



NAMI

National Alliance on Mental Illness

TEEN AND YOUNG ADULT RESOURCE DIRECTORY

NAMI HelpLine

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.

Throughout this directory you will find NAMI Knowledge Articles that provide detailed resources, support options, and information. They may also be accessed at helplinefaqs.nami.org for your convenience.



Call
800-950-NAMI (6264)



Text "Friend" to
62640



Email
helpline@nami.org



Visit nami.org/help
for webchat



NAMI Teen and Young Adult HelpLine

Information, Resources, Support

Monday-Friday, 10 a.m. – 10 p.m. ET

Call: 800-950-NAMI (6264)

Text: “Friend” to 62640

Webchat: nami.org/help

Email: helpline@nami.org

The NAMI Teen and Young Adult (TYA) HelpLine is a free, nationwide teen and young adult peer-support service providing information, resource referrals, and support to teens and young adults who have a mental health condition or may not have a condition but may still be going through a difficult time in their life.

NAMI HelpLine Staff compiled this directory of outstanding resources to help you identify possible options to meet your needs. NAMI does not endorse the resources included in the NAMI TYA HelpLine Resource Directory, and NAMI is not responsible for the content of or service provided by any of these resources. Throughout this directory you will find NAMI Knowledge Articles that provide detailed resources, support options, and information. They may also be accessed at helplinefaqs.nami.org for your convenience.

The NAMI Teen and Young Adult (TYA) HelpLine is not a hotline, crisis line, or suicide prevention line. If you or someone you know is experiencing a crisis, please [chat](#), call, or text 988. The NAMI TYA HelpLine does not provide mental health counseling, advice, personal advocacy or referrals to individual mental health providers or lawyers. The NAMI HelpLine does not provide individual casework, legal representation, or any type of individual advocacy.

Message and data rates may apply. Message frequency varies. Reply STOP to opt-out. Reply HELP for help. See our [Terms of Service and Privacy Policy](#) for more information.

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Abuse

- [NAMI Knowledge Article: I believe I/my loved one is being abused. What can I do to get help?](#)
If you or a loved one is being abused, know that help is available. It's okay to speak up and ask for the help you need.
- [Boys Town National Hotline](#) is a 24-hour a day, 7 day a week crisis line for children and families at staffed with trained crisis counselors to help with suicidal thoughts, self-harm, parenting issues, physical, sexual or emotional abuse, bullying and peer issues, or relationship challenges. **Call (800)448-3000** to get connected with Boys Town National Hotline.
- [Child Welfare Information Gateway](#) provides contact information for local child protective services in your community where you can report in English or Spanish child maltreatment, abuse, and neglect.
- [Childhelp National Child Abuse Hotline](#) is an organization dedicated to meeting the physical, emotional, educational, and spiritual needs of abused, neglected and at-risk children through programs focused on prevention, intervention, treatment and community outreach. For information about how to make an official report of child abuse in each state, contact Childhelp National Child Abuse Hotline at **(800) 422-4453** or visit <https://childhelphotline.org>.
- [Your Life Your Voice](#) provides ways for teens to get help via call, text and email. Their trained counselors are able to offer advice for real life situations and they can be reached 24/7 via phone at **(800) 448-3000** or by texting **VOICE to 20121**. They also provide tips and tools on their website for a number of issues such as coping skills, transitioning to adulthood, anxiety, abuse, identity, depression and more.

Accommodations

- [NAMI - Teens - Your Mental Health and School](#) if you're a teen, consider what accommodations will help you to succeed in school.
- [NAMI Succeeding at Work](#) page contains information about requesting accommodations at work, requesting an extended leave of absence, and understanding your right to be protected from workplace discrimination as a person with a mental health condition.
- [CHADD Educational Rights](#) page provides an overview of academic accommodations for students with ADHD that may be guaranteed through Section 504 of the Rehabilitation Act of 1973 and the Individuals with Disabilities Education Act (IDEA). Includes a sample letter that parents can use to request an evaluation for academic accommodations through their child's school.
- [Study.com](#) provides a mental health guide for college students which shares tips on wellness and information about resources, support, and special accommodations.

- [Understood.org - Accommodations: What they are and how they work](#) webpage offers helpful information about different types of academic accommodations, quick tips, and next steps you can take to get help with accommodations in high school college, or the workplace.
- [Understood.org - How self-advocacy helped me fight for my rights in college](#) a college student shares her journey getting academic accommodations in college through self-advocacy and determination.

