



## FINDING MENTAL HEALTH SUPPORT IN YOUR COMMUNITY

School counselors, nurses, psychologists and psychiatrists can connect your family to mental health services and providers in your community, and reaching out to them should be your first step.

However, there are also many national organizations that offer direct mental health support, assistance and referrals; local chapters that provide counseling, referrals, education etc.; and peer-to-peer support groups.

Some of these organizations include:

1. [Warmlines](#) (Mental Health America): Talk to someone who can provide support during hard times.
2. [Find a Mental Health Support Group](#) (Mental Health America): Find support groups in your area.
3. [Behavior Health Treatment Locator](#) (SAMHSA): Locate treatment facilities in the United States or U.S. Territories for substance use/addiction and/or mental health problems.
4. [Self-Help Clearinghouse](#) (National Mental Health Consumers): Connect to self-help and advocacy resources.

**If you are seeking more specific mental health support, these organizations can help.**

Topic	Organization	Mission	Mental Health Services
Depression, anxiety, loneliness	<a href="#">National Alliance on Mental Illness</a>	Provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.	Get information, resource referrals and peer support for people living with a mental health condition and their family members and caregivers— free of charge. Call 1 (800) 950-6264 or contact <a href="mailto:info@NAMI.org">info@NAMI.org</a> .  Many NAMI affiliates offer an array of free support and education programs. Find your local NAMI Alliance using the <a href="#">search function on their website</a> .
Discrimination, racism, exclusion	<a href="#">Trevor Project</a>	Suicide prevention and crisis intervention for LGBTQ+ youth.	<a href="#">Connect with a Crisis Counselor</a> via chat, text or phone 24/7, 365 days a year, from anywhere in the U.S, free of charge.
Discrimination, racism, exclusion	<a href="#">Black Mental Health Alliance</a>	Develops, promotes and sponsors trusted culturally relevant educational forums, trainings and referral services that support the health and well-being of Black people.	The <a href="#">Connect with a Therapist</a> function on the Black Mental Health Alliance website offers confidential referrals for those seeking mental health services.





# HEALTHY LIFESTYLES



Topic	Organization	Mission	Mental Health Services
Discrimination, racism, exclusion	<a href="#">Therapy for Latinx</a>	Provides resources for the Latinx community to heal, thrive and become advocates for their own mental health.	Search a <a href="#">database of therapists</a> who either identify as Latinx or has worked closely with and understands the unique needs of the Latinx community. The website is also offered in Spanish.
Discrimination, racism, exclusion	<a href="#">United Way</a>	Improves lives by mobilizing the caring power of communities around the world to advance the common good.	Call <a href="#">211</a> , a 24/7 confidential hotline providing referrals if you or someone you know needs help locating mental health resources, talking through a problem, or exploring treatment options.  Many local chapters provide mental health services. Find your local United Way <a href="#">here</a> .
Eating Disorders	<a href="#">National Eating Disorders Association (NEDA)</a>	Supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care.	Text NEDA to 741741 to connect with a trained volunteer 24/7, free of charge.
Grief	<a href="#">Doug Center</a>	Provides support in a safe place where families who are grieving can share their experiences before and after a death.	Use the <a href="#">worldwide program directory</a> to find a grief support center near you.
Substance Misuse	<a href="#">Narcotics Anonymous</a>	Offers recovery from the effects of addiction.	<a href="#">Find a meeting</a> helps addicts who wish to pursue and maintain a drug-free lifestyle find local peer support meetings.
Substance Misuse	<a href="#">Alcoholics Anonymous</a>	Helps alcoholics to achieve sobriety.	<a href="#">Meeting Guide</a> helps alcoholics who wish to achieve and maintain sobriety find local peer support meetings.
Substance Misuse	<a href="#">Al-Anon</a>	Helps families and friends of alcoholics.	<a href="#">Find a support group of peers</a> to share your experience related to the effects of a problem drinker in their lives.





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Topic	Organization	Mission	Mental Health Services
Suicidal thoughts	<a href="#">National Suicide Prevention Lifeline</a>	Provides free and confidential emotional support to people in suicidal crisis.	Connect with providers in your community that can support your needs, available 24 hours a day, free of charge.  <a href="#">Starting July 16, 2022, just dial 988</a> to be directly connected to the lifeline. In the meantime, you can dial the full phone number at (800)273-8255 for support in English or 1 (888) 628-9454 for support in Spanish.
Suicidal thoughts	<a href="#">Crisis Text Line</a>	Provides free, 24/7, high-quality text-based mental health support and crisis intervention.	Text HOME to <a href="#">741741</a> to connect with a Crisis Counselor.

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