#) and [NAMI Basics General Resources Directory](#)
NATIONAL RESOURCE DIRECTORY

General

  A program of the DBSA, 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
  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: (212) 308-3118 / 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.

- Parent to Parent: (484) 272-7368 / 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.

  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.

- National Federation of Families for Children’s Mental Health: www.ffcmh.org
  A national family-run organization linking more than 120 chapters and state organizations focused on the issues of children and youth with emotional, behavioral or mental health needs and their families. Provides a comprehensive list of resources and information under their Resources section.

- KidsHealth: www.kidshealth.org
  Physician-reviewed information and advice on children’s health and parenting issues, including diseases, nutrition, recipes, feelings, etc. Website offers resources in Spanish.

- Kids in the House: www.kidsinthehouse.com
  The largest parenting video library in the world containing over 8,000 videos from 450 leading parenting experts, including doctors, pediatricians, psychologists, educators, best-selling authors, celebrities and parents themselves. Most material is free; website offers ad-free access for $4.99/month.

- Talk. They Hear You: (Apple and Android; Free)
  App 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.
NATIONAL RESOURCE DIRECTORY

- **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.**

  **Education Issues (IEP, IDEA, etc.)**

- **COPAA (Council of Parent Attorneys and Advocates, Inc.):** copaa-site-ym.com
  Offers information and resources to students and families to protect educational rights for students with disabilities and their parents or family members. Does not provide individual advocacy. Offers a ‘Find an Attorney/Advocate’ search engine on the site. **Website also offered in Spanish and numerous languages.**

- **Understood for Learning and Attention Issues**: www.understood.org
  Provides comprehensive information to parents about school accommodations, IEPs, 504s, and IDEA. **Website also offered in Spanish.**

- **Center for Parent Information and Resources**: (937) 642-8100 / www.parentcenterhub.org
  A highly informative and 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. Includes a “Find Your Parent Center” locator to locate a Community Parent Technical Assistance Center (PTAC) in their community that perform a variety of direct services for children with disabilities, families, and other organizations that support them. **Website offers resources in Spanish.**

- **Wrightslaw**: www.wrightslaw.com
  Website containing extensive info 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.**

- **National Disability Rights Network**: (202) 408-9514 / 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.

- **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.

- **Independent Educational Consultant Association**: / www.iecaonline.com
  Offers a “Find an Educational Consultant” feature on its website.
NATIONAL RESOURCE DIRECTORY

CHILD, TEENS & YAs – (Youth-friendly)

- **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.

- See, also, **Crisis Hotlines/Teens and Young Adults** section of Resource Directory

- See, also, **Resilience-Building** section of Resource Directory

- **NAMI’s Teens and Young Adults Page, NAMI on Campus, NAMI Ending the Silence** & **NAMI OK2TALK**

- **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 and Young Men’s Health:** [www.youngwomenshealth.org](http://www.youngwomenshealth.org) and [www.youngmenshealthsite.org](http://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:** [www.support.therapytribe.com/teen-support-group](http://www.support.therapytribe.com/teen-support-group)
  *Online peer support groups for teens facing mental health challenges and/or difficult family dynamics.*

- **Active Minds:** [www.activeminds.org](http://www.activeminds.org)
  *Organization dedicated to raising mental health awareness, education and support among high schools and college students through network of on-campus chapters. Offers a “Find a Chapter” function on its website.*

- **Half of Us:** [www.halfofus.com](http://www.halfofus.com)
  *Raises awareness about the prevalence of mental health issues and connects students to appropriate resources to get help; offers guidance to teens on how to help friends who are struggling emotionally.*

- **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](http://www.yourlifeyourvoice.org/pages/tip-99-coping-skills.aspx).*

- **Children of Parents with a Mental Illness (COPMI):** [www.copmi.net.au](http://www.copmi.net.au)
  *Australian website that offers online resources explaining a parent’s mental illness to children.*
Reach Out! / www.au.reachout.com
Australian-based website contains valuable information for any teenager to help improve their mental health and wellbeing during the transition-age years. Interactive site includes coping tips, forums, fact sheets, personal stories and resources regarding mental illness, school, employment and relationships.

MindShift: (Apple and Android; Free)
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.

CHRONIC PAIN

American Chronic Pain Association: (800) 533-3231 / www.theacpa.org
Offers an online locator to peer in person support groups and education on pain management skills for people with chronic pain, their families and friends, and health care professionals. Also provides information on finding clinical trials. Website also offered in Spanish.

U.S. Pain Foundation: (800) 910-2462 / www.uspainfoundation.org
Offers network of free, live support group calls weekly as well as a directory of in-person groups provided through PainConnection locator.

Pain Connection: (800) 910-2462 / www.painconnection.org/index.html
Service of the US Pain Foundation that provides in person and phone conference support groups, specialized classes, a speaker series on treatment modalities, training and supervision of mental health professionals on chronic pain, a newsletter on chronic pain issues, information and referrals, and community outreach and education.

COMPLAINTS

Against a treatment facility or hospital

Hospital or Inpatient Treatment Facility’s Ombudsperson/Patient Advocate Department

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 Department of Mental Health.

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 through writing/online (24/7 phone line is information only).
NATIONAL RESOURCE DIRECTORY

- **Medicare Rights Center**: (800) 333-4114 / [www.medicarerights.org](http://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](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](https://theconsumervoice.org/get_help).

**Against an individual provider**

- **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](http://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](https://www.asppb.net/page/BdContactNewPG).

**Insurance claims**

- **National Association of Insurance Commissioners**: (816) 783-8500 / [www.naic.org](http://www.naic.org)
  Can connect you 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](https://www.naic.org/state_web_map.htm).

**Medical parity**

- **The Kennedy Forum**: [www.thekennedyforum.org](http://www.thekennedyforum.org)
  Offers information about consumer rights to equal insurance coverage for mental health treatment and connects them with essential appeals guidance and resources.
NATIONAL RESOURCE DIRECTORY

- **ParityTrack**: [www.paritytrack.org](http://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. Legal info only- does not provide legal referrals or legal representation.

CRISIS/EMERGENCY MENTAL HEALTH SERVICES

- **See, also, Emotional Support (Crisis) section of Resource Directory**

- **NAMI Getting Treatment During a Crisis page, NAMI Guide to Navigating a Mental Health Crisis, and NAMI Calling 911 and Talking with Police page**

- **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](https://citdatabase.org) to determine if the community has CIT resources.

- **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 searching for “Emergency Mental Health Services” in the caller’s 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.
  - **Mobile Crisis Unit/Mobile Crisis Team**. Provide 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.
  - **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 him or her back into the community quickly. Search for “Emergency Mental Health Services” in the caller’s area.
DEPRESSION

- See, also, Apps section of Resource Directory.

- **NAMI Depression page / NAMI Discussion Groups Depression Forum**

- See, also, Postpartum Depression section of Resource Directory

- **Depression and Bipolar Support Alliance (DBSA): (800) 826-3632 / www.dbsalliance.org**
  Provides info 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 info on prevention, treatment of anxiety, depression & related disorders, lists of mental health professionals and an online and in person support group locator. Website also offered in Spanish.

- **Families for Depression Awareness: www.familyaware.org**
  Educational website to help families recognize and cope with depression and bipolar disorder to get people well and prevent suicides.

DISABILITY BENEFITS (Including SSI & SSDI)

- See, also, Insurance and Social Services sections of Resource Directory.

- **NAMI Page on Supplemental Security Income (SSI) and Social-Security Disability Income (SSDI)**

- **National Disability Rights Network/State Protection and Advocacy: (202) 408-9514 / 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 callers receiving SSI/SSDI, in some cases Social Security has carefully selected a person, or an organization to help by service as “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. Website also available in Spanish; Spanish calls accepted. Callers who believe their rights are being violated by their representative payee should contact their State’s National Disability Rights Protection & Advocacy organization.

- **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.
NATIONAL RESOURCE DIRECTORY

- **Allsup**: (800) 279-4357 / [www.allsup.com](http://www.allsup.com)
  Free, 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](http://www.nosscr.org)
  Provides referrals to (fee for service) representation for persons (21+) seeking SSDI & SSI. Spanish calls accepted after 1PM EST (online referral tool is most useful)

- **National Association of Disability Representatives (NADR)**: (800) 747-6131 / [www.nadr.org](http://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

- **Bazelon Center for Mental Health Law**: [www.bazelon.org](http://www.bazelon.org)
  National policy advocacy organization in the areas of Education, Criminal Justice, Mental Health Systems and Employment. (NOTE: provides only very limited legal assistance directly to individuals on cbc basis). Provides helpful and comprehensive list of national disability rights organizations under their “Resource Library” tab.

**Education Issues (IEP, IDEA, etc.)**

- See, also, Children, Teens & Young Adults section of Resource Directory

- **National Association of Therapeutic Schools and Programs**: (301) 986-8770 / [www.natsap.org](http://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.

- **COPAA (Council of Parent Attorneys and Advocates, Inc.)**: [copaa.site-ym.com](http://copaa.site-ym.com)
  Offers information and resources to students and families to protect educational rights for students with disabilities and their parents or family members. Does not provide individual advocacy. Offers a ‘Find an Attorney/Advocate’ search engine on the site. Website also offered in Spanish and numerous languages.

- **Understood for Learning and Attention Issues**: [www.understood.org](http://www.understood.org)
  Provides comprehensive information to parents about school accommodations, IEPs, 504s, and IDEA. Website also offered in Spanish.
NATIONAL RESOURCE DIRECTORY

- **Center for Parent Information and Resources**: (937) 642-8100 / www.parentcenterhub.org
  
  A highly informative and 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. Includes a “Find Your Parent Center” locator to locate a Community Parent Technical Assistance Center (PTAC) in their community that perform a variety of direct services for children with disabilities, families, and other organizations that support them. **Website offers resources in Spanish.**

- **Wrightslaw**: www.wrightslaw.com
  
  Website containing extensive info 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.**

- **National Disability Rights Network**: (202) 408-9514 / 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.

