

If you or someone you know is experiencing a mental health or substance use problem, there are several great resources available to find out more information or get connected with help. Check out some resources below:

*If you or someone you know is in crisis, contact the Suicide Prevention Lifeline at 1-800-273-TALK (8255), or dial 911 in case of emergency.*

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## GENERAL RESOURCES

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### [Mental Health America](#)

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Visit [Mental Health America's site](#) for information on mental health, getting help, and taking action.

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### [National Council for Behavioral Health](#)

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To locate mental health and addictions treatment facilities in your community, use the “[Find a Provider](#)” feature on the National Council's website.

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### [National Empowerment Center](#)

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The mission of the [National Empowerment Center](#) is to carry a message of recovery, empowerment, hope and healing to those diagnosed with a mental illness. The center provides information and advocacy resources.

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### [National Institute of Mental Health \(Mental Illness Among U.S. Adults\)](#)

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The [National Institute of Mental Health website](#) provides prevalence statistics pertaining to mental illnesses, including data by age, gender and race.

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### [President's New Freedom Commission on Mental Health](#)

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This [commission report](#) was released in 2003 as part of an effort to eliminate inequality for Americans with disabilities. It was tasked to “promote successful community integration for adults with a serious mental illness and children with a serious emotional disturbance.” The report describes problems and gaps in the U.S. mental health system and makes recommendations for improvements at the federal, state and local levels of government, as well as private and public health care providers.

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### [World Health Organization \(Disability from Mental Illness\)](#)

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The [World Health Organization website](#) contains information on the global burden of disease in various parts of the world, including burden due to mental disorders.

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### [National Alliance on Mental Illness](#)

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[NAMI](#) is a nonprofit, grassroots, self-help, support and advocacy organization of individuals with mental disorders and their families. Their website provides resources on mental disorders that are helpful for people who have experienced mental illness and their families, including support groups, education and training.

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## DEPRESSION AND SUICIDAL INTENTIONS

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### [American Association of Suicidology](#)

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The [American Association of Suicidology \(AAS\)](#) promotes research, public awareness programs, public education and training for professionals and volunteers. AAS also serves as a national clearinghouse for information on suicide.

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### [American Foundation for Suicide Prevention](#)

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The [American Foundation for Suicide Prevention \(AFSP\)](#) provides information about suicide, support for survivors, prevention, research and more.

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### [Brain & Behavior Research Foundation](#)

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The [Brain & Behavior Research Foundation website](#) provides information and downloadable fact sheets on depressive disorders.

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### [Mental Health America](#)

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Visit Mental Health America's [screening tools page](#) for information on mental health, getting help and taking action.

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### [Depression Screening](#)

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The [Depression Screening website](#) is sponsored by Mental Health America as part of the Campaign for America's Mental Health. The mission of this website is to educate people about clinical depression, offer a confidential way for people to get screened for symptoms of depression and guide people toward appropriate professional help if necessary.

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### [MoodGYM](#)

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[MoodGYM](#) has been evaluated in a scientific trial and found to be effective in relieving depression symptoms if people work through it systematically. This website uses cognitive behavioral therapy (CBT) methods to teach people to use ways of thinking that can help prevent depression.

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[Postpartum Support International](#) [Postpartum Support International's \(PSI\) website](#) includes resources for support, education and local providers focusing on the emotional changes that women experience during pregnancy and postpartum, including postpartum depression. PSI's toll-free help line is staffed by a team of trained responders who rapidly refer callers to appropriate local resources, including emergency services. 800-944-4PPD (4773)

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### [Progressive Relaxation](#)

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[Download](#) two progressive relaxation tapes from the Hobart and William Smith Colleges website.

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### [Suicide Prevention Resource Center](#)

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The [Suicide Prevention Resource Center](#) has fact sheets on suicide by state and by population characteristics, as well as on many other subjects.

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## **NONSUICIDAL SELF-INJURY**

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### [Focus Adolescent Services](#)

The [Focus Adolescent Services website](#) is designed for parents and covers a wide range of mental health problems, including a section on self-injury.

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### [S.A.F.E. Alternatives \(Self-Abuse Finally Ends\)](#)

[S.A.F.E. Alternatives](#) is a residential treatment program for people who engage in self-injury. The website includes information about self-injury and about starting treatment. S.A.F.E information line: 1-800-DONT CUT (366-8288)

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## **ANXIETY DISORDERS**

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### [Anxiety and Depression Association of America \(ADAA\)](#)

[ADAA](#) promotes the early diagnosis, treatment and cure of anxiety disorders.

