

NAMI NATIONAL HELPLINE RESOURCE DIRECTORY



Information, Resources, Support

Monday–Friday, 10:00 a.m. to 6:00 p.m. ET

800-950-NAMI (6264)

info@nami.org

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

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ABUSE

Child Abuse

- Childhelp National Child Abuse Hotline: (800) 422-4453 / 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
Social services program that connects child welfare and related professionals to comprehensive resources to help protect children at risk of or experiencing neglect, physical, sexual, or emotional abuse. See page on resources for reporting child abuse: <https://www.childwelfare.gov/topics/responding/reporting/how/> Website offers resources in Spanish/Accepts Spanish-language calls.

Domestic Violence/Sexual Assault

- National Domestic Violence Hotline: (800) 799-7233 / www.thehotline.org
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
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.
- Victim Connect: (855) 484-2846 / www.victimconnect.org
Confidential referrals for crime victims to learn about their rights and obtain resources- issues related to case management, mental health, housing needs, compensation, legal services, advocacy, and reporting; 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.
- Domestic Shelters: www.domesticshelters.org
Provides information on domestic violence programs and shelters. Website offers a Finding a Local Shelter/resources function. Website also offered in Spanish.
- 1in6: www.1in6.org
*Support for men and boys experiencing sexual abuse or assault. Offers information, resources, 24/7 chat, **online support groups**, trauma-informed trainings and webinars.*
- After Silence: www.aftersilence.org
*Online forum (**online support groups**, message board, chat room) for rape, sexual assault and sexual abuse survivors. Website also offered in Spanish.*

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- Center for Relationship and Abuse Awareness: **(800) 799-7233** / 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.

Elder Abuse

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

Online Abuse

- Cyber Civil Rights Initiative: 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.**

ADD/ADHD

See, also, **Education** 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.**

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- (App) I'm on it: Focus Timer: (Android only; Free)
App designed for children and adults who struggle to stay focused on the task at hand (including those diagnosed with ADD, ADHD, Asperger's Syndrome), or anyone who struggles to stay focused.
- (App) Brain Focus: (Android only; Free)
A time-management application. Users can pause and resume sessions, disable WI-FI and sound during work sessions, add time if needed to a work session, skip a break or the end of a session. Offered in 30+ languages.
- (App) Evernote: (Apple and Android; Free)
A virtual organization app that allows users to type in to-dos, add reminders, scan handwritten notes, take pictures of items to follow up on, and save websites and videos.

ADDICTION

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

ADVOCACY (Mental Health Self-Advocacy)

- NAMI Smarts for Advocacy training program and NAMI Advocacy Action Center (Quorum)
Provides information and resources on how to get involved in State advocacy, including learning about the issues, voting rights, and how elected officials impact mental health services in the community, ways to discuss MH issues with candidates and more.
- CareForYourMind.org: <http://www.familyaware.org/programs-overview/participate-in-care-for-your-mind/>
An advocacy blog sponsored by Families for Depression Awareness organization. Provides an online forum where those affected by the mental health care system can openly discuss its strengths and weakness, along with thought leaders and advocates.
- Be Vocal: <https://www.bevocalspeakup.com/>
A partnership of six leading mental health advocacy organizations, including NAMI, that encourages people to advocate for themselves and their community by using their voice in support of mental health. Website provides tips for how to "speak up" - in person and on social media about their experience with mental health.

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.

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- 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.*
- (App) The Safe Place (IOS and Google Play)
Minority mental health app geared towards the Black Community to raise awareness on mental illness within the community. Offers statistics, videos, podcasts, tips, etc.
- Ourselves Black: www.ourselvesblack.com
*Provides information on promoting MH and developing positive coping mechanisms through podcast, online magazine and **online discussion groups**.*

AGING POPULATIONS

See, also, **End-of-Life Transition** and **Transportation** sections of Resource Directory.

General Information

- ElderCare Locator Helpline: **(800) 677-1116** / www.eldercare.acl.gov
Public service of the U.S. Administration on Aging that offers a "Find Help in your Community" locator that

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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
Provides online resources from AARP and Alzheimer's Association, including homecare, community services, housing options, care at home – including day programs, elder law attorneys, transportation, and medical assistance.
- **Elder Law (Info):** (866) 267-0947 / www.elderlawanswers.com
Provides 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.
- **National Institute on Aging:** www.nia.nih.gov
*Provides comprehensive section on [Caregiving](#) for those who take care of a friend or family member with a serious health condition, including information on [long-term care](#), [advance care planning](#), [long-distance caregiving](#), and [Alzheimer's Caregiving](#) as well as articles responding to FAQs. NIA's [End-of-Life Care](#) section of website that addresses myriad concerns, including Making Difficult End-of-Life Decisions, Advance Directives, **Support for Caregiver, including information on [Respite Care](#)**. Sections of website offered in Spanish.*

Alzheimer's/Dementia

- **Alzheimer's Association:** (800) 272-3900 (Spanish press 2) / 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.*
- **ADEAR (Alzheimer's and Related Dementias Education and Referral Center):** (800) 438-4380 (Spanish press 2) / www.nia.nih.gov/health/alzheimers
Service of the National Institute on Aging providing information regarding Alzheimer's to individuals living with the disease, their families/caregivers, HC professionals and the public. Offers Spanish-language resources on website.

ANIMALS (Emotional Support and Service Dogs)

- **Service Dog Central:** www.servicedogcentral.org
Features information on specific kinds of service dogs, service dog training and handling, access issues, rights and legal issues. Includes helpful FAQ section.

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

ANOSOGNOSIA

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

- [NAMI Anosognosia page](#) and [NAMI Family-to-Family Education Course](#)
- "I am Not Sick; I Don't Need Help": www.dramador.com
Book by Dr. Xavier Amador that discusses use of the LEAP method for family members and allies of those experiencing psychosis to aid them in partnering in their recovery. (Limited portions available online in .pdf format at [NAMI Anosognosia page](#).) Books & DVDs of Dr. Amador's LEAP method can be purchased at an online bookseller or at www.dramador.com.
- **Leap Institute:** **(888) 801-5327** / 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](#)

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ANXIETY DISORDERS

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

- [NAMI Anxiety Disorders page](#) and [NAMI Discussion Groups Anxiety Disorders Forum](#)
- [Anxiety and Depression Association of America \(ADAA\): \(240\) 485-1001; press 7 / www.adaa.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.*
- [The Anxiety Network: www.anxietynetwork.com](#)
Provides online resources and information on panic disorder, generalized anxiety disorder and social anxiety disorder; offers recommendations for anxiety therapy materials.
- [Social Anxiety Association: 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.phobics-awareness.org](#)
*Free **online forum** for people experiencing phobias to provide support/coping techniques.*
- (Apps) See ADAA's section on recommended mobile apps at [www.adaa.org/finding-help/mobile-apps](#).
- (Apps) "Anxiety Apps to Help Manage Anxiety":
<https://www.healthyplace.com/self-help/anxiety/7-best-anxiety-apps-to-help-manage-your-anxiety>
Article that reviews 7 apps to assist with anxiety management.

APPS

See, **condition-specific** sections of Resource Directory for information on apps specific to that mental health condition.

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

ASIAN AMERICAN COMMUNITY

- [Psychology Today: www.psychologytoday.com/us/therapists/Asian](#)
- [South Asian Public Health Association: www.joinsapaha.org](#)
Offers a section providing national mental health resources for South Asian American communities across the country.

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- South Asian Mental Health Initiative & Network (SAMHIN): (732) 902-2561 / www.samhin.org/
NOTE – specific to NJ region, but offers helpful resources page focused on mental health issues within South Asian American communities.
- I am Shakti: www.iamshakti.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
Online space for family and friends of Asian & Pacific Islander LGBTQ community to share journeys, triumphs and struggles with each other.
- Coming Out: Living Authentically as LGBTQ Asian and Pacific Islander Americans / www.assets2.hrc.org/files/assets/resources/HRC-Coming_Out-API-FINAL-web-2018.pdf *LGBTQ resource guide helping Asian Americans and Pacific Islanders with the coming out process.*

AUTISM SPECTRUM DISORDER

- Autism Society of America: (800) 328-8476 (ext. 2) / www.autism-society.org
Information & referral to services and supports nationwide. Offers a “Find an Affiliate” locator where individuals/caregivers can find local resources and in person support groups. Offers info/resources section in Spanish on its website.
- Autism Speaks: (888) 288-4762; Spanish (888) 772-9050 / www.autismspeaks.org
Provides information and resources to individuals living with autism and their family members, including an information line. Provides online locator for in-person in person support groups. Offers info/resources section in Spanish on its website.
- Autism Support Network: www.autismsupportnetwork.com
Provides free information, education and resources to individuals living with autism and their family members. Provides online locator for online support groups. Website also offered in Spanish.

BIPOLAR DISORDER

- [NAMI Bipolar Disorder page](#) and [NAMI Discussion Groups Bipolar Disorder Forum](#)
- Depression & Bipolar Support Alliance (DBSA): (800) 826-3632 / www.dbsalliance.org
Provides information on bipolar and depression; offers online and in person support groups, forums.
- Bipolar Caregivers: www.bipolarcaregivers.org
Provides extensive information on Bipolar-disorder specific organizations, each of which provides information and referrals for treatment, recovery support.

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- Juvenile Bipolar Research Foundation: www.jbrf.org
Provides extensive information for families on juvenile-onset of bipolar disorder.
- (App) DBSA Wellness Tracker: (Web, Apple, and Android; Free)
App that 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.