- **Independent Educational Consultant Association**: / www.iecaonline.com
  
  Offers a “Find an Educational Consultant” feature on its website.

**Employment/Accommodations**

- **ADA Information Line**: (800) 514-0301 / www.ada.gov
  
  Provides information about what their rights are based on the Americans w/Disabilities Act (ADA). (Provides information only – no referrals or representation.) **Translator service available**

- **Job Accommodation Network**: (800) 526-7234 *2 *1 / 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 at: https://askjan.org/search.cfm?srchstring=mental health impairments&byDisabilityTree=0/244/ **Website also offered in Spanish**

- **Employment EEOC**: (800) 669-4000 / www.eeoc.gov
  
  Investigates and works to settle discrimination claims; must file claim online. **Website also offered in Spanish**

  
  Website provides feature to file an online civil rights complaint regarding housing, law enforcement, labor, education or employment discrimination. **Website also offered in Spanish.**
NATIONAL RESOURCE DIRECTORY

Housing discrimination/Complaints

- 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.

- National Housing Law Project: (415) 546-7000 / www.nhlp.org
  Non-profit specializing in expanding and enforcing low-income tenants' and homeowners' rights; does not provide direct legal representation.

  Website provides feature to file an online civil rights complaint regarding housing, law enforcement, labor, education or employment discrimination. Website also offered in Spanish.

Incarcerated populations - Mistreatment while incarcerated

- 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 legal assistance to incarcerated people on civil matters.

- National Disability Rights Network: (202) 408-9514 / 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.

  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.
NATIONAL RESOURCE DIRECTORY

- **Just Detention International**: [www.justdetention.org/service](http://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.

DISSOCIATIVE DISORDERS

- **NAMI Dissociative Disorders page / NAMI Discussion Groups Dissociative Disorders Forum**

- **Int’l Society for the Study of Trauma and Dissociation**: (202) 803-6332 / [www.isst-d.org](http://www.isst-d.org)
  Provides info & resources on trauma and dissociation, as well as a Find a Therapist locator.

- **The Sidran Institute**: (410) 825-8888 EXT 102 / [www.sidran.org](http://www.sidran.org)
  Helps people understand, manage, treat trauma and dissociation; has helpline for info and referral, also provides link to numerous hotlines on website.

- **Survivorship**: [www.survivorship.org](http://www.survivorship.org)
  For survivors of extreme child abuse, including sadistic sexual abuse, ritualistic abuse, mind control, and torture. Provides resources, healing, and community for survivors, their partners and other allies.

- **Mosaic Minds**: [www.mosaicminds.org](http://www.mosaicminds.org)
  Website provides links to 16 interactive, online community forums to share experience with DID.

- **Ivory Gardens**: [www.igdid.com](http://www.igdid.com)
  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.siawso.org](http://www.siawso.org)
  12-step, self-recovery program for adult (18+) survivors of incest and childhood sexual abuse. Offers an Find an in person group locator as well as online and phone meetings.

DOMESTIC VIOLENCE/SEXUAL ASSAULT

**Crisis**

- **National Domestic Violence Hotline**: (800) 799-7233 / [www.thehotline.org](http://www.thehotline.org)
  24/7 confidential resource hotline that provides emotional support, local resources, safety plans, etc. for those who are in a domestic violence situation or their loved ones; online chat also available. 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. Website and HelpLine also offered in Spanish.
NATIONAL RESOURCE DIRECTORY

- **Victim Connect**: (855) 484-2846 / [www.victimconnect.org](http://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; also phone and online chat lines that accept calls 8:30 AM - 7:30 PM EST. Resources on Website also offered in Spanish; accepts Spanish-language calls.

- **Safe Horizon**: (800) 621-4673 / [www.safehorizon.org](http://www.safehorizon.org)
  National victims assistance organization that provides support and resources for victims of child abuse, domestic violence, stalking, sexual assault, human trafficking, youth homelessness, etc. Website and hotline also offered in Spanish.

- **National Human Trafficking Hotline**: (888) 373-7888 / Text 233733 / [www.humantraffickinghotline.org](http://www.humantraffickinghotline.org)
  24/7 hotline that protects and supports trafficking survivors. Hotline accepts tips about potential trafficking situations; multiple languages accepted, online chat also available.

  **Non-Crisis**

- **Pandora’s Project**: [www.pandys.org](http://www.pandys.org)
  Non-profit that provides support for survivors of rape and sexual abuse and their loved ones. Website offers free [online peer-support discussion forum](http://www.pandys.org) and chat groups, national and local resources.

- **Domestic Shelters**: [www.domesticshelters.org](http://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.

- **Survivors of Incest Anonymous**: (877) 742-9761 / [www.siawso.org](http://www.siawso.org)
  12-step, self-recovery program for adult (18+) survivors of incest and childhood sexual abuse. Offers a [Find an in person support group](http://www.siawso.org) locator as well as [online and phone meetings](http://www.siawso.org).

- **1in6**: [www.1in6.org](http://www.1in6.org)
  Support for men and boys experiencing sexual abuse or assault. Offers information, resources, 24/7 chat, [online support groups](http://www.1in6.org), trauma-informed trainings and webinars.

- **After Silence**: [www.aftersilence.org](http://www.aftersilence.org)
  Online forum ([online support groups](http://www.aftersilence.org), message board, chat room) for rape, sexual assault and sexual abuse survivors. Website also offered in Spanish.

- **Center for Relationship and Abuse Awareness**: (800) 799-7233 / [www.stoprelationshipabuse.org](http://www.stoprelationshipabuse.org)
  Operates National Relationship Abuse Hotline 800-799-7233; Provides information and resources about relationship abuse, how to get a restraining order & developing a safety plan.

- **Workplaces Respond**: [www.workplacesrespond.org](http://www.workplacesrespond.org)
  Provides legal information, safety planning, and direct contacts to immediate help for survivors of abuse or harassment in the workplace (employers, survivors or coworkers, and advocates).
NATIONAL RESOURCE DIRECTORY

DUAL DIAGNOSIS

• See Substance Use, Addiction and Dual Diagnosis section of Resource Directory

EATING DISORDERS

• See, also, Apps section of Resource Directory.

• NAMI Eating Disorders page

• National Eating Disorders Association: (800) 931-2237 / www.nationaleatingdisorders.org
  Offers info & referral helpline for treatment and in person support groups. Website also offered in Spanish; Helpline offers a translation service.

• National Association of Anorexia Nervosa & Associated Disorders: (630) 577-1330 / www.anad.org
  Provides HelpLine for those needing support (M-F; 9 – 5 pm CT); also provides referrals to treatment, in person support groups, recovery mentors and support services such as grocery buddies; also have a YouTube channel.

• National Association for Males with Eating Disorders (NAMED): www.namedinc.org
  Provides information and resources to help males suffering from 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.

• Proud2Bme: (800) 931-2237 (Helpline) / www.nationaleatingdisorders.org/tags/proud2bme
  A service of the National Eating Disorders Association, providing info and resources to promote positive body image and encourage healthy attitudes about food and weight among teens. Offers a toll-free Helpline as well as online and in person support groups. Website offers resources in Spanish; HelpLine offers translation services.
NATIONAL RESOURCE DIRECTORY

EDUCATION (Legal Issues)

• See, also, Children, Teens & Young Adults section of Resource Directory.

• COPAA (Council of Parent Attorneys and Advocates, Inc.): copaa.site-ym.com
  Nonprofit that protects the legal and civil rights of students with disabilities and their families dealing with educational disability matters. Has a ‘Find an Attorney/Advocate’ search engine on the site. Website also offered in Spanish.

• Understood for Learning and Attention Issues: www.understood.org
  Information (only – no legal referrals/representation) about school accommodations, IEPs, 504s, and IDEA. (only provides information). Website also offered in Spanish.

• Center for Parent Information and Resources: (937) 642-8100 / www.parentcenterhub.org,
  A highly informative and 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. Includes a Find Your Parent Center locator to locate a Community Parent Resource Center in their community. Resource pages also offered in Spanish on website.

• Wrightslaw: www.wrightslaw.com
  Website containing extensive info and resources (only – no legal referral/representation) for parents, educators, advocates, and attorneys regarding special education law, education law and advocacy for children with disabilities. Resource pages also offered in Spanish on website.

• National Disability Rights Network: (202) 408-9514 / www.ndrn.org
  (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. Does not provide individual legal advocacy.

EMOTIONAL SUPPORT

Crisis – General population

• See, also, Crisis/Emergency Mental Health Services section of Resource Directory.

• National Suicide Prevention Lifeline: (800) 273-8255 (press 1 for veterans); (888) 628-9454 in Spanish
  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. See also, extensive list of local Suicide hotlines at www.suicide.org/suicide-hotline.html

• 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.)
NATIONAL RESOURCE DIRECTORY

- **HopeLine-Spanish Speaking Crisis Hotline**: (800) 784-2432
  Offers a free suicide prevention and crisis intervention helpline for adolescents, teens and adults in Spanish. 8 am – 12 am, daily.

- **Veteran’s Crisis Hotline**: (800) 273-8255 press 1 / www.suicidepreventionlifeline.org
  Accepts Spanish-language calls.

- **International Suicide Hotline Directory**: www.suicide.org/international-suicide-hotlines.html

- **National Domestic Violence Hotline**: (800) 799-7233 / www.thehotline.org
  24-hour support for victims; crisis intervention, safety planning; information and referrals for friends, family, survivors, abusive partners, etc. Hotline and website offered in Spanish.