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### [Benson-Henry Institute for Mind Body Medicine](#)

The [Benson-Henry Institute for Mind Body Medicine](#) at Massachusetts General Hospital has an online store offering CDs, DVDs and books on relaxation techniques.

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### [E-couch](#)

The [E-couch website](#) provides information about emotional problems (including depression and anxiety disorders) – what causes them, how to prevent them and how to treat them. It also provides a set of evidence-based online interventions designed to equip the user with strategies to improve mood and emotional state, along with a workbook to track progress and record experiences.

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### [Freedom From Fear](#)

The [Freedom From Fear website](#) provides information, screening tools and other resources on many types of anxiety disorders.

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### [Obsessive-Compulsive Foundation](#)

The [Obsessive-Compulsive Foundation website](#) includes information about obsessive-compulsive disorder, including information about effective treatments, how to find a health professional who has experience treating the disorder and links to other helpful websites.

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## **PSYCHOSIS AND PSYCHOTIC DISORDERS**

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### [Brain & Behavior Research Foundation](#)

The [Brain & Behavior Research Foundation website](#) provides downloadable fact sheets on psychotic disorders.

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### [Pendulum](#)

[Pendulum](#) is a nonprofit organization providing information on bipolar disorder. The website includes book review, discussion forums, articles and links to other resources.

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[Schizophrenia.com](http://Schizophrenia.com)

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[Schizophrenia.com](http://Schizophrenia.com) provides information, support and education to family members, caregivers and individuals whose lives have been affected by schizophrenia.

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## **SUBSTANCE USE DISORDERS**

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[Centers for Disease Control and Prevention \(Smokefree.gov\)](http://Centers for Disease Control and Prevention (Smokefree.gov))

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[Smokefree.gov](http://Smokefree.gov), created by the Centers for Disease Control and Prevention, provides ideas about how to stop using tobacco. Includes downloadable resources and contacts for online and phone counseling.

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[National Council on Alcoholism and Drug Dependence, Inc.](http://National Council on Alcoholism and Drug Dependence, Inc.)

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The [National Council on Alcoholism and Drug Dependence website](http://National Council on Alcoholism and Drug Dependence website) features information on local resources for getting help for a substance use concern, fact sheets and further information for friends, family members, parents and youth on having a conversation about substance use.

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[National Institute on Alcohol Abuse and Alcoholism](http://National Institute on Alcohol Abuse and Alcoholism)The [National Institute on Alcohol Abuse and Alcoholism](http://National Institute on Alcohol Abuse and Alcoholism) is the lead agency for U.S. research on alcohol use disorders and health.

[National Institute on Drug Abuse \(NIDA\)](http://National Institute on Drug Abuse (NIDA))

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[NIDA](http://NIDA) provides links to information for parents, teens, health professionals, teachers and others about various drug use problems.

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[Substance Abuse and Mental Health Services Administration \(SAMHSA\)](http://Substance Abuse and Mental Health Services Administration (SAMHSA))

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[SAMHSA's website](http://SAMHSA's website) has information about substance use disorders of all kinds. It includes information for the public, including families, health professionals, schools and individuals. The website also includes a [treatment finder](http://treatment finder) to locate a substance use treatment provider in your area.

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[DrugScreening.org](http://DrugScreening.org)

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[DrugScreening.org](http://DrugScreening.org) is a drug use screening site with a questionnaire to help you determine if you or someone you know might have a drug use problem.

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[AlcoholScreening.org](http://AlcoholScreening.org)

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[AlcoholScreening.org](http://AlcoholScreening.org) is an alcohol use screening site developed by the Boston University School of Public Health. It includes an online test about your own, or someone else's, level of alcohol use, including advice about cutting down or getting professional treatment.

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## **EATING DISORDERS**

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[National Association of Anorexia Nervosa and Associated Disorders \(ANAD\)](http://National Association of Anorexia Nervosa and Associated Disorders (ANAD))

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[ANAD](http://ANAD) includes information about eating disorders, how to seek treatment and support groups for people suffering from eating disorders and their families.

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[National Eating Disorders Association](http://National Eating Disorders Association)

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[National Eating Disorders Association](#) has stories of recovery from eating disorders, information about seeking treatment and additional resources for school professionals and caregivers.

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[National Institute of Mental Health \(NIMH\)](#)

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The [NIMH website](#) has links to more information about eating disorders.

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## **HELP LINES**

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[American Psychiatric Association Answer Center](#) 1-888-35-PSYCH (77924)

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Live operators available 8:30 a.m. to 6 p.m., Eastern time, refer you to local board-certified psychiatrists.

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[American Psychological Association of Public Education Line](#)

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1-800-964-2000

Follow the automated instructions and press the number 1. Then, an operator will refer you to local board-certified psychologists.

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