BORDERLINE PERSONALITY DISORDER

- [NAMI BPD page](#) and [NAMI Discussion Groups Borderline Personality Disorder Forum](#)
- National Education Alliance for BPD: www.borderlinepersonalitydisorder.com
*Resource and information for families and loved ones of those living with BPD. Offers a "Family Connections™" Program, a free, 12-week course offered across US, both *in person* and via *teleconference*, the provides current information and research on BPD and family functioning; individual coping skills based on Dialectical Behavior Therapy (DBT); family skills; and group support that builds an ongoing network for family members.*
- BPD Resource Center: (888) 694-2273 / www.nyp.org/bpdresourcecenter
Resources and information on BPD; including referrals to clinicians and treatment centers.
- BPD Central www.bpdcentral.com
*Info on BPD & narcissistic personality disorder, treatment referrals, resources and *online support groups* for multiple BPD-related communities.*
- TARA (Treatment/Research Advancements for BPD): (888) 482-7227 / www.tara4bpd.org
Offers national helpline, resource & referral center to families and people in recovery from BPD. NOTE – Callers will be asked to provide their name and contact information before being able to proceed with services.
- Out of the FOG: www.outofthefog.website
*Information and resources for caregivers and loved ones of individuals living with BPD or Narcissistic Personality Disorder. Provides multiple *online discussion forums*.*
- (App) DBT Travel Guide (Apple and Android; Free)
App for users and practitioners that provides 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.

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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/
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
*Federal website with resources on prevention of bullying and cyberbullying. **Spanish language section of website also available.***
- Teens Against Bullying: www.pacerteensagainstabullying.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.
- (App) KnowBullying (Apple and Android; Free)
App designed for parents to find simple conversation starters to prevent bullying and help their child build resilience by boosting their confidence, resilience, and build effective strategies for facing bullying.

CHILD, TEENS & YAs – (Resources for Parents)

See, also, **Child Abuse, Disability Rights, Education, First Episode Psychosis and Self-Injury** sections of Resource Directory.

- [NAMI's Teens and Young Adults Page](#), [NAMI Basics program](#), [NAMI Guide: Starting the Conversation \(College and Your Mental Health\)](#), [NAMI Say it Out Loud: Speaking With Teens About Mental Health page](#), [NAMI OK2TALK](#) and [NAMI Basics General Resources Directory](#)
- The Balanced Mind Parent Network: (800) 826-3632 / www.dbsalliance.org/support/for-friends-family/for-parents/balanced-mind-parent-network
*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.***

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- 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.
- InsureKidsNow.gov: (877) 543-7669 / www.insurekidsnow.gov
Website operated by Centers for Medicare & Medicaid Services (CMS), providing information about Medicaid and CHIP (Children’s Health Insurance program) for families seeking health insurance coverage for children and teens, families needing help locating a dentist. Spanish language translators available to callers; website also offered in Spanish.
- Parent to Parent: (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.*
- NIMH Website Section on Children and Mental Health: www.nimh.nih.gov/health/publications/children-and-mental-health/index.shtml
Section of the NIMH website that provides comprehensive information regarding when to seek help, first steps for parents, treatment options, education issues, etc. and a resource section with links to organizations that focus on mental health issues in children. .pdfs of some publications offered in Spanish.
- KidsHealth: 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.
- (App) 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.

CHILD, TEENS & YAs – (Youth-friendly Resources)

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

NOTE: Laws that allow minors access to treatment without parental consent vary by State. Options for minors to explore are: 1) school nurses, 2) school counselors, 3) primary care physicians and those physicians who conduct exams prior to athletics or other extracurricular participation, 4) Boys and Girls Clubs of America (local chapters partner with the National Council for Behavioral Health to provide mental health first aid.

General

- [NAMI’s Teens and Young Adults Page](#), [NAMI on Campus](#), [NAMI Ending the Silence](#) & [NAMI OK2TALK](#)

NAMI NATIONAL RESOURCE DIRECTORY

- Jed Foundation: 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 and www.youngmenshealthsite.org
Each website provides a series of guides on emotional health, including on test anxiety, depression, bullying, and eating disorders, including extensive FAQs under the Emotional Health section of each website covering topics as varied as “Alcoholic parents,” “Breakups,” “Cliques,” “Consent,” “Test Anxiety” and more. Spanish language health guide available on Young Womens Health website.
- TheTribe Wellness Community: www.support.therapytribe.com/teen-support-group
Online peer support groups for teens facing mental health challenges and/or difficult family dynamics.
- Your Life Your Voice: www.yourlifeyourvoice.org
A service of Boys Town that provides teens with tips and coping techniques to help with tough situations. Features an interactive list and print-out of 99 coping skills and strategies at www.yourlifeyourvoice.org/pages/tip-99-coping-skills.aspx.
- Children of Parents with a Mental Illness (COPMI): www.copmi.net.au
Australian website that offers online resources explaining a parent’s mental illness to children.
- (App) 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.

Crisis Support- Teens & Young adults

- Boys Town National Hotline: (800) 448-3000 / www.boystown.org
24-hour crisis line for teens and families in need of help: suicide prevention line, parents can call about parenting issues, kids can call about anything - provides referrals and problem-solving; also provides suicide prevention line, referrals, and problem solving (calls answered by trained crisis counselors). Spanish resources available on website; Spanish-language available on hotline.
- Trevor Lifeline: (866) 488-7386; text 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.

NAMI NATIONAL RESOURCE DIRECTORY

- 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).

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

- Contact the hospital or inpatient treatment facility's Ombudsperson/Patient Advocate Department
- 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).

NAMI NATIONAL RESOURCE DIRECTORY

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

Against an individual provider

- State Medical Board
To file a complaint about an individual psychiatrist, contact the state medical board for more information. The Federation of State Medical Board website offers links to [state medical board websites](#).
- The Association of State and Provincial Psychology Boards: www.asppb.net
To file a complaint against a psychologist, contact your state psychology licensing board to obtain information on filing a complaint with that licensing board. These state regulatory agencies control the ability of a psychologist to practice and are separate entities from APA. A complete list can be found at <https://www.asppb.net/page/BdContactNewPG>.

Insurance claims

- Psych Appeal: <http://psych-appeal.com/benefits-advocacy-patients-and-family/>
The first private law firm in the United States exclusively specializing in mental health insurance advocacy on behalf of patients and providers (for fee). Psych-Appeal affiliates with the country's leading law firms as well as with the [Parity Implementation Coalition](#), the [Saks Institute for Mental Health Law, Policy, and Ethics](#), and [Patrick J. Kennedy](#) to curb discrimination against mental illness and to expand access to meaningful treatment.

NAMI NATIONAL RESOURCE DIRECTORY

- National Association of Insurance Commissioners: (816) 783-8500 / www.naic.org
Can connect individuals with state insurance boards for general information regarding insurance laws and filing a complaint against and insurance company for delay in coverage/reimbursement. Offers an interactive map online to locate state-specific contact information at https://www.naic.org/state_web_map.htm.

Medical parity

- The Kennedy Forum: 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.
- ParityTrack: www.paritytrack.org
For individuals who have been denied coverage for mental health services (higher copays, limits on the amount of time spent at treatment, high Rx costs, etc.). Go to the Know Your Rights-Common Violations page to find out if your rights have been violated. 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](#) 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.*

NAMI NATIONAL RESOURCE DIRECTORY

- *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.*
- Treatment Advocacy Center “Get Help” section: <https://www.treatmentadvocacycenter.org/someone-i-know-is-in-crisis>
Nonprofit national (not individual) advocacy organization that promotes laws, policies and practices for treatments for and research into the causes of SMIs. TAC’s “Get Help” section of its website provides extensive information on how to respond in a crisis.

DEPRESSION

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

- [NAMI Depression page / NAMI Discussion Groups Depression Forum](#)
- 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.**
- (App) 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.
- (App) My 3: www.my3app.org (Apple Android; Free)
*App trains users to recognize suicidal warning signs in themselves and others. Prompts users to choose three close contacts that they would feel comfortable contacting when feeling particularly low. Also helps users create a personal safety plan that encourages them to think through and list personal warning signs, coping strategies, and support networks. *Also available in Spanish.**

DISABILITY BENEFITS (Including SSI & SSDI)

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

- [NAMI Page on Supplemental Security Income \(SSI\) and Social-Security Disability Income \(SSDI\)](#)

NAMI NATIONAL RESOURCE DIRECTORY

- 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 individuals 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. If someone believes their rights are being violated by their representative payee should contact their State’s National Disability Rights Protection & Advocacy organization. Website also available in Spanish; Spanish calls accepted.
- Social Security Administration (SSA): (800) 772-1213 / www.ssa.gov
Agency that administers and manages Social Security application process (SSI & SSDI). (Applicants likely denied the first time; must file an appeal.) Website and Helpline also offered in Spanish.
- Allsup: (800) 279-4357 / www.allsup.com
Free, non-lawyer expert representation for those applying for and appealing denial of SSDI (only) benefits. Website also offered in Spanish.
- National Organization of Social Security Claimants Representatives (NOSSCR): (845) 682-1880 / www.nosscr.org
Provides referrals to (fee for service) representation for persons (21+) seeking SSDI & SSI. Spanish calls accepted after 1PM EST (online referral tool is most useful)
- National Association of Disability Representatives (NADR): (800) 747-6131 / www.nadr.org
Offers referral services for (fee for service) lawyers and non-lawyer representatives who can assist in accessing SSI/SSDI. Accepts Spanish-language calls.