- **Rape, Abuse and Incest National Network (RAINN)**: (800) 656-4673 / www.rainn.org
  Nation’s largest anti-sexual violence organization; operates the National Sexual Assault Hotline, a 24-hour free and confidential phone and text support for victims of sexual assault/abuse. Website & Helpline offered in Spanish.

- **Trans Lifeline**: (877) 565-8860 / www.translifeline.org
  Provides 24/7 crisis intervention and suicide prevention services for (only) transgendered/non-binary individuals by trans peers; also provides microgrants for name changes and legal document changes, information on safety and prevention, state law directory, and information on sexual assault and violence. Guaranteed to be staffed 7am-1amPCT/9am-3amCT/10am-4amEST, operators available during some other hours. Limited Spanish-language service available (leave message).

- **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. Spanish-language translation service available.

- **Copline**: (800) 267-5463 / www.copline.org
  24-hour free, confidential hotline for active and retired law enforcement officers and their families; manned by retired law enforcement officers.

**Crisis - Teens & Young adults**

- See, also, Missing Persons section of Resource Directory

- **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.
NATIONAL RESOURCE DIRECTORY

- 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 / www.1800runaway.org
  Press “2” for crisis line; “3” for resources. 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: (502) 635-3660 / 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. Text SAFE at your current location to 69866 for help via text (24hrs).

Non-Crisis

- See, also, Warmlines excel spreadsheet on Volunteer Drive

- See, also, “Condition-specific” (e.g., Depression) and/or “Community-specific” (e.g., African American Community) resources within Resource Directory

- See, also, Apps and Resilience-Building sections of Resources Directory

- 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 cannot be a complement to therapy. Spanish language literature available thru online store.

- Mental Health America: www.mentalhealthamerica.net
  MHA website maintains a comprehensive list of nationwide support groups at www.mentalhealthamerica.net/find-support-groups to direct individuals to a variety of organizations that offer 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. Website offers Spanish-language educational materials.
NATIONAL RESOURCE DIRECTORY

- **National Mental Health Consumer’s Self-Help Clearinghouse:** [www.mhselfhelp.org](http://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](http://www.cdsdirectory.org).

**Loneliness/Isolation**

- **Connect2Affect:** [www.connect2affect.org](http://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](http://www.meetup.com)
  Find and connect with local groups of people who share common interests.

- **For Like Minds:** [www.forlikeminds.com](http://www.forlikeminds.com)
  This website allows for individuals to connect with others who are living with or supporting someone with mental health conditions, substance use issues, and stressful life events.

- **Made of Millions:** [www.madeofmillions.com](http://www.madeofmillions.com)
  Provides a community forum that provides support and advocacy for people who suffer from various mental health issues; the forums are organized by: school, family, work, faith, and policy.

**Online/Teleconference support**

- **NAMI Discussion Groups**
  Online community for individuals and family members. Has forums for specific mental health conditions, for family members and friends, young adults, etc. Must make an account on nami.org to join (free).

- **Support Group Central:** [www.supportgroupscentral.com](http://www.supportgroupscentral.com)
  Offers virtual support groups on numerous mental health conditions - free or low-cost. Website also offered in Spanish.

- **TheTribe Wellness Community:** [www.support.therapytribe.com](http://www.support.therapytribe.com)
  Free, [online peer support groups](http://www.support.therapytribe.com) 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 of Tea:** [www.7cups.org](http://www.7cups.org)
  Free online text chat with a trained listener for emotional support 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/](https://online.supportgroups.com/)
  Website features over 200 different online support groups.
NATIONAL RESOURCE DIRECTORY

• **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 cannot 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.

EMPLOYMENT

*Accommodations & Discrimination Issues*

• **ADA Information Line:** (800) 514-0301 / www.ada.gov
  Provides information about what their rights are based on the Americans w/Disabilities Act (ADA). (Provides information only – no referrals or representation.) Translator service available

• **Job Accommodation Network:** (800) 526-7234 *2* / 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 at: https://askjan.org/search.cfm?srchstring=mental health impairments&byDisabilityTree=0/244/ Website also offered in Spanish

• **Employment EEOC:** (800) 669-4000 / www.eeoc.gov
  Investigates and works to settle discrimination claims; must file claim online. 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**

• **Employer Assistance and Resource Network on Disability Inclusion (EARN):** www.askearn.org  Maintains a comprehensive list of state vocational rehabilitation agencies in the U.S., each is designed to help individuals with disabilities meet their employment goals. Agencies assist individuals with disabilities to prepare for, obtain, maintain, or regain employment.
NATIONAL RESOURCE DIRECTORY

- **SourceAmerica:** [www.sourceamerica.org/nonprofit-locator](http://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.

- **Global Connections to Employment:** (877) 827-2372 / [www.elakeviewcenter.org/GlobalConnectionstoEmployment](http://www.elakeviewcenter.org/GlobalConnectionstoEmployment)
  One of the largest employers of people with disabilities under the AbilityOne program - in many states and DC.

- **National Mental Health Consumer’s Self-Help Clearinghouse:** [www.mhselfhelp.org](http://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](http://www.cdsdirectory.org).

- **abilityJOBS:** [www.abilityjobs.com](http://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](http://www.gettinghired.com)
  A search engine that connects people with companies that are looking to hire people with disabilities.

- **211** / [www.211.org](http://www.211.org)
  Connects individuals with local resources including employment, health, financial assistance, crisis, food, etc. Website and information line also offered in Spanish.

- **Career One Stop:** (877) 872-5627 / [www.careeronestop.org](http://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](http://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](http://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, employment, and reintegrating back into society). Website also offered in Spanish. Also, contact NAMI Affiliate for additional list of “Drop-in” or similar clubhouses in caller’s area.
NATIONAL RESOURCE DIRECTORY

FINANCIAL ASSISTANCE

General financial assistance

- **Need Help Paying Bills**: [www.needhelppayingbills.com](http://www.needhelppayingbills.com)  
  Info on assistance programs, charity organizations, and resources that provide help paying bills, mortgage and debt relief (financial, rent, and government assistance).

- **Aunt Bertha**: (512) 717-0518 / [www.auntbertha.com](http://www.auntbertha.com)  
  Online resource that connects users to free and reduced cost local resources such as medical care, food, housing, transportation and much more. Website also offered in Spanish.

- **211**: [www.211.org](http://www.211.org)  
  Dial 211 from any phone (mobile or landline) or use website to search for contact info by zip code; service can refer callers to appropriate agencies/community organizations that offer emergency financial assistance; available in most areas. Website also offered in Spanish.

- **Federal Trade Commission’s Consumer Information**: [www.consumer.ftc.gov/topics/dealing-debt](http://www.consumer.ftc.gov/topics/dealing-debt)  
  Provides detailed info on dealing with debt, including collection, management, relief, settlement and how to recognize deb-related scams and fraud. See also online brochure, “Coping With Debt,” that provides information on how to manage debt via self-help, debt relief services, debt consolidation, or bankruptcy. Website also offered in Spanish.

- **HelpWhenYouNeedIt**: [www.helpwhenyouneedit.org](http://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](http://www.usa.gov/help-with-bills)  
  Provides information about government programs that help with bill payment, temporary assistance, jobs/unemployment, credit, etc. Website and Helpline also offered in Spanish.

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](http://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](http://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.
NATIONAL RESOURCE DIRECTORY

- **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 also 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
  Website providing 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**

- **PhRMA’s Medicine Assistance Tool:** www.medicineassistance tool.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.
NATIONAL RESOURCE DIRECTORY

- **USARX**: [www.usarx.com](http://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](http://www.blinkhealth.com)
  Individuals (with or without insurance) pay upfront for medication online and then take a voucher to their pharmacy. Accepts calls 8-10 M-F, 9-7 weekends (EST); Spanish language option on patient assistance line.

**FIRST EPISODE PSYCHOSIS (FEP)**

- See, also, **Anosognosia** and **Children/Teens & Young Adults** sections of Resources Directory.

- **NAMI Early Psychosis and Psychosis page**

- **NAMI Ask the Expert Series: Supporting a Loved One with Psychosis**

- **SAMHSA Fact Sheet on Cognitive Behavioral Therapy for psychosis (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](http://www.samhsa.gov/esmi-treatment-locator)
  Maintains an Early Serious Mental Illness Treatment Locator as a source of information for family members who are seeking CSC programs in the US. Portions of website available in Spanish.

- **Early Assessment & Support Alliance (EASA)**: [www.easacommunity.org](http://www.easacommunity.org)
  Provides extensive info & 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](http://www.easacommunity.org/PDF/Directory_V5.pdf) Website also offered in Spanish.

  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/](http://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 comprehensive overview of STEP treatment.
NATIONAL RESOURCE DIRECTORY

GRIEF SUPPORT

General

- Contact NAMI Affiliate for listing of local grief support services.

- Carson’s Village: (877) 789-0722 / www.carsons村e.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).

- The National Hospice and Palliative Care Association: (703) 837-1500 / www.nhpco.org/find-a-care-provider
  Maintains a list of hospices across the US, 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.

- 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.

Online Grief Support /Forums:

- Psychology Today (psychologytoday.com)
- Grief Anonymous Facebook Group (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 & after an abortion.

Loss from 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.

- 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.
NATIONAL RESOURCE DIRECTORY

- **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).

- **Lantern**: www.lantern.co
  Service that provides tools and services covering every phase of end-of-life on how to navigate life after death. Website provides free, custom checklist for funeral planning and beyond and online articles.

- **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.

- **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.

**For Children/Teens**

- **Eluna Network**: (267) 687-7724 / www.elunanetwork.org
  Provides comfort, hope, and healing to children and families affected by grief, including Camp Erin, largest national bereavement program for youth grieving the death of a significant person in their lives.

- **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

GUARDIANSHIP / CONSERVATORSHIP / PSYCHIATRIC ADVANCE DIRECTIVES

- See, also, Long-Term Planning section of Resources Directory.