Advocacy

- [NAMI Knowledge Article: I need someone to advocate for me – Can NAMI help?](#) Although NAMI does not provide individual advocacy services, there are resources available for finding a healthcare advocate who can help.
- [NAMI Video - Ros and Jonny: Community Creates Hope](#) offers friendship and community help to so many who struggle with mental illness find strength and hope. Ros and Jonny met in college and have been there for each other ever since. Sharing a passion for mental health advocacy, they have joined forces with NAMI to help their Hispanic/Latinx and LGBTQ+ peers discover the NAMI community and ignite the light of hope in their own lives.
- [NAMI Video - Youth - Let's Talk About Advocacy](#) Juan introduces us to advocacy and why it is important to speak up. He shares how his own identity, culture, and background put him on the path towards becoming an advocate. In this video, Juan talks about how to get started and shares the message that everyone has the potential to become an impactful advocate.
- [Active Minds](#) is an organization dedicated to providing education, research and advocacy surrounding mental health. Their website offers general information about mental health and information about how to start a new chapter of the organization at university.

Attention Deficit Hyperactivity Disorder

- [NAMI ADHD](#) page provides an overview of the condition, treatment options, and support.
- [NAMI ADHD & Bipolar: Signs at a Young Age Video](#) listen as Tessa Brooks shares her mental health journey as a child and young adult experiencing early signs of ADHD and bipolar disorder. Learn about her journey to find an accurate diagnosis, recovery, support and chosen family in the NAMI community.
- [NAMI Basics OnDemand / NAMI Basics](#) is an education program for parents, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. This program is free to participants, self-paced and available 24/7 if choosing the OnDemand option.

- [ADDitude Magazine](#) is an online magazine that offers an abundance of information about ADHD symptoms, treatment, support, learning and organization tips, and other resources for living well with ADHD.
- [Children & Adults with Attention-Deficit/Hyperactivity Disorder \(CHADD\)](#) is an organization that provides specific information on ADHD/ADD and treatment options and provides online support communities for those living with ADHD/ADD as well as family members/caregivers. Their information line can be reached at **(800) 233-4050** Monday-Friday, 1 to 5 p.m. ET.

African American/Black Community

- [NAMI Identity and Cultural Dimensions Black/African American](#) page provides information on the intersection of mental health and one's experience as a member of the Black community.
- [NAMI Video - Bullying, Bullets and Trauma: Surviving with Pride](#) listen as Quintin Lamarr shares his story of growing up at the confluence of systemic racism and anti-LGBTQ+ discrimination in America. He describes how the traumas of racial injustice and discrimination walk hand in hand with mental illness, and how mental health services and communities like NAMI open up new worlds of recognition, hope, healing and pride.
- [NAMI and The Confess Project Video - Cutting Through the Stigma](#) join NAMI CEO Dan Gillison and Dontay Williams, CEO of The Confess Project, at Legends Barbershop in Atlanta, Ga., and learn about how the two organizations meet people where they are. Hear directly from barbers, their customers, counselors, NAMI members and folks from The Confess Project about how barbershops serve as a place of community connection and emotional well-being. Learn how barbers are helping fight stigma through open and honest conversation for boys, men and their families in the Black community, and how they can be a springboard to mental health care access and connection to support communities like NAMI.
- [AAKOMA Project](#) helps diverse teenagers and their families achieve optimal mental health through dialogue, learning, and the understanding that everyone deserves care and support. Has resources including a toolkit, statistics, fact sheets, and articles. Offers 5 sessions of free virtual therapy with culturally competent providers nationwide. To qualify, individuals must be 12-30 years old and a member of a racially/culturally marginalized community.
- [Black Emotional and Mental Health Collective \(BEAM\)](#) is a national training, movement building, and grant making institution that is dedicated to the healing, wellness, and liberation of Black and marginalized communities. Includes a directory where you can find a virtual Black therapist, doula, yoga teacher, or mediator and many other wellness tools.
- [Black Girls Smile](#) encourages positive mental health education, resources, and support, geared toward young Black women and girls. Has a Therapy Assistance Program that connects and provides financial support for 2-6 months of with culturally, racially, and gender-competent and

sensitive therapy sessions for individuals identifying as Black/African American and femme (including pronouns she/her/hers and they/their/theirs).