DISABILITY RIGHTS

Education

- Understood for Learning and Attention Issues: www.understood.org/en
*Provides information to parents of children with learning and attention issues about school accommodations. **In particular, website includes info on the “Child Find” mandate that covers school accommodations, IEPs (Individual Education Plans), 504s, and IDEA (Individuals with Disabilities Act) at: www.understood.org/en/school-learning/your-childs-rights/basics-about-childs-rights/child-find-what-it-is-and-how-it-works** Website also offered in Spanish.*

NAMI NATIONAL RESOURCE DIRECTORY

- COPAA (Council of Parent Attorneys and Advocates, Inc.): copaa.site-ym.com
Does not provide individual advocacy; provides extensive resources/info to students and families to protect educational rights for students with disabilities and their parents or family members. Offers a 'Find an Attorney/Advocate' search engine on the site. Website also offered in Spanish and numerous languages.
- Center for Parent Information and Resources: (937) 642-8100 / www.parentcenterhub.org
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. . Maintains a "Find a Parent Technical Assistance Center (PTAC)" locator on its website to PTACs in their community that perform a variety of direct services for children with disabilities, families, and other organizations that support them at: <https://www.parentcenterhub.org/the-parent-center-network/> Website offers resources in Spanish.
- Center for Parent Information and Resources: www.parentcenterhub.org
Highly informative website on IDEA (Individuals with Disabilities Education Act), education-related mental health laws.
- 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.

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/](https://askjan.org/search.cfm?srchstring=mental+health+impairments&byDisabilityTree=0/244/) Website also offered in Spanish

NAMI NATIONAL RESOURCE DIRECTORY

- 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.

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.
- 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.

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.*

NAMI NATIONAL RESOURCE DIRECTORY

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

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
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
Helps people understand, manage, treat trauma and dissociation; has helpline for info and referral, also provides link to numerous hotlines on website.
- Mosaic Minds: www.mosaicminds.org
*Website provides links to 16 interactive, **online community forums** to share experience with DID.*
- Ivory Gardens: 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
*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**.*

DIVORCE SUPPORT

- Psychology Today Divorce Support Group Locator: <https://www.psychologytoday.com/us/groups/divorce/>
Organized by both state and city, Psychology Today's locator lists hundreds of divorce support groups specializing in everything from anger and depression to infidelity and co-parenting. Users can search by city, zip code or name of the group.
- WomansDivorce.com: www.womansdivorce.com
Website provides a wealth of resources for divorcing women. Searchable by state through their [State Divorce Resources Page](#). Can also navigate to pages with information on that state's divorce laws, lawyers, mediation, and parenting classes from the same state page.

NAMI NATIONAL RESOURCE DIRECTORY

- Meetup Groups: www.meetup.com
Meetup Groups are organized around a variety of different topics, interest groups and locations. According to the website's statistics, there are almost 1,000 [divorce support meetup groups](#), with over 250,000+ members worldwide. Some are organized and run by professionals, others are run by peers (most are free or for minimal cost).
- Rainbows for all Children: <https://rainbows.org>
*An international support group network dedicated to providing **in-person peer support programs** for children, teens and young adults as they navigate grief and heal from loss – whether from death, divorce/separation, deployment, deportation, incarceration or other trauma. Rainbows partners with communities to offer support through channels of peer support with volunteer adult facilitators. Offers a “Find a Group” function on its website.*

DUAL DIAGNOSIS

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

EATING DISORDERS

- 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.*
- 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 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.*

NAMI NATIONAL RESOURCE DIRECTORY

- 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.
- (App) 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.
- (App) Recovery Record: Eating Disorder Management: (Apple and Android; Free)
App is designed to be a smart companion for managing recovery from a variety of eating disorders. Maintain a meals record, thoughts and feelings; customize meal plans, develop coping mechanisms, outline recovery goals, and link to an individual's treatment team for in-the-moment feedback and support.

EMOTIONAL SUPPORT

See, also, **Crisis/Emergency Mental Health Services** and **population-specific** sections of the Resource Directory.

Crisis – general population

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

Non-Crisis

See, also, **“Condition-specific”** (e.g., Depression) and/or **“Community-specific”** (e.g., African American Community), **Loneliness/Isolation** and **Resilience-Building** sections of Resource Directory.

- See, forthcoming **Warmlines Directory** on [NAMI Resource Library](#) on NAMI HelpLine page.
Warmlines are free, confidential emotional support hotlines staffed by peer-specialists with lived experience with mental health conditions.

NAMI 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. **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.***

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**
*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**
*Free, **online peer support groups** offering members a safe place to connect. facing mental health challenges and/or difficult family dynamics. Support groups include Addiction, Anxiety, Depression, HIV/AIDS, LGBT, Marriage/Family, OCD and Teens.*
- **7 Cups: www.7cups.com**
*Free **online text chat** with a trained listener for emotional support and counseling. Also offers fee-for-service online therapy with a licensed mental health professional. **Service/website also offered in Spanish.***
- **SupportGroups.com: <https://online.supportgroups.com/>**
*Website featuring 200+ **online support groups.***
- **Pro2Pro Listserv:**
*A collaborative mental health initiative from the Saks Institute and the Burton Blatt Institute that provides a free, anonymous **online “professional to professional” peer support communication platform** where professionals with psychosocial disabilities can give and receive support from their peers. More information, including how to be added to the Listserv, is available at [Burton Blatt Institute P2P Launch](#)*
- **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.*

NAMI NATIONAL RESOURCE DIRECTORY

- **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 *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/](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.*
- **SourceAmerica:** www.sourceamerica.org/nonprofit-locator
The leading source of job opportunities for people with significant disabilities. Website offers a “Nonprofit Agency” locator tool to find agencies in the SourceAmerica network.

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- Global Connections to Employment: (877) 827-2372 / 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
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.
- abilityJOBS: www.abilityjobs.com
Billed as the "largest job site for people with disabilities." Provides a section for job seekers on website to allow individuals to search thousands of job opportunities.
- Getting Hired: (866) 352-7481 / www.gettinghired.com
A search engine that connects people with companies that are looking to hire people with disabilities.
- JobsForFelonsHub: www.jobsforfelonshub.com
Web-based resource providing resources dedicated to helping former felons get employed again. Website offers a "one-stop-shop" for information and resources including expungement services, employment services, housing, legal representation, to name a few.
- 211 / 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
*Service of the US Department of Labor that provides resources and guides for career exploration, training, as well as jobs availability sorted by location and job type. **Website also offered in Spanish.***
- Goodwill Services: www.goodwill.org/jobs-training/find-a-job
Offers a Find Your Closest Goodwill Care Center locator. Provides job training/career services and employment opportunities by location.
- International Center for Clubhouse Development: (212) 582-0343 / www.iccd.org
*National database; may offer transitional/independent employment programs; must locate a clubhouse in the community where the caller resides (to get help with housing, social, 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.*

Workplace Mental Health

- Mental Health America: <https://mhanational.org/workplace-training-and-resources>
Section of MHA's website that helps employers to develop a workplace strategy for supporting mental health in the workplace.

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- Society for Human Resource Management (SHRM): <https://www.shrm.org/>
SHRM's website features an article that discusses strategies for addressing mental health concerns in the workplace: [Depression: Start the Conversation to Remove the Stigma](#). The article references two corporate initiatives: the [ICU Program](#) from Dupont and [Right Direction](#) from the Partnership for Workplace Mental Health and Employers Health Coalition Inc.
- The Center for Workplace Mental Health: <http://www.workplacementalhealth.org>
Website provides an employer's resource guide/tool kit to develop a presentation on workplace mental health at <http://www.workplacementalhealth.org/Employer-Resources/ICU>
- Workplaces Respond: <https://www.workplacesrespond.org/>
A national resource center that educates and builds collaborations among workplace and non-workplace stakeholders – employers, worker associations, unions, and anti-violence advocates – to prevent and respond to domestic violence, sexual harassment & violence, trafficking, stalking, and exploitation impacting the workplace.

END-OF-LIFE TRANSITION

- Hospice Foundation of America: www.hospicefoundation.org
*Educates the public and health care professionals about death, dying and grief. Website offers resources to the public to answer questions regarding living with advanced life-limiting illness, options for care and helpful [End-of-Life Support and Resources](#) section for caregivers that includes books, web-based tutorials and programs, and videos. Also includes a section on finding [Grief Support Groups](#). *Spanish-language resources available on website.**
- National Institute on Aging: www.nia.nih.gov
*Provides comprehensive section on [Caregiving](#) for those who take care of a friend or family member with a serious health condition, including information on [long-term care](#), [advance care planning](#), [long-distance caregiving](#), and [Alzheimer's Caregiving](#) as well as articles responding to FAQs. NIA's [End-of-Life Care](#) section of website that addresses myriad concerns, including Making Difficult End-of-Life Decisions, Advance Directives, Support for Caregiver, including information on [Respite Care](#). *Sections of website offered in Spanish.**
- The ARCH National Respite Network and Resource Center: www.archrespite.org
*Assists and promotes the development of quality respite and crisis care programs to help families locate respite and crisis care services in their communities; and to serve as a strong voice for respite in all forums. Website includes a [National Respite Locator](#), a service to help caregivers and professionals locate respite services in their community. *Search State-specific programs that offer handbooks in Spanish.**
- Well Spouse Association: (732) 577-8899 / www.wellspouse.org
*Provides information, resources and support for spousal caregivers. Services include *in-person support groups*, *telephone support groups*, *online chat and Forum network*, peer mentors, respite weekends and Connecting Caregivers Program.*

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FINANCIAL ASSISTANCE

General financial assistance

- **Need Help Paying Bills:** / 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
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
Dial 211 from any phone (mobile or landline) or use website to search for contact info by zip code; service refers callers to appropriate agencies/community organizations that offer emergency financial assistance; available in most areas. Website also offered in Spanish.
- **HelpWhenYouNeedIt:** www.helpwhenyoneedit.org
An online service that connects users to over 350,000 listings nationwide of private and public resources for food pantries, stores that accept food stamps, assisted living facilities, domestic violence and homeless shelters, mental health & substance use treatment, free clinics, legal and financial assistance.
- **Help with Bills:** **(844) USA-GOV1** / www.usa.gov/help-with-bills
Provides information about government programs that help with bill payment, 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.taufactures.org
For those who qualify for financial support, service provides patient advocates to assist in securing financial assistance for co-payments, prescriptions, deductibles, premiums, medical expenses. Spanish-language translation service also available.
- **Rise Above the Disorder:** **(562) 461-7575** / www.youarerad.org
Connects users with resources for finding a therapist, answering mental health questions, and applying for grants to cover the cost of therapy.
- **Patient Access Network Foundation (PAN):** **(866) 316-7263** / www.panfoundation.org
Provides underinsured patients with financial assistance through disease-specific funds that provide access to progressive therapies. Spanish-language calls accepted.
- **Patient Advocate Foundation:** **(800) 532-5274** / www.patientadvocate.org
Helps federally and commercially insured people living with life-threatening, chronic, and rare diseases. Offers co-pay relief program to provide direct financial assistance to insured patients who meet certain

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

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FIRST EPISODE PSYCHOSIS (FEP)

See, also, *Anosognosia* and *Children/Teens & YAs* sections of Resources Directory.