- **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. For state-specific laws, see the section of the website dedicated to civil commitment laws on the website of the Treatment Advocacy Center.

- **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 DIRECTORY

  Provides state-specific information for individuals and caregivers of loved ones with MI. 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](http://www.guardianship.org)
  Helpful site providing helpful overview about the guardianship process, “levels” of guardianship, etc. Does not provide advocacy or consulting services on how to seek guardianship.

- **Treatment Advocacy Center:** [www.treatmentadvocacycenter.org](http://www.treatmentadvocacycenter.org)
  Nonprofit national (not individual) advocacy organization that promotes laws, policies and practices for treatments for and research into the causes of SMI.s. 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/fixing-the-system/improving-laws-and-standards](https://www.treatmentadvocacycenter.org/fixing-the-system/improving-laws-and-standards)

GUN LAWS & REPORTING

- **Giffords Law Center to Prevent Gun Violence:** [www.lawcenter.giffords.org](http://www.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](https://lawcenter.giffords.org/gun-laws/policy-areas/background-checks/mental-health-reporting/#state)

- **Coalition to Stop Gun Violence:** [www.csgv.org](http://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](http://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.

HIPAA

- **HIPAA:** [www.hhs.gov/hipaa/for-individuals/mental-health/index.html](http://www.hhs.gov/hipaa/for-individuals/mental-health/index.html)
  Website provides extensive Information related to mental and behavioral health patient privacy rights.
NATIONAL RESOURCE DIRECTORY

HIV/AIDS

- Callers can conduct an internet search for “AIDS HIV Educational Referral and Support Services” or “Agencies Providing HIV/AIDS Services” in their local community. Callers with private medical insurance may wish to contact their primary care physician for a referral to an HIV Specialist.

- Help Stop the Virus: [www.helpstopthevirus.com](http://www.helpstopthevirus.com)
  Informational website regarding HIV prevention, testing, treatment and educational resources, including instructional videos and personal stories for clinicians treating the condition and people living with HIV. Several instructional videos available in Spanish.

  Website providing information on HIV treatment and resources that can help pay for the care needed.

- TheTribe Wellness Community: [www.support.therapytribe.com/hivaids-support-group](http://www.support.therapytribe.com/hivaids-support-group)
  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.

HOARDING

- International OC Foundation: Hoarding Center: (617) 973-5801 / [www.hoarding.iocdf.org](http://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. Will provide Spanish-language resources on website as of 10/20.

- Hoarding Cleanup: (800) 462-7337 / [www.hoardingcleanup.com](http://www.hoardingcleanup.com)
  Provides nationwide directory of 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.

- Anxiety and Depression Assn. of America: (240) 485-1001 / [www.adaa.org](http://www.adaa.org)
  Provides general information on hoarding and treatment planning; can also email information@adaa.org
  Website also offered in Spanish.

- National Association of Productivity & Organizing Professionals: [www.napo.net](http://www.napo.net)
  For those looking to get organized, NAPO offers a “Find a Professional” directory for organizers that specialize in serving those with hoarding behavior.
NATIONAL RESOURCE DIRECTORY

HOUSING

Discrimination/Complaints

- 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.

- National Housing Law Project: (415) 546-7000 / www.nhlp.org
  Non-profit specializing in expanding and enforcing low-income tenants' and homeowners' rights; does not provide direct legal representation.

  Website provides feature to file an online civil rights complaint regarding housing, law enforcement, labor, education or employment discrimination. Website also offered in Spanish.

Resources

- NAMI Securing Stable Housing page

- Contact NAMI Affiliate
  Callers 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/)

- Corporation for Supportive Housing (CSH): www.csh.org
  Website provides helpful primer FAQs on the basics of supportive housing at www.csh.org/supportive-housing-101/, and their Supportive Housing Toolkit at www.csh.org/phatoolkit

- 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
NATIONAL RESOURCE DIRECTORY

- **HUD Housing Resource Locator:** / [resources.hud.gov](http://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.

- **HUD Public Housing and Resource Center:** / (800) 955-2232 / [https://www.hud.gov/program_offices/public_indian_housing/pha/contacts](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.

  CIL’s may offer referrals to home sharing programs; use website to find local CIL #. Note – not all CILs accept individuals living with MH disability (only can accommodate physical disabilities).

- **National Mental Health Consumer’s Self-Help Clearinghouse:** / [www.mhselfhelp.org](http://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](http://www.cdsdirectory.org).

- **Homeless Shelter Directory:** [www.homelessshelterdirectory.org](http://www.homelessshelterdirectory.org)
  National directory of homeless shelters, assistance programs, soup kitchens etc.; rent assistance programs, affordable housing, and food kitchens.

**IMMIGRANT SUPPORT**

  Resource guide designed to help immigrants, mixed-status families, and communities understand the core elements of public charge.

  Resource guide designed for people that work directly with immigrant families to help them understand whether they are subject to public charge.

  Resource guide designed to help mixed-status families know more about their rights when it comes to going to the doctor or enrolling in health insurance. Available in Spanish, French, Chinese, Arabic and more languages coming soon.
INCARCERATED POPULATIONS

- **NAMI Handling the Arrest of a Family Member, NAMI Criminal Justice Videos** and **NAMI Guide to Mental Illness and the Criminal Justice System**
- **SAMHSA webinar on Getting Help After Arrest and Jail**
- **SAMHSA Mental Health Court Locator**
- **Treatment Advocacy Center Criminalization of Mental Illness Page**

**Appealing Sentence**

- **Center on Wrongful Convictions**: [www.law.northwestern.edu/legalclinic/wrongfulconvictions/assistance/](http://www.law.northwestern.edu/legalclinic/wrongfulconvictions/assistance/)
  A service of Northwestern Law School that will consider cases that meet the following criteria:
  - **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**

- **American Civil Liberties Union (ACLU)**: (212) 549-2500 / [www.aclu.org/issues/prisoners-rights](http://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/](http://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**: (202) 408-9514 / [www ndrn.org](http://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.

  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.
NATIONAL RESOURCE DIRECTORY

- **Just Detention International**: [www.justdetention.org/service](http://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**
  National directory of local programs to assist post-incarcerated individuals.
  Information to ensure that individuals can access essential services and benefits immediately upon release to help stabilize the first days/weeks post-incarceration.

**Resources for prisoners and their families**

- **Prison Activist Resource Center**: (510) 893-4648  [www.prisonactivist.org/resources?page=1](http://www.prisonactivist.org/resources?page=1)
  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.
  Provides info 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.

**INSURANCE**

- See, also, **Disability Benefits (SSI & SSDI)** and **Social Services** sections of Resource Directory.
- **NAMI Understanding Health Insurance page**
- **ACA Health Insurance Marketplace**: (800) 318-2596 / [www.healthcare.gov](http://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.
NATIONAL RESOURCE DIRECTORY

- **Medicaid.gov**: (877) 267-2323* / [www.medicaid.gov](http://www.medicaid.gov)
  U.S. government 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 information.)*

- **Medicare.gov**: (800) 633-4227* / [www.medicare.gov](http://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](http://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](http://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 Assn. of Insurance Commissioners**: (816) 783-8500 / [www.naic.org](http://www.naic.org)
  Can connect you 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](https://www.naic.org/state_web_map.htm).

- **HIPAA**: [https://www.hhs.gov/hipaa/for-individuals/mental-health/index.html](https://www.hhs.gov/hipaa/for-individuals/mental-health/index.html)
  Website provides extensive information related to mental and behavioral health patient privacy rights.

INTELLECTUAL DISABILITIES

- **The Arc**: [www.thearc.org](http://www.thearc.org) / (800) 433-5255
  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**: [www.futureplanning.thearc.org](http://www.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.
NATIONAL RESOURCE DIRECTORY

- **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 information to members.

INTERNATIONAL

- **Talking Egg:** www.talkingegg.info
  Website is organized by country with links to useful mental health resources for that 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.

- **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.

- **International Association for Suicide Prevention:** www.iasp.info/resources/Crisis_Centers
  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.

- **US Department of State Office of Overseas Citizens Services (OCS):** In US/Canada (888) 407-4747; Abroad (202) 501-444 / 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 50 / www.eufami.org
  Maintains a network of member organizations across Europe to support people affected by severe mental illness.

- **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 caller to 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.
LATINX COMMUNITY


- **Therapy for Latinx:** [www.therapyforlatinx.com](http://www.therapyforlatinx.com)
  Website provide database of therapists who either identify as Latinx or has worked closely with the and understands the unique needs of the Latinx community. Website also offered in Spanish.

- **Mental Health America’s Resources for Latinx/Hispanic Communities:**
  General mental health Spanish speaking resources are available through this link. MHA’s list of Spanish language materials, including Spanish-language screening tools, is provided.

- **American Society of Hispanic Psychiatry:** (972) 613-0985 / [www.americansocietyhispanicpsychiatry.com](http://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.

LEGAL (Finding a Lawyer)

- See, also, **Incarcerated Populations** section of Resource Directory.

- **Callers should conduct internet search under “Mental Health Attorneys” and/or “Mental Health Criminal Defense Attorneys”**.

  **Low-cost/pro bono services**
  (NOTE – will not provide services for criminal cases)

- **Lawhelp.org:** [www.lawhelp.org](http://www.lawhelp.org)
  Legal aid services for low-income Americans; click on “find help near you” for state specific legal info, self-help forms, and a directory of legal aid services.

- **HelpWhenYouNeedIt:** [www.helpwhenyouneedit.org](http://www.helpwhenyouneedit.org)
  An 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:**
  [www.americanbar.org/groups/probono_public_service/research_pro_bono/pro-bono-resource-directory](http://www.americanbar.org/groups/probono_public_service/research_pro_bono/pro-bono-resource-directory)
  Search for state-specific pro bono organizations.