- [Eustress](#) starts conversations about mental health with members of the Black community at large, paying special attention to students, young adults, and athletes. Additionally, they provide mental health management and coping mechanisms to empower people to take control of their mental health and find sources of (eu)stress. People can sign-up to attend their weekly national call-in program each Wednesday at 8 p.m. EST, "Men's Locker Room Talk", which is a safe space where Black men can have a comfortable environment to talk about different issues that are key for effective mental wellness.
- [Inclusive Therapists](#) provides a directory or directly matches people with therapists or coaches who will offer care specifically for your unique identity. The goal is to ensure people with marginalized identities get equitable access to radically affirming, culturally responsive mental health care. Inclusive Therapists centers the needs of Black, Indigenous, and People of Color (BIPOC) and 2SLGBTQIA+ intersections (QTBIPOC).
- [InnoPsych](#) provides a directory of therapists of color.
- [Jed Foundation - Understanding Discrimination and Bias](#) there is a strong link between one's identity, and mental health and well-being. Experiencing racial discrimination and injustice can have a negative impact on your mental health. It can even trigger depression, anxiety and stress. Learn more about racial trauma, barriers to mental healthcare and tips on how to cope.
- [Melanin and Mental Health](#) provides a directory to connect individuals with culturally competent clinicians committed to serving the mental health needs of Black and Latinx/Hispanic communities. Also offers a podcast, "Between Sessions" and other resources.
- [Ourselves Black](#) provides information on promoting mental health and developing positive coping mechanisms through a podcast and online magazine.
- [Steve Fund](#) promotes the mental health and emotional well-being of young people of color. The Steve Fund Youth Advisory Board created a Healing Space on the website that includes stories shared on YouTube, a Back-to-School Toolkit, and refocusing and relaxation guides. The website also features a Historically Black Colleges and Universities (HBCU) student leadership section, HBCU student section, and a young women of color section.
- [Therapy for Black Girls](#) is an online space dedicated to encouraging the mental wellness of Black women and girls. It also offers a "Find a Therapist" directory that is searchable by location, distance, specialty, type of insurance accepted and more.
- [TherapyForBlackMen.org](#) provides a directory to help Black men and boys search for a therapist or coach by their location and specialization. This organization sometimes offers financial assistance for people who need therapy.

- [Trevor Project - Black & LGBTQ: Approaching Intersectional Conversations](#) if you're considering engaging with people who identify as non-Black in your life about your identities, it's important to remember that the process of having difficult conversations does not begin or end with the discussion itself. Here are some approaches to consider before, during, and after a difficult conversation to make sure the dialogue — and your mental health — stays safe.
- [Trevor Project - Supporting Black LGBTQ Youth Mental Health](#) Black LGBTQ young people hold multiple marginalized identities. Under the minority stress model, experiences of discrimination, rejection, threats, and violence are compounded, and can lead to negative mental health outcomes. This is a guide to learn more about how to support a Black LGBTQ young person's mental health, and how anti-Black violence and anti-LGBTQ legislation impacts Black LGBTQ young people.

Alternative Treatments

- [NAMI Complementary Health Approaches](#) page provides an overview of complementary approaches to mental health treatment.
- [NAMI Video - Self-Care University: Animal Therapy](#) NAMI ambassador Alessandra Torresani meets with the staff of Special Spirit Equine Therapy to learn what animal therapy is, how it helps with mental health and brings you along to a live session of equine therapy.
- [NAMI Video - Self-Care University: Drama Therapy](#) NAMI ambassador Brooke Johnson meets with Registered Drama Therapist Alexis Maron to learn what drama therapy is, how it helps with mental health, and brings you along to a live session.
- [NAMI Video - Self-Care University: Sound Therapy](#) NAMI ambassador Corinne Foxx meets with Sound Healer Danny Santos to learn what sound therapy is, how it helps with mental health, and brings you along to a live session of a sound bath.

Anxiety Disorder

- [NAMI Anxiety Disorders](#) page provides an overview of anxiety disorders, treatment options, and support.
- [NAMI Knowledge Article: How can I get help/support for anxiety disorder?](#) If you are navigating an anxiety disorder, support groups, coping skills, and information about anxiety can help.
- [NAMI Video - Overcoming Anxiety | Stories of Hope and Healing: Brittany McGowan](#) listen in Part 1 as Brittany McGowan shares her vulnerable journey of mental health.
- [NAMI Video - Rising Above Severe Anxiety | Stories of Hope and Healing: Brittany McGowan | PART TWO](#) listen in Part 2 as Brittany McGowan continues sharing her vulnerable journey of

mental health and recovery around depression and anxiety, defeating the stigma of mental health with action.