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

GRIEF SUPPORT

General

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

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refer individuals to local *in person support groups*. Most hospice bereavement programs provides 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.*
- National Widowers Organization: (800) 309-3658 / www.nationalwidowers.org
National organization providing information, resources and *in-person* and *online* support community for men coping with the loss of a loved one. Offers a "Find a Support Group" function on its website.
- 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

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

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For Children/Teens

- National Alliance for Grieving Children: (866) 432-1542 / www.childgrieve.org
*Provides information on supporting children through grief, including a national database of **in person grief support programs**, camps, and community resources.*
- Hello Grief: www.hellogrief.org
*Website developed by Comfort Zone Camp, Inc. to provide information, resources and community support to help grieving children and adults cope and build a community of support for those living with grief. In conjunction with the National Alliance for Grieving Children, their website offers a Resources page where users can search for **in-person support groups** in their community.*
- Rainbows for all Children: <https://rainbows.org>
*An international support group network dedicated to providing **in-person peer support programs** for children, teens and young adults as they navigate grief and heal from loss – whether from death, divorce/separation, deployment, deportation, incarceration or other trauma. Rainbows partners with communities to offer support through channels of peer support with volunteer adult facilitators. Offers a “Find a Group” function on its website.*

GUARDIANSHIP / CONSERVATORSHIP / PSYCHIATRIC ADVANCE DIRECTIVES

See, also, **Long-Term Planning** 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 for Psychiatric Advance Directives (PAD): www.nrc-pad.org/
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
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.

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- Treatment Advocacy Center: www.treatmentadvocacycenter.org
Nonprofit national (not individual) advocacy organization that promotes laws, policies and practices for treatments for and research into the causes of SMIs. Website provides extensive information and resources regarding issues surrounding civil commitment and criminalization of mentally ill. Section of the website provides information on State-specific civil commitment criteria at:
<https://www.treatmentadvocacycenter.org/fixing-the-system/improving-laws-and-standards>.

GUN LAWS & REPORTING

- Giffords Law Center to Prevent Gun Violence: 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>
- Coalition to Stop Gun Violence: www.csgv.org
National organization dedicated to preventing gun violence through policy development and advocacy. Website offers helpful and information and resources on the intersection of gun violence and mental health conditions under the “Issues” section.
- Consortium for Risk-Based Firearm Policy: www.efsgv.org
Includes the nation's leading researchers, practitioners, and advocates in gun violence prevention, public health, law, and mental health. Website provides information about Extreme Risk Protection Orders in its “Issues” section.

HIPAA

See, also, **Insurance** section of Resource Directory.

- [NAMI Guide: Starting the Conversation \(College and Your Mental Health\)](#) (HIPAA info on pp 17-23)
- HIPAA: www.hhs.gov/hipaa/for-individuals/mental-health/index.html
Website provides extensive Information related to mental and behavioral health patient privacy rights.
- Mental Health America: <https://www.mhanational.org/hipaa-what-are-caregivers-rights>
Section of MHA’s website that discusses in detail the rights of caregivers to medical information when a loved one is experiencing a mental health crisis.
- Treatment Advocacy Center “HIPAA at a Glance”:
<https://www.treatmentadvocacycenter.org/component/content/article/183-in-a-crisis/1850-hipaa-at-a-glance>
Section of TAC’s website that discusses in detail HIPAA and how to navigate its privacy restrictions.

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HIV/AIDS

- Conduct an internet search for “AIDS HIV Educational Referral and Support Services” or “Agencies Providing HIV/AIDS Services” in their local community. Individuals with private medical insurance may wish to contact their primary care physician for a referral to an HIV Specialist.
- 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.
- TheTribe Wellness Community: www.support.therapytribe.com/hiv-aids-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

See, also, **Obsessive-Compulsive Disorder** section of Resource Directory.

- International OC Foundation: Hoarding Center: (617) 973-5801 / www.hoarding.iocdf.org
Information and referrals for hoarding resources and education; maintains resource directory for local clinics/**in person support groups**/therapists/treatment programs. *Will provide Spanish-language resources on website as of 10/20.*
- Hoarding Cleanup: (800) 462-7337 / 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.
- National Association of Productivity & Organizing Professionals: 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.

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.*

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- 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.***
- 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.***

Resources

- [NAMI Securing Stable Housing page](#)
- Contact NAMI Affiliate
Individuals are encouraged to attend NAMI Family Support Groups where they can network with other families in the community about potential availability of local housing resources. Additionally, inquire with the local Affiliate regarding local resources (some state and local jurisdictions maintain lists of housing resources for people with disabilities, including mental illnesses. See, for example, this list of supportive housing resources in New York State, www.shnny.org/supportive-housing/looking-for-housing/)
- Technical Assistance Collaborative's (TAC) Listing of Affordable Housing Agencies & Voucher Programs: www.tacinc.org
The TAC's website includes a state-by-state list of agencies and voucher programs under the Knowledge & Resources tab/Vouchers database at: www.tacinc.org/knowledge-resources/vouchers-database/?state=&submit.x=13&submit.y=9
- HUD Housing Resource Locator: / resources.hud.gov
*Website provides interactive locator for services including finding affordable housing, special needs housing, group homes, local HUD offices, Section 8 housing (assists disabled, low-income families and elderly to afford housing; voucher ensures that one pays no more than 30% of income toward rent), homeless resources and local public housing agencies (for help with housing applications/vacancies). **Website also offered in Spanish.***
- HUD Public Housing and Resource Center: / (800) 955-2232 / https://www.hud.gov/program_offices/public_indian_housing/pha/contacts
*Contact local Public Housing Agency in caller's city/state using website's locator map to local agencies. Provides referrals for subsidies, information and guidance for Section 8 voucher holders and public housing residents. **Website and Helpline also offered in Spanish***
- Centers for Independent Living: (713) 520-0232 / www.ilru.org/projects/cil-net/cil-center-and-association-directory
Centers for Independent Living (CIL) are consumer-controlled, community-based, cross-disability, nonresidential private non-profit agencies that are designed and operated within a local community by individuals with disabilities and provide an array of independent living services. Website offers an interactive state-by-state map to find local CILs.

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- National Mental Health Consumer's Self-Help Clearinghouse: / www.mhselfhelp.org
Nationwide directory to locate local consumer-driven mental health services, including resources such as Clubhouses, crisis prevention/respite services, drop-in centers, employment resources, housing, peer case management and support. Maintains search function for directory of local CDS (consumer-driven services) through www.cdsdirectory.org.
- Homeless Shelter Directory: www.homelessshelterdirectory.org
National directory of homeless shelters, assistance programs, soup kitchens etc.; rent assistance programs, affordable housing, and food kitchens.

INCARCERATED POPULATIONS

General

- [NAMI Handling the Arrest of a Family Member](#), [NAMI Criminal Justice Videos](#) and [NAMI Guide to Mental Illness and the Criminal Justice System](#)
- [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/
*A service of Northwestern Law School that will consider cases that meet the following criteria: **A claim of actual innocence**: The person seeking assistance must be in no way responsible for the crimes of which he or she was convicted, and **Post-conviction status**: The trial must be completed and have resulted in a conviction and sentence. Petitioners may send letter that briefly summarizes event leading to incarceration.*

Mistreatment while incarcerated

- 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.*

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

Reentry after period of incarceration

- [NAMI Reentry After A Period of Incarceration page](#)
- NRRC Reentry Service Directory (National Reentry Resource Center): www.csgjusticecenter.org/nrrc/reentry-services-directory/
National directory of local programs to assist post-incarcerated individuals.
- JobsForFelonsHub: www.jobsforfelonshub.com
Web-based resource providing resources dedicated to helping former felons get employed again. Website offers a “one-stop-shop” for information and resources including expungement services, employment services, housing, legal representation, to name a few.
- Reentry Council’s Reentry MythBusters: www.csgjusticecenter.org/nrrc/projects/mythbusters/
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 (PARC): (510) 893-4648 / 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.

NAMI NATIONAL RESOURCE DIRECTORY

- National Prisoner Resource List: (617) 423-3298 / www.prisonbookprogram.org/resources/national-prisoner-resource-list/
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
Provides specific information about coverage options in one's state, includes private options, high risk pools, other public programs. Website and Helpline also available in Spanish.
- Medicaid.gov: (877) 267-2323* / www.medicaid.gov
*U.S. 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
*U.S. government health insurance program for Americans aged 65 and older, but also for some younger people with disability status as determined by the Social Security Administration. Website provides comprehensive information/resources on Medicare eligibility and benefits. *(Search Contact Us page of website for regional contact information.) Website and Helpline also offered in Spanish.*
- Medicare Rights Center: (800) 333-4114 / www.medicarerights.org
Provides a national HelpLine and extensive resources page for individuals with Medicare, their family members and friends. Helps to understand Medicare benefits, find the right coverage, and understand how any existing coverage works. Spanish calls accepted.
- InsureKidsNow.gov: (877) 543-7669 / www.insurekidsnow.gov
Website operated by Centers for Medicare & Medicaid Services (CMS), providing information about Medicaid and CHIP (Children's Health Insurance program) for families seeking health insurance coverage for children and teens, families needing help locating a dentist. Spanish language translators available to callers; website also offered in Spanish.
- National Assn. of Insurance Commissioners: (816) 783-8500 / www.naic.org
Can connect individuals with state insurance boards for general information regarding insurance laws and filing a complaint against and insurance company for delay in coverage/reimbursement. Offers an interactive map online to locate state-specific contact information at https://www.naic.org/state_web_map.htm.