- **NAMI Affiliate or NAMI State Organization**
  For information about state specific laws or procedures. Might have additional legal resources or community contacts with lawyers.
NATIONAL RESOURCE DIRECTORY

For those able to afford representation

  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/](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 on its website.

LGBTQ COMMUNITY

**General Information**

- **NAMI LGBTQ page**

- **LGBT National Help Center**: *(888) 843-4564* (Hotline), *(800) 246-7743* (Youth Talkline), *(888) 234-7243* (Senior Hotline) / [www.glnh.org](http://www.glnh.org)
  NOTE – Hours are 4 pm – 12 midnight EST. 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.

- **Parents, Families and Friends of Lesbian & Gays (PFLAG)**: *(202) 467-8180* / [www.pflag.org](http://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](http://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: Connects LGBTQ Youth to peer support and community through online forums (trevorspace.org).

- **Gayborhood**: *(404) 377-4297* [www.gayborhood.com](http://www.gayborhood.com)
  Helps to find LGBTQ+ friendly housing, businesses, restaurants, etc. in your area.

- **National Queer and Trans Therapists of Color Network**: [www.ngttcn.com](http://www.ngttcn.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.
NATIONAL RESOURCE DIRECTORY

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 7am-1am PST/9am-3am CST/10am-4am EST. Offers limited Spanish-language service.

• Parents, Families and Friends of Lesbian & Gays (PFLAG): (202) 467-8180 / www.pflag.org
  Supports families and friends of LGBT community; chapters offer trans-specific in person support groups. Website also offered in Spanish.

• Trans Chance Health: www.transchancehealth.org
  Provides help and answers to questions about pursuing gender affirming surgery, insurance/medical assistance, help on where to start for transitioning, and etc.

• 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
  The 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 information and resources about transgender people and issues that affect them such as healthcare, 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, and etc. Website also offered in Spanish.

• (LGBTQ MILITARY) Stateside Legal: www.statesidelegal.org/library/4697
  Website provides a section dedicated to LGBTQ+ resources for military members and veterans.

Resilience/Coping

• It Gets Better: www.itgetsbetter.org
  Website that provides coping skills and resources with the goal of communicating to LGBT youth around the world that it gets better.
NATIONAL RESOURCE DIRECTORY

- **It’s Your Life:**
  
  [www.americanbar.org/content/dam/aba/migrated/child/PublicDocuments/its_your_life.authcheckdam.pdf](http://www.americanbar.org/content/dam/aba/migrated/child/PublicDocuments/its_your_life.authcheckdam.pdf)

  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** section of Resource Directory.

- **Special Needs Alliance:** (877) 572-8472 / [www.specialneedsalliance.org](http://www.specialneedsalliance.org)
  Provides legal referrals for 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](http://www.nationalplanalliance.org)
  Provides resources, referrals and information to assist families with the planning needs of adult children with lifelong disabilities. Website offers a finder function for a local PLAN affiliate.

- **ABLE National Resource Center:** / [www.ablesrc.org](http://www.ablesrc.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:** [www.nationaldisabilityinstitute.org](http://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).

- **Elder Law (Info):** (866) 267-0947 / [www.elderlawanswers.com](http://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:** [www.futureplanning.thearc.org](http://www.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.
NATIONAL RESOURCE DIRECTORY

LONELINESS/ISOLATION

- See, also, Emotional Support and Resilience Building sections of Resource Directory.

- 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
  Find and connect with local groups of people who share common interests.

- For Like Minds: www.forlikeminds.com
  This website allows for individuals to connect with others who are living with or supporting someone with mental health conditions, substance use issues, and stressful life events.

- Made of Millions: www.madeofmillions.com
  Provides a community forum that provides support and advocacy for people who suffer from various mental health issues; the forums are organized by: school, family, work, faith, and policy.

MEDICATION

General information

- NAMI Mental Health Medications page (note: medications listed are not an extensive list)

- Speak with prescribing physician and/or local pharmacy that has filled the prescription.

- U.S. National Library of Medicine Drug Information Portal: (888) FIN-DNLM /
  https://druginfo.nlm.nih.gov/drugportal/drugportal.jsp
  Website offers a Drug Information Portal that provides information on over 80,000 medications.

- National Institute of Mental Health Mental
  Section of NIMH website that provides comprehensive overview of medications for MH conditions.

  The FDA’s website offers extensive information on prescription medication, side effects, safety and availability. Offers Find Information about a Drug portal provides info 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.medicineassistance-tool.org](http://www.medicineassistance-tool.org)  
  A search engine for many of the patient assistance resources that the pharmaceutical industry offers.

- **Needy Meds**: (800) 503-6897 / [www.needymeds.org](http://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](http://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](http://www.rxhope.com)  
  A free patient assistance program to assist people in need obtain critical medications.

- **USARX**: [www.usarx.com](http://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](http://www.blinkhealth.com)  
  Individuals (with or without insurance) pay upfront for medication online and then take a voucher to their pharmacy. Accepts calls 8-10 M-F, 9-7 weekends (EST); Spanish language option on patient assistance line.

MISSING PERSONS

- **NAMI Missing Person Support website**

- **Call police and file Missing Person report**  
  Usual 3-day requirement may be lowered for person w/ MI; 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 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.

  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 / www.centralusa.salvationarmy.org/use/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 region contact information by searching “Salvation Army missing persons locator.” Accepts Spanish-language calls.

Article that details what to look for when hiring a PI and potential sources for prospective PIs.

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.

NARCISSISTIC PERSONALITY DISORDER

See also, Borderline Personality Disorder section of Resource Directory.

BPD Central www.bpdcentral.com
Info 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.
NATIONAL RESOURCE DIRECTORY

NATIVE AMERICAN COMMUNITY


- **Indian Health Service**: (301) 443-2038 / [www.ihs.gov](http://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](http://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](http://www.oneskycenter.org)
  *Provides resources and a Find a Therapist locator for treating mental health and substance use disorder within Native American communities.*

NEW MOTHERS SUPPORT

- See, also, **Postpartum Depression** section of Resource Directory.

- **La Leche League International**: [www.llli.org](http://www.llli.org)
  *International NGO that organizes advocacy, educational, and free training related to helping mothers learn to breastfeed their baby. Website offers an interactive map to find a chapter in your area. Website also offered in Spanish.*

- **Moms of Preschoolers (MOPS)**: (888) 910-6677 / [www.mops.org](http://www.mops.org)
  *National organization with local chapters providing support to mothers of infants, toddlers, preschoolers as well as older school-age children. Operates network of in person support groups through local chapters. Also offers groups and information in Spanish by calling (800 545-4040) or email at grupos@mops.org.*

- **Meetup**: [www.meetup.com](http://www.meetup.com)
  *Meetup.com hosts nearly 4,000 “Stay-at-Home Moms” groups internationally. In person groups include stroller meet-ups, breastfeeding mom, babywearing, attachment parenting, moms of multiples or special needs kids and more. Most groups are free or extremely low cost.*

- **Multiples of America**: [www.multiplesofamerica.org/](http://www.multiplesofamerica.org/)
  *Operates network of 400 local in person support groups nationwide, providing support to parents of multiple birth children. Contact local chapters for information on support groups.*
NATIONAL RESOURCE DIRECTORY

OBSESSIVE-COMPULSIVE DISORDER

- See, also, Apps section of Resource Directory.

- **NAMI OCD page**

- **International OCD Foundation (IOCDF):** [617) 973-5801 / www.iocdf.org
  Provides info and resources on OCD, including individual therapist & clinic referrals; operates a national network of in person support groups; Offers limited Spanish-language call support.

- **The TLC Foundation:** [831) 457-1004 / 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 & skin care services. Website also offered in Spanish.

- **Peace of Mind:** [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
  Offers 12-step in person support groups and conference call support meetings for those living with multiple forms of OCD.

OPPOSITIONAL DEFIANT DISORDER (ODD)

- **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.

- **Child Mind Institute (section on ODD):** [212) 308-3118 / www.childmind.org/guide/oppositional-defiant-disorder/what-is-it/
  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.

- **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
  Provides information and resources for families and youth on ODD. Also provides a child and adolescent psychiatrist finder. Website offers resources in Spanish.

- **Oppositional Defiant Disorder Online Support Group:** [www.dailystrength.org/group/oppositional-defiant-disorder-odd
NATIONAL RESOURCE DIRECTORY

- **Difficult Child**: [www.difficultchild.com](http://www.difficultchild.com)
  For parents, educators, and mental health providers - features the “Nurtured Heart Approach,” a program that teaches a method for treating children labeled as challenging, difficult or intense (including those with ADHD, ODD, Autism, PTSD) to help them flourish. Offers courses online.

**POLICY-RELATED (including Mental Health Advocacy)**

- **NAMI Policy Platform page**
- **NAMI Smarts for Advocacy training program**
- **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.
- **Kaiser Family Foundation**: [www.kff.org](http://www.kff.org)
  In-depth information and analysis on national health issues and health-related policies.
- **Center for Budget & Policy Priorities**: [www.cbpp.org](http://www.cbpp.org)
  Research and policy institute that provides information on current federal and state policies that affect low-income Americans. Info about policies on health care, low-income housing, social security, etc.
- **Treatment Advocacy Center**: [www.treatmentadvocacycenter.org](http://www.treatmentadvocacycenter.org)
  Information and statistics about the mental health system; info on civil commitment laws, anosognosia, psychiatric bed shortages and criminalization of mental illness. Use the state map to find state specific stats and info.
  An advocacy blog sponsored by Families for Depression Awareness organization. Provides an online forum where those affected by the mental health care system can openly discuss its strengths and weaknesses, along with thought leaders and advocates.

**POSTPARTUM DEPRESSION**

- See, also, Depression, Anxiety and New Mothers Support sections of Resource Directory.
- **Postpartum Progress**: [www.postpartumprogress.com](http://www.postpartumprogress.com)
  Online blog supporting the international postpartum community providing information, resources, stories of shared experience and an in person support group finder. Offers a “New Mom” Postpartum Depression Checklist in Spanish.
NATIONAL RESOURCE DIRECTORY

- **Postpartum Support International**: (800) 944-4773 / [www.postpartum.net](http://www.postpartum.net)
  Provides information and resources for postpartum parents (males and females), including loss of a child and other related struggles; also includes an online weekly chat. Offers a non-crisis HelpLine (800) 944-4773. Website also offered in Spanish; accepts Spanish-language calls.

- **PostpartumMen**: [www.postpartummen.com](http://www.postpartummen.com)
  A place for men with concerns about depression, anxiety or other problems with mood after the birth of a child. Provides info, resources and online forum for dads to talk to each other. Offers article in Spanish on website on PPD for men.

**POST-TRAUMATIC STRESS DISORDER**

- See, also, Apps section of Resource Directory.

- **NAMI PTSD page**

- **National Center for PTSD**: (802) 296-6300 / [www.ptsd.va.gov](http://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.](http://www.ptsd.va.gov/)

- **The Sidran Institute**: (410) 825-8888 ext 102 / [www.sidran.org](http://www.sidran.org)
  “Go-to” resources for PTSD-related conditions, including DID, dual diagnosis, self-injury and suicide. Help Desk locates in person support groups for people who have experienced trauma. Provides educational programming, resources for treatment, support and self-help.

- **EMDR International Association**: [www.emdria.org/search/default.asp](http://www.emdria.org/search/default.asp)
  Maintains an online locator that lists providers of EMDR therapy.

- **Int'l Society for the Study of Trauma and Dissociation**: (202) 803-6332 / [www.iss-d.org](http://www.iss-d.org)
  Provides info & resources on trauma and dissociation, as well as a Find a Therapist locator.

- **America’s VetDogs**: (866) 838-3647 / [www.vetdogs.org](http://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.

  Downloadable app that can help learn about and manage symptoms that often occur after trauma.
NATIONAL RESOURCE DIRECTORY

RESEARCH (Mental Health)

General information

- **NAMI Research Page**

- **National Institute of Mental Health**: 866-615-6464 / [www.nimh.nih.gov](http://www.nimh.nih.gov)
  Gov’t agency responsible for research on MI causes and treatments. Also offers general info about mental illness. *All of NAMI’s stats come from NIMH. Website offers numerous fact sheets in Spanish; Accepts Spanish-language calls.*

- **National Center for Complementary and Integrative Health (NCCIH)**: (888) 644-6226 / [www.nccih.nih.gov](http://www.nccih.nih.gov)
  Part of NIH that conducts and supports research and provide information about complementary alternative medicine products and practices. *Website also offered in Spanish; Accepts Spanish-language calls.*

Participating in research

- **Harvard Brain Tissue Resource Center**: (800) 272-4622 / [www.hbtrc.mclean.harvard.edu/about/](http://www.hbtrc.mclean.harvard.edu/about/)
  For those wishing to make a brain donation, HBTRC is a centralized resource for collection/distribution of human brains for research; info about donations on website.

- **All of Us**: [www.joinallofus.org/en/about](http://www.joinallofus.org/en/about)
  The All Of Us Research Program is an historic effort to gather health, environment, and genetic data from one million or more volunteers living in the United States. Rather than focusing on one population or one health condition, All Of Us will create a diverse body of information allowing researchers to conduct creative studies on mental and physical health. *Website also offered in Spanish.*

- **ClinicalTrials.gov**: [www.clinicaltrials.gov](http://www.clinicaltrials.gov)
  Provided by US National Library of Medicine, ClinicalTrials.gov is a registry and results database of publicly and privately supported clinical studies of human participants.

- **ResearchMatch**: [www.researchmatch.org](http://www.researchmatch.org)
  A free and secure online service that brings together people who are trying to find research studies and clinical trials, and researchers who are looking for volunteers. ResearchMatch works by emailing individuals who register on their website about studies that may be a good match for them.

Research funding

- **Stanley Medical Research Institute**: [www.stanleyresearch.org](http://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](http://www.bbrfoundation.org)
  Awards grants to research scientists that study mental illness.
NATIONAL RESOURCE DIRECTORY

RESILIENCE-BUILDING

- See, also, **Apps** section of Resource Directory.

- **American Psychological Association**: [www.apa.org](http://www.apa.org)
  Offers an excellent online resource called the *Road to Resilience*, a step-by-step guide that helps individuals develop a personal strategy for enhancing resilience. Can be found at: [https://www.apa.org/helpcenter/road-resilience](https://www.apa.org/helpcenter/road-resilience)

- **Your Life Your Voice**: [www.yourlifeyourvoice.org](http://www.yourlifeyourvoice.org)

  Informative and interactive PDF workbook that offers a step-by-step self-care guide with antidepressant skills for teens managing depression or concerned family members, friends, or partners.

- **Stop, Breathe, Think**: [www.stopbreathethink.com](http://www.stopbreathethink.com)
  Downloadable App that provides short activities to guide people through meditation for mindfulness and compassion.

- **It Gets Better**: [www.itgetsbetter.org](http://www.itgetsbetter.org)
  Website that provides coping skills and resources with the goal of communicating to LGBT youth around the world that it gets better.

SCHIZOAFFECTIVE DISORDER/SCHIZOPHRENIA

- See, also, **Anosognosia** section of Resource Directory

- See, also, **Apps** section of Resource Directory.

- **NAMI Schizophrenia page** and **NAMI Schizoaffective Disorder page**

- **Schizophrenia and Related Disorders Alliance of America (SARDAA)**: *(800) 493-2094 / www.sardaa.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**: [www.schizophrenia.com](http://www.schizophrenia.com)
  Provides **in-depth information, resources and online discussion forums** for individuals and caregivers affected by schizophrenia and related disorders.
NATIONAL RESOURCE DIRECTORY

  Book by 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](http://www.hearingvoicesusa.org)
  Peer-support network for those hearing voices. Website offers an [in person support group](http://www.hearingvoicesusa.org) locator.

SCHOLARSHIPS/GRANTS

- **Heath Resource Center @ GW Univ.:** [www.heath.gwu.edu](http://www.heath.gwu.edu)
  National clearinghouse for info on post-secondary education for individuals with disabilities; website has info on financial aid, scholarships and internships. [Offers Spanish section of the website.](http://www.heath.gwu.edu)

- **Baer Reintegration Scholarship:** [www.reintegration.com](http://www.reintegration.com)
  Scholarships for individuals living with SCA/SCZA, bipolar, MDD and compliant with treatment plan, and engaged in high school/trade school.

- **InCight Education Scholarship:** (971) 244-0305 / [www.incight.org/education/scholarship](http://www.incight.org/education/scholarship)
  State-specific: WA, OR, CA. Awards multiple $500-$2500 scholarships to those that have a documented disability. Scholarships are renewable for 4 years.

- **American Association on Health and Disability Scholarship Program:** (301) 545-6140 / [www.aahd.us/initiatives/scholarship-program](http://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.

- **Scholarship database sites for financial aid programs for college and/or scholarships:**
  - [www.gocollege.com](http://www.gocollege.com)
  - [www.scholarshipexperts.com](http://www.scholarshipexperts.com)
  - [www.bestcolleges.com](http://www.bestcolleges.com)

- **Free Application for Federal Student Aid (FAFSA):** (800) 433-3243 / [fafsa.ed.gov](http://www.fafsa.ed.gov)
  Provides information on qualifying for aid, how to apply, how to pay back loans and the different types of financial aid. Once application is submitted/reviewed you will be provided with a list of loans and grants that you qualify for. Call the [Federal Student Aid Information Center](http://www.fafsa.ed.gov) at 800-433-3243 or visit their website for further information. Accepts Spanish-language calls.
SCREENING TOOLS (online)

- **ADHD:**
  Attention Deficit Disorder Association offers an online screening tool for ADHD on its websites at [https://add.org/adhd-test/](https://add.org/adhd-test/)

- **Depression/Bipolar:**
  Families for Depression Awareness offers on its website an online depression and bipolar test [http://familyaware.org/help-someone/take-the-depression-and-bipolar-test/](http://familyaware.org/help-someone/take-the-depression-and-bipolar-test/) to help determine if you are just having a tough time or may have a depressive disorder, which is a treatable medical condition.

- **MHA’s Spanish-language screening tools for Depression and Anxiety:**
  [www.mentalhealthamerica.net/pruebas-de-salud-mental-en-espanol](http://www.mentalhealthamerica.net/pruebas-de-salud-mental-en-espanol)

- **DID:**
  International Society for Study of Trauma and Dissociation offers a screening tool for DID on its website at: [http://traumadissociation.com/downloads/information/dissociativeexperiencesscale-ii.pdf](http://traumadissociation.com/downloads/information/dissociativeexperiencesscale-ii.pdf)

- **Eating Disorders:**
  National Eating Disorders Association offers an online screening tool for ages 13+ to determine if it’s time to seek professional help at: [www.nationaleatingdisorders.org/screening-tool](http://www.nationaleatingdisorders.org/screening-tool)

- **General MH screening tools:**
  Mental Health America offers online Mental Health Screening Tools for numerous mental health conditions on its website at [https://screening.mentalhealthamerica.net/screening-tools](https://screening.mentalhealthamerica.net/screening-tools). Also, offered in Spanish: [www.mentalhealthamerica.net/pruebas-de-salud-mental-en-espanol](http://www.mentalhealthamerica.net/pruebas-de-salud-mental-en-espanol)


- **OCD:**
  Peace of Mind website offers links to the Yale-Brown Obsessive Compulsive Scale to help to evaluate OCD.