NAMI NATIONAL RESOURCE DIRECTORY

INTELLECTUAL DISABILITIES

- National Association for Persons with Developmental Disabilities (NADD): (845) 331-4336 / www.thenadd.org
Non-profit providing education and resources to professionals, care providers and families of individuals living with developmental disabilities and mental health needs. Provides resource information to members.
- The Arc: (800) 433-5255 / www.thearc.org
*National community-based organization serving individuals with intellectual and developmental disabilities (I/DD) and their families. State and local chapters provide individual and public policy advocacy, residential, education, and vocational services, financial planning and **in person support groups** that meet needs of the I/DD community.*
- The Arc Center for Future Planning: 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.
- American Association on Intellectual and Developmental Disabilities (AAIDD): www.aaid.org
*Oldest and largest interdisciplinary organization of professionals and others concerned about intellectual and developmental disabilities. AAIDD is the leader in advocating quality of life and rights for those with intellectual disabilities. Members gain access to professional training, publications and supports created by and for professionals who support people with intellectual and developmental disabilities. Offers private **online discussion group forums**.*

INTERNATIONAL

See, also, forthcoming, **International Resources Directory** within [NAMI Resource Library](#) on NAMI HelpLine page.

- Talking Egg: www.talkingegg.info
Website is organized by country with links to mental health resources for the listed country.
- Psychology Today: www.psychologytoday.com
Provides a search for therapists and (fee for service) support groups for countries in Western Europe, Canada, Australia and New Zealand. On the menu bar, click on the “globe” icon to the far right and select your country from the drop-down menu.
- International Association for Suicide Prevention: www.iasp.info/resources/Crisis_Centers
Website provides links to information on crisis centers in Africa, Asia, Europe, North America, Oceania and South America.

NAMI NATIONAL RESOURCE DIRECTORY

- 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.
- Mental Health Europe www.mhe-sme.org/library/youth-helplines
Website provides an interactive map that provides information on helplines and support organizations for young people in all European countries.
- Canadian Mental Health Association: www.cmha.ca
Branches across Canada provide a wide range of services and supports to people who are experiencing mental illness and their families. Use website to connect 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

- Psychology Today: www.psychologytoday.com/us/therapists/hispanic-and-latino
- Therapy for Latinx: 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:
<http://www.mentalhealthamerica.net/issues/latinxhispanic-communities-and-mental-health> *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
Promotes the research, education, advocacy, and support for those in the Hispanic community. Offers a "Find a Physician" feature on their website.

NAMI NATIONAL RESOURCE DIRECTORY

LAW ENFORCEMENT COMMUNITY

- **1st Help:** www.1stHelp.net
Website that provides a comprehensive, confidential database of local resources for first responders (Fire, Law Enforcement, Dispatch, Corrections, EMS), including spiritual, emotional and financial support.
- **Copline:** **(800) 267-5463** / www.copline.org
24-hour free, confidential hotline for active and retired law enforcement officers and their families; staffed by retired law enforcement officers.
- **International Association of Chiefs of Police:** **(800) 843-4227** / www.theiacp.org/projects/mental-wellness-of-police-officers
The IACP's "Mental Wellness of Police Officers" section on its website provides extensive information and toolkits to assist police departments on how to develop mental health and resilience programs for their police force. Topics include Vicarious Trauma, Cumulative Trauma, Suicide Prevention and Awareness, Family Wellness, Financial Planning, among others. In particular, the [Law Enforcement Family Resources](#) section of the website provides extensive information on how to start a law enforcement family support group, blogs, and resources for spouses and children of law enforcement officers
- **Concerns of Police Survivors (C.O.P.S.):** **(573) 346-4911** / www.concernsofpolicesurvivors.org
*Organization providing resources to survivors (spouses, children, primary family members, and co-workers) of officers who have died in the line-of-duty. Programs include scholarships, *peer support*, C.O.P.S kids counseling reimbursement program, summer camp, C.O.P.S teens outward bound adventure, retreats for spouses, parents, siblings, adult children, extended family, and co-workers, and trial and parole support. Offers training and assistance to law enforcement agencies nationwide on how to respond to the loss of a law enforcement officer.*
- **Catch a Falling Star:** **(716) 656-4895** / www.catchafallingstar.net
Organization providing comprehensive array of confidential consulting services to first responders and their family members to help cope with their personal or work-related problems that affect workplace performance.
- **Thin Blue Line Foundation:** **(503) 457-6163** / www.thinbluelinefoundation.org
Provides short-term financial assistance to officers in need, funding for training, college scholarships, Kevlar vest funding. Also includes online resources that help equip law enforcement to manage the personal hardships of their role, spiritual support, support to families of fallen officers, and crisis intervention assistance.

NAMI NATIONAL RESOURCE DIRECTORY

LEGAL (Finding a Lawyer)

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

Low-cost/pro bono services

(NOTE – will not provide services for criminal cases)

- Lawhelp.org: 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
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
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.

Fee-based representation

- American Bar Association: www.americanbar.org/groups/legal_services/flh-home/flh-bar-directories-and-lawyer-finders/
Website provides links to affiliated State bar associations that can provide legal referrals depending on type of law. (Some referral services may require small payment for assessment of the case and referral.) Click on affiliated State Bar Association.
- Martindale-Hubbell Lawyer Locator: <https://www.martindale.com/find-attorneys/>
Web-based service providing ratings and reviews to identify, evaluate and select the most appropriate lawyer for a legal issue. Provides a “Find an Attorney Near You” function on its website.

LGBTQ COMMUNITY

General Information

- NAMI LGBTQ page

NAMI NATIONAL RESOURCE DIRECTORY

- **LGBT National Help Center:** (888) 843-4564 (Hotline), (800) 246-7743 (Youth Talkline), (888) 234-7243 (Senior Hotline) / www.glnh.org
*NOTE – Hours are 4 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.*
- **(PFLAG) Parents, Families and Friends of Lesbian & Gays:** (202) 467-8180 / www.pflag.org
*Supports families and friends of LGBT community; provides PFLAG chapter helplines, **in person support group** meetings and resources. Website also offered in Spanish.*
- **Trevor Lifeline:** (866) 488-7386 / www.thetrevorproject.org
*24/7 hotline; Provides crisis intervention, and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. Also provides TrevorSpace: Connects LGBTQ Youth to peer support and community through **online forums** (trevorspace.org).*
- **National Queer and Trans Therapists of Color Network:** www.nqttcn.com
A social justice organization that actively works to transform mental health for queer and trans people of color in North America, including resources and access to mental health practitioners. Offers a Directory of Therapists finder.

Transgender-specific

- **Trans Lifeline:** (877) 565-8860 / www.translifeline.org
Crisis intervention and suicide prevention services for transgendered individuals (hotline is run by transgendered individuals). Also provides help for individuals wanting to change legal name on passport, license, ID, etc. Calls accepted 7am-1am PST/ 9am-3amCST/ 10am-4am EST. Offers limited Spanish-language service.
- **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.

NAMI NATIONAL RESOURCE DIRECTORY

- 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.
- It's Your Life:
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
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
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.ablenrc.org
Provides information on how to create and manage an ABLE account (tax-free savings accounts for individuals with disabilities). Website also offered in Spanish.
- National Disability Institute: www.nationaldisabilityinsitute.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).

NAMI NATIONAL RESOURCE DIRECTORY

- **Elder Law (Info): (866) 267-0947 / www.elderlawanswers.com**
Information about estate planning, long-term care, Medicaid, medical directives and nursing home issues for aging populations. Attorney referrals nationwide.
- **The Arc Center for Future Planning: 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.

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 .**
***Online mental health support network** that allows for individuals to connect with others who are living with or supporting someone with mental health conditions, substance use disorders, and stressful life events.*
- **Made of Millions: www.madeofmillions.com**
*Provides a virtual **online 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.

NAMI NATIONAL RESOURCE DIRECTORY

- **Food & Drug Administration (FDA):** www.fda.gov/drugs/drug-safety-and-availability
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.medicineassistancetool.org
A search engine for many of the patient assistance resources that the pharmaceutical industry offers.
- **Needy Meds:** **(800) 503-6897** / www.needymeds.org
Offers a HelpLine and website information on financial assistance programs to help defray cost of medication. Website also offered in Spanish.
- **RX Assist:** www.rxassist.org
Provides up-to-date directory of free and low-cost medicine programs and other ways to manage medication costs.
- **RX Hope:** www.rxhope.com
A free patient assistance program to assist people in need obtain critical medications.
- **USARX:** www.usarx.com
Provides coupons online for downloading/printing and can be brought to the pharmacy to see if it will give consumer a lower price or beat their copay.
- **Blinkhealth Prescription Assistance:** **(844) 366-2211** / www.blinkhealth.com
Individuals (with or without insurance) pay upfront for medication online and then take a voucher to their pharmacy. Accepts calls 8-10 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](#)
Note: 3-day requirement may be lowered for person w/ MI; ask to have person placed on endangered adult list.

NAMI NATIONAL RESOURCE DIRECTORY

- National Center for Missing & Exploited Children (NCMEC): (800) THE-LOST / 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.
- “How Stuff Works: What to do if a Loved One Goes Missing”: www.people.howstuffworks.com/what-to-do-if-loved-one-goes-missing.htm
Article that details numerous options for locating a missing loved one; explains difference when trying to find missing minor vs. adult.
- Nat’l Missing and Unidentified Persons System (NAMUS): (855) 626-7600 / www.namus.gov
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/usc/missing-persons
For persons missing 6+ months; SA provides an international service to help facilitate successful reunions between family members who have lost contact with each other. Searches are conducted utilizing a variety of methods, including government offices, credit institutions, social service agencies and law-enforcement personnel. Contact SA’s Missing Persons Regional Office (Eastern, Central, Southern). Find correct region contact information by searching “Salvation Army missing persons locator.” Accepts Spanish-language calls.
- “Hiring a Private Investigator”: <http://www.investigatorconfidential.com/16-hire-private-investigator.htm>
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.

NAMI NATIONAL RESOURCE DIRECTORY

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**.*

NATIVE AMERICAN COMMUNITY

- Psychology Today: www.psychologytoday.com/us/therapists/native-american
- Indian Health Service: (301) 443-2038 / www.ihs.gov
Federal program for American Indians and Alaska Natives. Website includes FAQ for patients, and section on Behavior Health services in the AI/AN health care services.
- Indian Country Child Trauma Center (ICCTC): (405) 271-8858 / www.icctc.org
SAMHSA-funded program established to develop training, technical assistance, program development and resources on trauma-informed care to tribal communities. Oklahoma City-based center specializes in treatment of Native American children that live with trauma and sexual abuse.
- One Sky Center: (503) 970-7895 / www.oneskycenter.org
Provides resources and a “Find a Therapist” locator for treating mental health and substance use disorder within Native American communities.

NEW MOTHERS SUPPORT

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

- Moms of Preschoolers (MOPS): (888) 910-6677 / 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
*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.*

NAMI NATIONAL RESOURCE DIRECTORY

- La Leche League International: 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.

OBSESSIVE-COMPULSIVE DISORDER (OCD)

See, also, **Hoarding** 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.*
- (App) 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.
- (App) 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.

NAMI NATIONAL RESOURCE DIRECTORY

OPPOSITIONAL DEFIANT DISORDER (ODD)

- American Academy of Child and Adolescent Psychiatry (ODD Resource Center): [www.aacap.org/aacap/families_and_youth/Resource_Centers/Oppositional Defiant Disorder Resource Center/Home.aspx](http://www.aacap.org/aacap/families_and_youth/Resource_Centers/Oppositional_Defiant_Disorder_Resource_Center/Home.aspx)
Provides information and resources for families and youth on ODD. Also provides a child and adolescent psychiatrist finder. Website offers resources in Spanish.
- Child Mind Institute (section on ODD): (212) 308-3118 / www.childmind.org/guide/oppositional-defiant-disorder/what-is-it/
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.
- VeryWell Mind: www.verywellmind.com/before-you-look-for-information-on-odd-3106614
Website contains informative section on ODD, providing information and links to resources on the condition, treatment options, what to do after diagnosis, preparing your child for school, disciplining an ODD child, strategies for living with an ODD child, and links to websites that offer ideas for parents who have a child with ODD.
- Oppositional Defiant Disorder **Online Support Group**:
A website operated by DailyStrength, a division of Sharecare that serves as a social network centered on support groups where users provide one another with emotional support by discussing their struggles and successes with each other. The site contains 500+ online communities that deal with different medical conditions or life challenges, and includes a group specific to ODD that can be accessed at: www.dailystrength.org/group/oppositional-defiant-disorder-odd
- CareForYourMind.org: <http://www.familyaware.org/programs-overview/participate-in-care-for-your-mind/>
*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 weakness, along with thought leaders and advocates.*

POSTPARTUM DEPRESSION

See, also, **Anxiety, Depression and New Mothers Support** sections of Resource Directory.

- Postpartum Progress: 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.*
- Postpartum Support International: (800) 944-4773 / 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.*

NAMI NATIONAL RESOURCE DIRECTORY

- **PostpartumMen:** 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 (PTSD)

- [NAMI PTSD page](#)
- **National Center for PTSD:** (802) 296-6300 / www.ptsd.va.gov
Service of the Department of Veterans Affairs providing resources to individuals, family members and providers on combat- and non-combat-related PTSD. Information includes types of trauma, treatment options, coping mechanisms, related problems. Website maintains a "Find a Therapist" finder. Offers a [Helping a Family Member Who Has PTSD](#) page in Spanish on its website.
- **The Sidran Institute:** (410) 825-8888 ext 102) / 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
Maintains an online locator of providers of Eye Movement Desensitization and Reprocessing (EMDR) therapy, a psychotherapy treatment originally designed to alleviate the distress associated with traumatic memories.
- **Int'l Society for the Study of Trauma and Dissociation:** (202) 803-6332 / www.isst-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
Provides service dogs (at no cost) to veterans, active-duty service members, or first responders who are living with disability caused by PTSD.
- (App) **PTSD Coach:** www.ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp
Downloadable app that can help learn about and manage symptoms that often occur after trauma.

RESEARCH (Mental Health)

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

General information

- [NAMI Research Page](#)

NAMI NATIONAL RESOURCE DIRECTORY

- National Institute of Mental Health: 866-615-6464 / 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.*

Participating in research

- Harvard Brain Tissue Resource Center: (800) 272-4622 / 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.
- ClinicalTrials.gov: 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.

Research funding

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

RESILIENCE-BUILDING

- American Psychological Association: www.apa.org
Offers an excellent online resource called the [Road to Resilience](http://www.apa.org/helpcenter/road-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>
- Your Life Your Voice: www.yourlifeyourvoice.org
A service of Boys Town that provides teens with tips and coping techniques to help with tough situations. Features an interactive list and print-out of 99 coping skills and strategies at www.yourlifeyourvoice.org/pages/tip-99-coping-skills.aspx.
- Now Matters Now: www.nowmattersnow.org
An online resource that provides support for coping with suicidal thoughts through teaching skills based on DBT; includes videos of personal stories.
- Mindfulness Coach: (Apple and Android; Free)
Downloadable App that helps users practice mindfulness meditation.

NAMI NATIONAL RESOURCE DIRECTORY

SCHIZOAFFECTIVE DISORDER/SCHIZOPHRENIA

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

- [NAMI Schizophrenia page](#) and [NAMI Schizoaffective Disorder page](#)
- [Schizophrenia and Related Disorders Alliance of America \(SARDA\)](#): (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
*Provides in-depth information, resources and **online discussion forums** for individuals and caregivers affected by schizophrenia and related disorders.*
- [Schizlife](#): (866) 571-6796 / www.schizlife.com
Website that provides information on schizophrenia, treatment options, coping mechanisms, etc. Offers a [Schizophrenia Treatment Center](#) finder option to locate treatments centers by state.
- *“Surviving Schizophrenia, 6th Edition: A Family Manual”*
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](http://www.hearingvoicesusa.org): www.hearingvoicesusa.org
*Peer-support network for those hearing voices. Website offers an **in person support group** locator.*
- (App) [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 to help individuals living with schizophrenia and related disorders and their loved ones.
- (App) [UCSF PRIME](#) (Apple and Android; Free)
Developed by researchers at U Cal-San Francisco, PRIME provides connection to a social network especially tailored to the needs of people living with SCZ by connecting users to their peers and providing a direct line to mental-health clinicians called “coaches” (specially trained Master’s degree level clinicians) who communicate regularly with users to provide motivation and counseling in moments of need.

NAMI NATIONAL RESOURCE DIRECTORY

SCHOLARSHIPS/GRANTS

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

SCREENING TOOLS (online)

- ADHD:
[Attention Deficit Disorder Association](https://add.org/adhd-test/) offers an online screening tool for ADHD on its websites at <https://add.org/adhd-test/>
- Depression/Bipolar:
[Families for Depression Awareness](http://familyaware.org/help-someone/take-the-depression-and-bipolar-test/) offers on its website an online depression and bipolar disorder test <http://familyaware.org/help-someone/take-the-depression-and-bipolar-test/>.
- MHA's Spanish-language screening tools for Depression and Anxiety:
www.mentalhealthamerica.net/pruebas-de-salud-mental-en-espanol
- DID:
[International Society for Study of Trauma and Dissociation](http://traumadissociation.com/downloads/information/dissociativeexperiencescale-ii.pdf) offers a screening tool for DID on its website at: <http://traumadissociation.com/downloads/information/dissociativeexperiencescale-ii.pdf>
- Eating Disorders:
[National Eating Disorders Association](http://www.nationaleatingdisorders.org/screening-tool) offers an online screening tool for ages 13+ to determine if it's time to seek professional help at: www.nationaleatingdisorders.org/screening-tool
- General MH screening tools:
 - [Mental Health America](https://screening.mentalhealthamerica.net/screening-tools) offers online Mental Health Screening Tools for numerous mental health conditions on its website at <https://screening.mentalhealthamerica.net/screening-tools>. Also, offered in Spanish: www.mentalhealthamerica.net/pruebas-de-salud-mental-en-espanol

NAMI NATIONAL RESOURCE DIRECTORY

- *Psychology Today* offers a quick, online mental health assessment tool on its website at <https://www.psychologytoday.com/us/tests/health/mental-health-assessment> to help determine if seeing a therapist would be helpful to address unhealthy cognitive, emotional and behavioral patterns.
- Internet Addiction screening tools:
Center for Internet and Technology Addiction offers various online screening tests (including Smartphone Compulsion test, CyberSexual Abuse Test, Child Technology Test and others) at <https://virtual-addiction.com/addiction-screening-tools/>.
- 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 to help people identify whether their sexual behaviors are cause for concern.

SELF-INJURY

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

- [NAMI Self-Harm page](#)
- 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
- 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.*
- (App) 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.