- **Sex Addiction:**
  SexHelp offers a free, basic online screening tool (and a more in-depth, low cost tool) on its website at [www.sexhelp.com](http://www.sexhelp.com) to help people identify whether their sexual behaviors are cause for concern.
NATIONAL RESOURCE DIRECTORY

SELF-INJURY

- **NAMI Self-Harm page**

- **See, also, Resilience Building** section of Resource Directory

- **S.A.F.E Alternatives: (800) 366-8288 / www.selfinjury.com**
  Provides info & 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: / www.selfinjury.bctr.cornell.edu**
  Website offers extensive self-injury & recovery resources

- **APA’s Road to Resilience: (800) 374-2721 / www.apa.org/helpcenter/road-resilience**
  American Psychological Association’s step-by-step guide that helps individuals develop a personal strategy for enhancing resilience. **Resource guide also offered in Spanish.**

- **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 alternatives to self-harm.

- **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.

- **Calm Harm (App): www.calmharm.co.uk**
  App available through Google Play and App Store - timed activities to help resist or manage self-harm urges with ability to log completed activities and track progress (for teens)

SLEEP DISORDERS

- **NAMI fact sheet on Sleep Disorders**

- **National Sleep Foundation: www.sleepfoundation.org**
  Provides information on children and adult sleep disorders, causes, solutions/treatments, etc.

- **Sleep Education: www.sleepeducation.org**
  Provides a “Find a Sleep Facility Near You” locator on its website. (Facilities listed are accredited by the American Academy of Sleep Medicine AASM.)

- **Insight Timer: www.insighttimer.com**
  Free app for meditation and sleep.
NATIONAL RESOURCE DIRECTORY

SOCIAL SERVICES

- See, also, Disability Benefits (SSI & SSDI) and Insurance sections of Resource Directory.

- NAMI Affiliate
  *May be able to provide contact information for local social services, community services board, and other community services.*

- Local Department of Health and Human Services
  *Search by local jurisdiction (county or city) for local government agency providing information on local crisis services (including MCUs), disability services, housing and public benefits, children and teens services, health services, and services for older adults.*

- National Association of Social Workers (NASW): (800) 742-4089 / www.naswdc.org
  *Find a clinician feature on website. Free information on area of expertise, fees, insurance coverage; look up local number online.*

- Help Starts Here: www.helpstartshere.org
  *Website partners with the NASW and offers “Find a Therapist (Social Worker)” option at: https://www.helppro.com/NASW/BasicSearch.aspx.*

- 211: / www.211.org
  *Provides nationwide information 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.*

- Aunt Bertha: www.auntbertha.com
  *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.*

- 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.*

  *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” directory. Website also offered in Spanish.*
NATIONAL RESOURCE DIRECTORY

- **National Association of Volunteer Caregivers:** (512) 582-2197 / [www.nvcnetwork.org](http://www.nvcnetwork.org)
  The NAVC serves a network of worldwide volunteer caregiving programs that provide help locally to caregivers/allies seeking caregiving resources. Website features a “Find a Program.”

- **Child Care Aware:** (800) 424-2246 / [www.childcareaware.org](http://www.childcareaware.org)
  Offers a state-specific locator for resources for families to local and child care, resources for financial assistance, and health and social services with respect and child care. Website also offered in Spanish.

- **Feeding America:** [www.feedingamerica.org/find-your-local-foodbank](http://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**
  Provides statistics on mental health conditions and 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](http://www.cdc.gov/nchs)
  Provides statistics on various health conditions. Spanish-language calls accepted.

- **World Health Organization:** [https://www.who.int/mental_health/en/](https://www.who.int/mental_health/en/)
  Provides information and 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
  - WHO Report on Global Mental Disorders

MH/guns and violence
- **NAMI Gun Reporting Laws**
- **Guns, Public Health, and Mental Illness**
- **Mental Illness and Violence**
- **APA Access to Firearms**

Children’s Mental Health
- **National Center for Children in Poverty**
- **CDC**
- **NIMH**
- **American Academy of Child and Adolescent Psychiatry**
- **Child Mind Institute**
SUBSTANCE USE, ADDICTION & DUAL DIAGNOSIS

General

• **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 giving enhanced support, but definitely a step down from the acute residential therapeutic program. Sober homes give the student an opportunity to heal their normal "day-to-day" life and re-enter the world after rehab. 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. To find a sober living home in a community, search on the web for “Sober Living Homes in [insert name of location]”.

• **AddictionResource**: [www.addictionresource.com](http://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](http://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](http://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/alleys of those living with addiction.

• **Start your Recovery**: [www.startyourrecovery.org](http://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.
NATIONAL RESOURCE DIRECTORY

- **WeRecover**: (424) 365-9300 / www.werecover.com
  Website provides search function for nationwide addiction treatment centers and to compare pricing.

- **Shatter Proof**: (800) 597-2557 / www.shatterproof.org
  National nonprofit dedicated to ending the devastation addiction causes families; information and resources on addiction. Offers a “Find a Program” feature for families in person support groups.

**Alcohol**

- **NIAA Alcohol Treatment Navigator**: www.alcoholtreatment.niaaa.nih.gov
  Website provides extensive information on alcohol use, how to help someone with an alcohol problem, treatment facility finder and guidance on how to find and choose the best treatment options.

- **Alcoholics Anonymous**: (212) 870-3400 / www.aa.org
  12-step program for individuals who believe they are living with an alcohol addiction; non-Website offers daily reflections, videos, and a find an in person support group meeting feature as well as online intergroup/support groups. Spanish-language calls accepted.

- **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.

- **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**

- **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.

- **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.
NATIONAL RESOURCE DIRECTORY

Internet/Gaming

- Internet Addicts Anonymous (ITAA): [www.internetaddictsanonymous.org](http://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.

Narcotics

  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](http://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](http://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.

- Sexual Recovery Anonymous (SRA): [www.sexualrecovery.org](http://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](http://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](http://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](http://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](http://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.
NATIONAL RESOURCE DIRECTORY

- **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**

*General information/Supporting someone with suicidal thoughts*

- **NAMI Risk of Suicide page**
- **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. Also in Spanish: https://afsp.org/?s=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.
- **SpeakingofSuicide.com**: www.speakingofsuicide.com
  For suicidal individuals and their loved ones, survivors, MH 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. Also in Spanish at https://www.elsuicidioesprevenible.org/
- **My 3**: www.my3app.org
  Offers a downloadable App that creates a safety plan for those experiencing suicidal thoughts, including whom to contact when having suicidal ideation. Also available in Spanish. Is recommended by the National Suicide Prevention Lifeline.
- **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.
- **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/
- **Each Mind Matters Suicide Prevention Brochure (in Spanish)**
NATIONAL RESOURCE DIRECTORY

- **NIMH Suicide Prevention Resource Center** *(publications in Spanish)*
  [https://www.sprc.org/resources-programs/nimh-publications-spanish](https://www.sprc.org/resources-programs/nimh-publications-spanish)

- **The Buddy Project**: [www.buddy-project.org](http://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.

**Support groups for suicidal ideation and Loss from suicide**

- **Carson’s Village**: *(877) 789-0722* / [www.carsonsvillage.org](http://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).

- **After a Suicide Resource Directory**: [www.personalgriefcoach.net](http://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](http://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](http://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](http://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/](https://save.org/blog/support-groups/survivors-suicide-support-group-spanish-speakers/)

- **Alliance of Hope**: [www.allianceofhope.org](http://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](http://www.pos-ffos.com)
  Website offering links to **online grief support communities**.
TARDIVE DYSKINESIA

- NAMI Page on Tardive Dyskinesia
- Let’s Talk About TD: www.talkabouttd.com
  Info & resources on the condition as well as tips for caregiver support.

TOURETTE SYNDROME

- Tourette Association of America: (888) 486-8738 / www.tourette.org
  Offers resources and referrals to help people and families cope with issues that occur with TS. They also provide programs, education, research, events, and other information on TS. Provides a find an in person support group locator. Website also offered in Spanish.

TRANSPORTATION

General MH disability

- Local NAMI Affiliate for information on local transportation services.
- 211 / www.211.org
  Connects individuals with local resources including employment, health, financial assistance, crisis, food, transportation, etc. Website also offered in Spanish.
- Connect2Affect: www.connect2affect.org
  Provides resources that meet the needs of those 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.
- Aunt Bertha: (512) 717-0518 / www.auntbertha.com
  Connects users to free and reduced cost local resources such as medical care, food, housing, transportation and much 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.
NATIONAL RESOURCE DIRECTORY

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: [https://www.cms.gov/medicare-medicaid-coordination/fraud-prevention/medicaid-integrity-education/downloads/nemt-factsheet.pdf](https://www.cms.gov/medicare-medicaid-coordination/fraud-prevention/medicaid-integrity-education/downloads/nemt-factsheet.pdf)

- **LogistiCare**: [www.logisticare.com](http://www.logisticare.com)
  The nation’s largest manager of NEMT programs for state government agencies and managed care organizations. Callers can visit their [reservations page](http://reservations.page) to contact a customer service representative for their health plan in their state.