NAMI NATIONAL RESOURCE DIRECTORY

- (App) My Shiny Thing: (Apple only; Free)
App helps users resist urge to self-harm by asking how much a user wants to harm themselves and then shows pages and pages of funny and cute YouTube videos to act as a distracting intervention – based on DBT.

SLEEP DISORDERS

- NAMI fact sheet on Sleep Disorders
- 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.)
- (App) Insight Timer: www.insighttimer.com
Free app for meditation and sleep.
- (App) iSleepEasy: (Apple and Android; Free)
App utilizes “a calm voice” to help users 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.
- (App) Awoken - Lucid Dreaming Tool: (Android only; Free)
Sleep app that combines a journal and practice exercises to help achieve lucid dreaming and dream awareness.
- (App) 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.

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.

NAMI NATIONAL RESOURCE DIRECTORY

- **National Association of Social Workers (NASW): (800) 742-4089 / www.naswdc.org**
Largest association of professional social workers. To find a social worker, visit their partner website, “Help Starts Here” www.helpstartshere.org that offers a “Find a Therapist (Social Worker)” tool at: <https://www.helppro.com/NASW/BasicSearch.aspx>.
- **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.helpwhenyoneedit.org**
An online service that connects users to over 350,000 listings nationwide of private and public resources for food pantries, stores that accept food stamps, assisted living facilities, domestic violence and homeless shelters, mental health & substance use treatment, free clinics, legal and financial assistance.
- **(Respite care) National Institute on Aging: www.nia.nih.gov**
*Provides comprehensive section on [Caregiving](#) for those who take care of a friend or family member with a serious health condition, including information on [long-term care](#), [advance care planning](#), [long-distance caregiving](#), and [Alzheimer's Caregiving](#) as well as articles responding to FAQs. NIA's [End-of-Life Care](#) section of website that addresses myriad concerns, including Making Difficult End-of-Life Decisions, Advance Directives, **Support for Caregiver, including information on [Respite Care](#)**. **Sections of website offered in Spanish.***
- **National Empowerment Center: (800) 769-3728 / www.power2u.org**
*Peer-run organization dedicated to providing a message of recovery, empowerment, hope, and healing to those with lived mental health issues, trauma and/or extreme states. Provides info & resources, education and also a [national directory of consumer-run statewide organizations](#) at (<https://power2u.org/consumer-run-statewide-organizations/>) providing myriad services (by community), including supported employment, drop-in centers, crisis prevention (WRAP)/respite, non-clinical **in-person peer support programs**, etc. **Spanish-speaking information specialist available to callers.***
- **National Mental Health Consumer's Self-Help Clearinghouse: / www.mhselfhelp.org**
Nationwide directory to locate local consumer-driven mental health services, including resources such as Clubhouses, crisis prevention/respite services, drop-in centers, employment resources, housing, peer case management and support. Maintains search function for directory of local CDS (consumer-driven services) through www.cdsdirectory.org.
- **International Center for Clubhouse Development: (212) 582-0343 / www.iccd.org**
*“Clubhouses” provide opportunities for education, employment and social activities to those living with SMI. Site offers a “Find a Clubhouse” directory. **Website also offered in Spanish.***

NAMI NATIONAL RESOURCE DIRECTORY

- **Child Care Aware:** **(800) 424-2246** / 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
Offers a zip-code based directory of food banks in the US for individuals in need.

STATISTICS

- [NAMI Mental Health by the Numbers Infographics](#)
- **National Institute of Mental Health (NIMH): (866) 415-8051** / www.nimh.nih.gov/statistics/index.shtml
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
Provides statistics on various health conditions. Spanish-language calls accepted.
- **World Health Organization:** 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](#)

[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](#)

[Criminal Justice](#)

[NAMI Jailing People with Mental Illness](#)

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

[The Stepping Up Initiative](#)

[SAMHSA](#)

NAMI NATIONAL RESOURCE DIRECTORY

Suicide

[American Association of Suicidology](#)

[Suicide Prevention Lifeline](#)

[Speaking of Suicide](#)

[American Foundation for Suicide Prevention](#)

SUBSTANCE USE, ADDICTION & DUAL DIAGNOSIS

General

- **SAMHSA Treatment Locator: (800) 662-4357 / www.findtreatment.samhsa.gov**
*Provides referrals of the different treatment facilities in the country. Can narrow search by insurance, cost of treatment, and type of treatment. Includes programs like assertive community treatment and residential treatment. Good for low cost/sliding scale mental healthcare, substance abuse and dual diagnosis facilities. **Spanish-language calls accepted.***
- **Therapy Insider's Sober Living Homes Locator: www.therapyinsider.com/g/Sober-Living-Homes/**
Mental and behavioral health directory website with access to sober living homes - independently owned and operated homes designed for young people who are serious about sobriety. These homes are an aftercare stage of rehabilitation providing enhanced support. The best sober living homes charge a fee for rent, food, and counseling. Each home has its own unique set of house rules, shared responsibilities, and member expectations.
- **AddictionResource: www.addictionresource.com**
Website providing information and resources and a treatment finder to help those recovering from addiction and their loved ones to find the highest quality care.
- **In the Rooms: www.intherooms.com**
***Online social network** for the global recovery community – for those already in recovery or seeking immediate help from addiction, and for families and allies of those individuals. Free to join; members have access to over 129 **live online meetings**, weekly.*
- **SMART Recovery: (440) 951-5357 / www.smartrecovery.org**
*A substance use self-help program using cognitive behavioral therapy approaches to recover from addictive behaviors. Provides free, peer-led **online** and **in person support groups** for individuals and family members/allies of those living with addiction.*
- **Start your Recovery: www.startyourrecovery.org**
*Offers information about the signs, symptoms, conditions, and treatment options for people who are dealing with substance use issues, as well as resources for others who know someone struggling with addiction and a treatment locator tool. Website offers a “Find a Local Rehab Center”, counseling and **in person support groups** function.*

NAMI 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.

NAMI NATIONAL RESOURCE DIRECTORY

Internet/Gaming

- Internet Addicts Anonymous (ITAA): www.internetaddictsanonymous.org
12-step *in person support group*s for people with internet and technology addiction in all forms (Facebook, YouTube, smartphone, and compulsive use of electronic devices.) Offers (limited) in-person, *phone or online support meetings* as well as *WhatsApp group support*.
- Screenagers: Next Chapter: www.screenagersmovie.com
A documentary that centers on stress resilience, a person's ability to handle stressful emotions. Lower stress resilience is correlated with mood disorders and conditions such as heart disease and diabetes. But when adolescents learn to experience and regulate their emotions, they can recover more rapidly from negative situations and overcome adversity. Movie's website provides a Resources section that includes information on subjects ranging from "sleep & screen," "pro-social video games," "screen time contracts," "screen time balance," "internet addiction" and many others.
- reSTART: www.netaddictionrecovery.com
Center specializing in the treatment of problematic internet, video game and technology use. Website contains helpful Resources section
- Center for Internet and Technology Addiction: <https://virtual-addiction.com/about-us/>
Founded by Dr. David Greenfield, one of the world's latest voices on internet, computer and digital media behavior. Website contains helpful resources and an Addiction Screening Tools section.

Narcotics

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

Sex Addiction

- Sex Addicts Anonymous: (800) 477-8191 / www.saa-recovery.org
Offers a find an *in person support group meeting* locator for 12-step recovery-based meetings serving those committed to stopping addictive sexual behavior.
- Sexual Recovery Anonymous (SRA): www.sexualrecovery.org
A fellowship of people who share their experiences with each other. Their website includes a locator for finding an *in-person support group meeting* in one's area as well as resources and a podcast on recovery.

NAMI NATIONAL RESOURCE DIRECTORY

- S-Anon International Family Groups: **(800) 210-8141** / www.sanon.org
*Offers a “Find a Support Group” meeting locator for **in-person** and **online meetings** for those who are hurting in response to the sexual addiction of someone close to them.*
- PornHelp: www.pornhelp.org
Website that provides links to numerous 12-step programs that focus on recovery from sex and pornography addiction.
- SexHelp: www.sexhelp.com
Offers resources and a free, basic online screening tool (and a more in-depth, low cost tool) to help people identify whether their sexual behaviors are cause for concern, as well as a “Find a Therapist” search function.
- Sexual Compulsives Anonymous: www.sca-recovery.org
*12-step program for people who want to stop having compulsive sex. Website features a find an **in person support group** meeting locator (also provides **online and over the phone support**) as well as information and resources to support recovery.*
- American Association of Sexuality Educators, Counselors, and Therapists: **(202) 449-1099** / www.aasect.org
*Information, resources, and search tool for a sexuality educator, counselor, or sex therapist by state. **Spanish-language calls accepted.***

SUICIDE

Crisis – general population

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

NAMI NATIONAL RESOURCE DIRECTORY

General information/Supporting someone with suicidal thoughts

- [NAMI Risk of Suicide page](#)
- 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.*
- 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>*
- 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/>
- Each Mind Matters Suicide Prevention Brochure (in Spanish)
<https://emresourcecenter.org/resources/suicide-prevention-brochure-spanish-folleto-para-la-prevencion-del-suicidio>
- NIMH Suicide Prevention Resource Center (publications in Spanish)
<https://www.sprc.org/resources-programs/nimh-publications-spanish>
- The Buddy Project: www.buddy-project.org
*Aims to prevent suicide and to provide self-harm alternatives by **pairing people through social media as buddies** and raising awareness for mental health.*
- (App) 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.
- (App) notOK: (Apple and Android; Free)
A digital panic button service that connects users immediate support via text, phone call, or GPS location when struggling to reach out. The app features a large, red button that can be activated to let close friends, family and their support network know help is needed. When users hit the digital panic button, a message along with their current GPS location is sent to their contacts. The message reads: "Hey, I'm not OK! Please call, text, or come find me."