**Aging populations**

- Local NAMI Affiliate for information on local transportation services.
- **211** / [www.211.org](http://www.211.org)
  Connects individuals with local resources including employment, health, financial assistance, crisis, food, transportation, etc. [Website also offered in Spanish](http://website.also.offered.in.spanish).
- GoGo Grandparent: [www.gogograndparent.com](http://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).
- **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](http://www.n4a.org).
  Lyft offers GreatCall, [www.greatcall.com](http://www.greatcall.com), a Jitterbug medical alert and phone company, to offer a rideshare service for seniors. Callers don’t need to use the app to schedule a ride. Instead, they can go on their GreatCall phone, type zero, and an operator will schedule the Lyft.
- **Connect2Affect**: [www.connect2affect.org](http://www.connect2affect.org)
  Provides resources that meet the needs of those 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.
- **Community Resource Finder**: [www.communityresourcefinder.org](http://www.communityresourcefinder.org)
  Provides online resources from AARP and Alzheimer’s Association, including transportation.
- **Aunt Bertha**: [512) 717-0518 / www.auntbertha.com](http://512) 717-0518 / www.auntbertha.com)
  Connects users to free and reduced cost local resources such as medical care, food, housing, transportation and much more. [Website also offered in Spanish](http://website.also.offered.in.spanish).
NATIONAL RESOURCE DIRECTORY

- **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.

- **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: [https://www.cms.gov/medicare-medicaid-coordination/fraud-prevention/medicaid-integrity-education/downloads/nemt-factsheet.pdf](https://www.cms.gov/medicare-medicaid-coordination/fraud-prevention/medicaid-integrity-education/downloads/nemt-factsheet.pdf)

- **LogistiCare:** www.logisticare.com
  The nation’s largest manager of NEMT programs for state government agencies and managed care organizations. Callers can visit their reservations page to contact a customer service representative for their health plan in their state.

**TRAUMATIC BRAIN INJURY**

- **Brain Injury Association:** (800) 444-6443 / www.biausa.org
  Works to improve quality of life for people w/ brain injury; has network of local offices w/ support and education programs. Spanish-language calls accepted.

- **TraumaticBrainInjury:** (888) 915-7600 / www.traumaticbraininjury.com
  Provides resources, support and advocacy to empower people with disabilities, their families and allies. Offers a 50 State Guide to TBI to find information on local resources. Spanish-language calls accepted.

- **Defense and Veterans Brain Injury Center (DVBIC):** (800) 870-9244 / www.dvbic.org
  Serves active duty military, their family members and Veterans with traumatic brain injury through state-of-the-art medical care, innovative clinical research initiatives and educational programs.
NATIONAL RESOURCE DIRECTORY

- **Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE):** (866) 966-1020 / www.dcoe.health.mil
  Serves Service Members and their families needing help with psychological health and traumatic brain injury issues, promoting resilience, recovery and reintegration. Operates a toll-free Outreach Center 24/7 with a health resource consultant.

TREATMENT

**Affordable Treatment**

- **SAMHSA Treatment Locator:** (800) 662-4357 / www.findtreatment.samhsa.gov
  Provides referrals all 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 healthcare, substance abuse and dual diagnosis facilities.
  Spanish-language calls accepted.

- **Federally-Funded Health Centers:** www.findahealthcenter.hrsa.gov
  Community health centers serving an underserved area 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.

- **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 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
  Psychotherapist collective that connects people in genuine financial need with private therapists who can lower their costs per session. Requires initial “lifetime” membership 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.) (US & Canada)

- **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 the “Directory” tab on the website.
NATIONAL RESOURCE DIRECTORY

- **Free Clinic Directory:** [www.freeclinicdirectory.org](http://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](http://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.

**Private Insurance**

- **Insurance company can provide list of providers “in-network”**.

- **Psychology Today:** [www.psychologytoday.com](http://www.psychologytoday.com)
  Offers a find a therapist link on the site. Can also use the link to locate treatment facilities and psychiatrists. **Callers should verify with their insurance company once they have identified a provider to confirm coverage.**

- **Therapy Den:** [www.therapyden.com](http://www.therapyden.com)
  Website features a Find a Therapist search function that allows you to search by zip code, specialty, and insurance. **Callers should verify with insurance company once they have identified a provider to confirm coverage.**

- **American Psychological Association (APA):** [www.apa.org](http://www.apa.org)
  Find a psychologist feature on their website. **Callers should verify with insurance company once they have identified a provider to confirm coverage.**

**Online and Telemental Health**

- **7 Cups of Tea:** [www.7cups.org](http://www.7cups.org)
  Offers online therapy with a licensed mental health professional (must pay for these services).

- **Betterhelp:** [www.betterhelp.com](http://www.betterhelp.com) and **TalkSpace** [www.talkspace.com](http://www.talkspace.com)
  Offering virtual therapy at low cost to individuals, families, and children.

- **Talkspace Online Therapy:** (Apple and Android; Various plans available ranging from $65 to $99/week)
  **Starting at $65 per week, users can text message a trained professional as often as needed and receive responses daily. Also offers services for loved ones, so if your significant other wants to learn how to support you through your depression, they can download the app too.**

- **Centre for Interactive Mental Health Solutions (CIMHS):** [www.cimhs.com](http://www.cimhs.com)
  Offers an initial, free 8-session interactive therapy program for those living with depression.
NATIONAL RESOURCE DIRECTORY

- **Dr on demand**: [www.doctorondemand.com](http://www.doctorondemand.com)
  Online telehealth service including behavioral health treatment. (Callers should verify participation in their health plan.)

- **ADAA’ Online Therapy (Telemental Health) Provider Online Directory**: [www.adaa.org/finding-help/telemental-health](http://www.adaa.org/finding-help/telemental-health)
  A service of the Anxiety and Depression Association of America. Provide 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.

- **Psych Central**: [www.psychcentral.com](http://www.psychcentral.com)
  Offers online mental health resources, quizzes, news, an “Ask the Therapist” function, and online support communities.

- **e-Psychiatry**: [www.e-psychiatry.com](http://www.e-psychiatry.com)
  Provides express online consultations with 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.

- **Rethink My Healthcare**: [www.18percent.rethinkmyhealthcare.com](http://www.18percent.rethinkmyhealthcare.com)
  Online therapy with a counselor or psychiatrist 24/7 from home, office or on-the-go. (Site indicates at cost starting at $60/month. Offers 30-day free trial with no cancellation fees.)

- **Café Counsel**: [www.cafecounsel.com](http://www.cafecounsel.com)
  Online counseling provided by experienced counselors, psychologists, psychotherapists, life coaches, and career counselors. Offers one, free chat/audio/video session before continuing with service.

- **Ivy**: [www.talktoivy.com](http://www.talktoivy.com)
  Phone-based therapy.

TREATMENT FACILITIES

**General information**

- **SAMHSA Treatment Locator**: (800) 662-4357 / [www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)
  Provides referrals all 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 healthcare, substance abuse and dual diagnosis facilities. **Accepts Spanish-language calls.**

- **Psychology Today**: [www.psychologytoday.com](http://www.psychologytoday.com)
  Offers a find a therapist/treatment centers link on the site to locate treatment facilities. **Callers should verify with insurance company once they have identified a provider to confirm coverage.**
NATIONAL RESOURCE DIRECTORY

  Under their “Find a Provider” feature you can search for mental health and addiction treatment facilities in your 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.

- **Data.Medicare.gov**: Maintains the Inpatient Psychiatric Facility Quality Reporting (IPFQR) program as a tool to evaluate quality of Medicare-covered inpatient psychiatric facilities. Individuals can review the results of the survey online at: www.data.medicare.gov/Hospital-Compare/Inpatient-Psychiatric-Facility-Quality-Measure-Dat/q9vs-r7wp/data

- **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.

*VEHICLE (Donation & Finding one)*

- **NAMI Vehicle Donation program**: (844) 888-6264 / www.namivehicledonation.org
  For individuals wishing to donate their car to NAMI.

- **Vehicles for Change**: www.vehiclesforchange.org
  Non-profit that receives car donations from the public, then repairs and awards them for as little as $950 to eligible families who are referred by social service agencies.
NATIONAL RESOURCE DIRECTORY

VETERANS/MILITARY

- NAMI Veterans and Active Duty page, NAMI Homefront Educational Program for Families and NAMI Homefront General Resource Directory

- See, also, Traumatic Brain Injury section of Resource Directory

Crisis support


- Veteran Call Center (877) WAR-VETS (927-8387) Hotline to talk with another combat veteran.


- National Call Center for Homeless Veterans: (877) 424-3838 / 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.

General resources (including non-crisis emotional support)

- National Resource Directory: www.nationalresourcedirectory.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 information 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.

- Dept. of Veteran’s Affairs: (800) 827-1000 / www.va.gov Veterans, families, and caregivers can access information about VA services like disability, pension, healthcare eligibility, enrollment, and burial benefits, in addition to a self-service locator to find the nearest VA facility. And if they’re looking for immediate assistance with housing or are having a mental health crisis, MyVA311 will route callers to the Homeless Veteran help line and the Veterans Crisis Line. Accepts Spanish-language calls; Spanish version of website available at www.benefits.va.gov/benefits/Spanish.asp

- Code of Support: (571) 418-6339 / 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 RESOURCE DIRECTORY

- **National Center for PTSD**: (802) 296-6300 / [www.ptsd.va.gov](http://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](http://www.ptsd.va.gov) page in Spanish on its website.

- **Wounded Warriors Project**: (888) 997-2586 / [www.woundedwarriorproject.org](http://www.woundedwarriorproject.org)
  Offers programs for combat stress recovery; also offers family support retreats, talk line that veterans can call to be paired with a trained WWP talk personnel (who will call weekly at the same time). Website also offered in Spanish; Provides Spanish-language interpreters for callers upon request.

- **Military One Source**: (800) 342-9647 / [www.militaryonesource.mil](http://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](http://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 / [www.objectivezero.org](http://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.

- **Iraq & Afghanistan Veterans of America (IAVA)**: (212) 982-9699 / [iava.org](http://iava.org)
  Connects veterans w/ mental health support; offers **online social network** exclusively for Iraq & Afghanistan vets; also offers employment support and advocacy, in-depth information on the GI bill.

- **America’s VetDogs**: (866) 838-3647 / [www.vetdogs.org](http://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. You can apply online.

**Legal**

- **Stateside Legal**: [www.statesidelegal.org](http://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](http://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.