NAMI NATIONAL RESOURCE DIRECTORY

Support groups for suicidal ideation and loss from suicide

- Carson's Village: (877) 789-0722 / www.carsonsvillage.org
Free service to assist families in managing practical details following the sudden loss of a loved one. Provides free peer advocacy to help families plan/navigate details from loss to funeral. Serving 18 states currently (see list on website).
- After a Suicide Resource Directory: www.personalgriefcoach.net
A website portal offering comprehensive links to an online directory of resources for people who are grieving after a death by suicide to help them cope with their loss.
- American Foundation for Suicide Prevention: (888) 333-2377 / www.afsp.org
*Provides a "Find a Support" group locator for **in person support group** and **online support groups** and mental health professionals for those having thoughts of suicide, those who have lost someone to suicide, and those who have attempted suicide; offers resources on loss; suicide prevention information.*
- American Association of Suicidology: (202) 237-2280 / www.suicidology.org
*National clearinghouse/directory for suicide resources, statistics, etc. Maintains an **in person support group** finder for both attempts and loss survivors of suicide.*
- SAVE (Suicide Awareness Voices of Education): (952) 946-7998 / www.save.org
*Provides a finder function for **in person support groups** for suicide loss survivors, as well as resources about suicide and finding help for yourself or others. Spanish: <https://save.org/blog/support-groups/survivors-suicide-support-group-spanish-speakers/>*
- Alliance of Hope: www.allianceofhope.org
*Provides information and resources to those who have lost a loved one to suicide; provides a locator for **online support groups**.*
- Parents of Suicides (POS) and Friends and Families of Suicides (FFOS): www.pos-ffos.com
*Website offering links to **online grief support communities**.*

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.

NAMI NATIONAL RESOURCE DIRECTORY

- **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.*

*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>*

***LogistiCare: www.logisticare.com**

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

Aging populations

- 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.
- **GoGo Grandparent: www.gogograndparent.com**
Allows a call from a landline or flip phone to function like a smartphone to request licensed and authorized Transportation Network Companies on a senior's behalf (maintains heightened security and monitoring features).
- **Connect2Affect: www.connect2affect.org**
*Provides resources that meet the needs of aging population who are isolated or lonely. Provides a "Find programs in your community" locator connecting individuals to local programs including social activities, volunteering, learning, wellness, **transportation**, financial and food assistance, and more.*
- **Community Resource Finder: www.communityresourcefinder.org**
Provides online resources from AARP and Alzheimer's Association, including transportation.

NAMI NATIONAL RESOURCE DIRECTORY

- **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.
- **ElderCare Locator Helpline: (800) 677-1116 / www.eldercare.acl.gov**
Public service of the U.S. Administration on Aging that offers a “Find Help in your Community” locator that connects individuals to services in the community for older adults and their families, including transportation. Provides Spanish-language translator service to callers.
- **Rideshare Companies:**
Some senior centers across the country provide residents with rides through UberCentral. Check with local senior center or their local Area Agency on Aging www.n4a.org.

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

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

*Individuals covered by Medicaid with a physical or mental disability or who are unable to travel or wait for a ride alone may qualify - coverage depends on individual situation and needs. May need to get State Medicaid agency’s approval to qualify for a ride. *(Search Contact Us page of website for regional contact information.) This fact sheet on their website provides for more information on their state’s Medicaid agency: <https://www.cms.gov/medicare-medicare-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.

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NAMI NATIONAL RESOURCE DIRECTORY

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- **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.
- **Community Resource Finder:** www.communityresourcefinder.org
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NAMI NATIONAL RESOURCE DIRECTORY

TRAUMATIC BRAIN INJURY

- Brain Injury Association: (800) 444-6443 / www.biausa.org
Works to improve quality of life for people with brain injury; maintains network of local offices with support and education programs. Spanish-language calls accepted.
- TraumaticBrainInjury: (888) 915-7600 / www.traumaticbraininjury.com
Provides resources, support and patient advocacy to empower people with disabilities, their families and allies. Offers a state-by-state guide to find local resources and information on TBI. 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.
- 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 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 that features 1,400 free and charitable clinics nationwide that maintain protocols to help people get car and assess eligibility for insurance.
- HelpWhenYouNeedIt: www.helpwhenyouneedit.org
An online service that connects users to over 350,000 listings nationwide of private and public resources, including local mental health & substance use treatment and free clinics.

NAMI NATIONAL RESOURCE DIRECTORY

- Open Counseling: www.opencounseling.com
Organization whose mission is to make counseling affordable for all. Provides lists of resources on attaining accessible care and counseling resources for therapists and centers. Website indicates if providers listed are accepting new clients (updated regularly); many listed providers list their rates.
- Open Path: (800) 268-2833 / www.openpathcollective.org
Non-profit nationwide network of mental health professionals connects people in genuine financial need with private therapists who can lower their costs per session. Requires initial, one-time “lifetime” membership fee of \$59.
- Theravive: www.theravive.com
Resource directory for low cost therapists, listed by state. Also provides listing on credentialed providers of e-counseling (phone, email, webcam or messaging.) (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.
- Free Clinic Directory: www.freeclinicdirectory.org
*(NOTE – generally only provides resources on medical/non mental health): children’s health care, dental care, eye care, women’s health).
Free clinic treatment locator by zip code; each clinic listing offers reviews, services provided, and contact information for clinics for the uninsured, no cost and affordable medical clinics.*
- Give an Hour: www.giveanhour.org
Service members/veterans and their family members affected by mass tragedies and natural disasters can receive free therapy from mental health professionals who donate an hour of their time.

Private Insurance

- *Insurance company may provide list of providers “in-network”.*
- Psychology Today: www.psychologytoday.com
Offers a “Find a Therapist” link on the site. Can also use the link to locate treatment facilities and psychiatrists. Individuals should verify with their insurance company once they have identified a provider to confirm coverage.
- Therapy Den: www.therapyden.com
Website features a “Find a Therapist” search function that allows individuals to search by zip code, specialty, and insurance. Individuals should verify with insurance company once they have identified a provider to confirm coverage.

NAMI NATIONAL RESOURCE DIRECTORY

Online and Telemental Health

- **7 Cups:** www.7cups.com
Offers at-cost online therapy and free chat support to people experiencing emotional distress by connecting them with trained “listeners.” Offers fee-based online therapy (monthly plan for @\$150 per month) with a licensed mental health professional.
- **Betterhelp:** www.betterhelp.com
Website offering virtual psychotherapy (live chat, phone and/or video sessions) with licensed mental health professionals. Subscription cost is @\$40-70/weekly.
- **Talkspace:** www.talkspace.com
Online and mobile psychotherapy available via smartphone, tablet, or desktop provided by a licensed therapist. The App is available on iPhone and Android. Subscription cost start @\$65 per week.
- **Doctor on Demand:** www.doctorondemand.com
Online telehealth service including behavioral health treatment. (Individuals should verify participation in their health plan.) For psychotherapeutic services: cost is @\$130 for 25 min consultation; @\$180 for a 50-min consultation. For psychiatric services: cost is @\$300 for initial 45-min consultation; @\$130 for a 15-min follow-up.
- **ADAA Online Therapy (Telemental Health) Provider Online Directory:** www.adaa.org/finding-help/telemental-health
A service of the Anxiety and Depression Association of America. 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.
- **e-Psychiatry:** 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.

TREATMENT FACILITIES

General information

- **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. **Accepts Spanish-language calls.***

NAMI NATIONAL RESOURCE DIRECTORY

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

Treatment facility accrediting agencies

- CARF International: www.carf.org
An independent non-profit accreditor of health and human services – website includes a Find an Accredited Provider function.
- 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.

NAMI NATIONAL RESOURCE DIRECTORY

VETERANS/MILITARY

See, also, *Traumatic Brain Injury* section of Resource Directory.

Crisis support

- VA Suicide Hotline: **(800) 273-8255** press 1 / www.suicidepreventionlifeline.org
Accepts Spanish-language calls.
- Veteran Call Center **(877) WAR-VETS (927-8387)**
Hotline to talk with another combat veteran.
- Military Help Line: **(888) 457-4838** or text **MIL1 to 839863** / www.militaryhelpline.org
24-hour free, confidential crisis support for military service members, veterans and their families. Accepts Spanish-language calls.
- National Call Center for Homeless Veterans: **(877) 424-3838** / 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)

- [NAMI Veterans and Active Duty page](#), [NAMI Homefront Educational Program for Families](#) and [NAMI Homefront General Resource Directory](#)
- 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.
- Department of Veterans 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).

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- National Center for PTSD: **(802) 296-6300** / www.ptsd.va.gov
Service of the Department of Veterans Affairs providing resources to individuals, family members and providers on combat- and non-combat-related PTSD. Information includes types of trauma, treatment options, coping mechanisms, related problems. Website maintains a “Find a Therapist” finder. Offers a [Helping a Family Member Who Has PTSD](#) page in Spanish on its website.
- Military One Source: **(800) 342-9647** / www.militaryonesource.mil
*Offers a wide range of community resources and **phone and text peer to peer support** that serves all of DoD, Active Duty, National Guard, and Reserve personnel and their direct family members. Provides Spanish-language interpreters for callers upon request.*
- Give an Hour: www.giveanhour.org
Service members/veterans and their family members affected by mass tragedies and natural disasters can receive free therapy from mental health professionals who donate an hour of their time.
- Objective Zero: **(202) 573-9660** / www.objectivezero.org
*Connects veterans, service members, their families, and caregivers to **peer support via voice, video, and text**. Also provides free access to wellness resources such as yoga and meditation.*
- America’s VetDogs: **(866) 838-3647** / www.vetdogs.org
Provides service dogs to (only) veterans, first-responders, and active-duty service members who are living with PTSD or other disabilities at no cost. Individuals can apply online.

Legal

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