- [NAMI Video - What is Anxiety](#) learn what anxiety is, its causes, symptoms, and, treatment options.
- [American Academy of Pediatrics video - Social Media: Enjoy the Upsides & Avoid the Downsides](#) how you use social media can make a huge difference in whether it has a negative impact on your mental health. Pediatrician Megan Moreno has tips on ways to manage your social media use and reduce the chances it will lead to anxiety, depression, body image problems, eating disorders or other mental health issues.
- [Fight Flight Freeze Video – Anxiety Explained For Teens](#) in this video, learn how anxiety keeps us alive, and how worries in your head affect what you feel in your body.
- [Half of Us - Press Pause Video - Social Anxiety](#) while social media can be a great way to keep in touch with friends and meet new people, it can also create a window through which we compare our lives to other people. If checking out social media is making you feel bad about your life, make a list of things you're grateful for.
- [NIDA Video - Can Using Drugs Help Me Deal With Anxiety and Depression?](#) scientists from the National Institute on Drug Abuse (NIDA) answer common questions teens ask about drug use and addiction. The episode *Can Using Drugs Help Me Deal With Anxiety and Depression?* highlights the long-term health risks of misusing prescription medications or other substances and shares options and resources for those with mental health issues.
- [NIMH - Mental Health Minute: Stress and Anxiety in Adolescents](#) got 60 seconds? Take a mental health minute to learn about stress and anxiety in adolescents.
- [Partnership in Education video - The 5-4-3-2-1 Method: A Grounding Exercise to Manage Anxiety](#) feeling anxious? Grounding exercises can help to calm anxious thoughts and keep you focused and mindful in your environment. The 5-4-3-2-1 method is a grounding exercise that can be done almost anywhere, and it doesn't require any equipment or materials- just your brain! Take a few minutes to learn how to complete the exercise and then try it for yourself.
- [Partnership in Education video - The Equal Breathing Method: An Exercise to Calm Anxiety](#) consider using this exercise to relax, reduce anxiety, and find a sense of calm and well-being. Practice breathing deeply and slowly by following along with the animation.
- [Seize the Awkward video - Remi Cruz on Trusting Your Gut](#) Remi Cruz on trusting your gut.
- [Y2Y video - Teens Discuss Stress, Anxiety and Mental Health](#) Youth to Youth teens discuss everyday struggles that revolve around their stress, anxiety, and mental health.



- [Your Life Your Voice](#) provides ways for teens to get help via call, text and email. Their trained counselors are able to offer advice for real life situations and they can be reached 24/7 via phone at **(800) 448-3000** or by texting **VOICE to 20121**. They also provide tips and tools on their website for a number of issues such as coping skills, transitioning to adulthood, anxiety, abuse, identity, depression and more.

Asian American Community

- [NAMI Identity and Cultural Dimensions Asian American and Pacific Islander](#) page provides information on the intersection of mental health and one's experience as a member of the Asian American and Pacific Islander communities.
- [ADAA - Asian Americans/Pacific Islanders](#) both Asian Americans and Pacific Islanders deal with themes of trauma, stress, and historical stigmas stemming from cultural traditions. Asian American and Pacific Islander (AAPI) community incorporates a broad variety of ethnicities, identities and cultures. The Asian American community can include roots from over 20 countries in East and Southeast Asia and the Indian subcontinent, while Pacific Islanders (also known as Native Hawaiians and Pacific Islanders—NHPI), encompasses communities with people of Polynesia (Native Hawaiians), Micronesia, Melanesia and even Samoa (Samoans) descent.
- [Asian American Health Initiative Video - Let's Talk About Mental Health \(Chinese\)](#) this video offers a comprehensive overview of mental health in Chinese by highlighting definitions of mental health and mental illness, relevant statistics, protective and risk factors, signs and symptoms.
- [Asian American Health Initiative Video - Let's Talk About Mental Health \(English\)](#) this video offers a comprehensive overview of mental health by highlighting definitions of mental health and mental illness, relevant statistics, protective and risk factors, signs and symptoms.
- [Asian American Health Initiative Video - Let's Talk About Mental Health \(Hindi\)](#) this video offers a comprehensive overview of mental health in Hindi by highlighting definitions of mental health and mental illness, relevant statistics, protective and risk factors, signs and symptoms.
- [Asian American Health Initiative Video - Let's Talk About Mental Health \(Korean\)](#) this video offers a comprehensive overview of mental health in Korean by highlighting definitions of mental health and mental illness, relevant statistics, protective and risk factors, signs and symptoms.
- [Asian American Health Initiative Video - Let's Talk About Mental Health \(Vietnamese\)](#) this video offers a comprehensive overview of mental health in Vietnamese by highlighting definitions of mental health and mental illness, relevant statistics, protective and risk factors, signs and symptoms.
- [Asian American Psychological Association \(AAPA\)](#) provides a directory which connects Asians and Asian-Americans to culturally aware providers. Also provides fact sheets about suicide, bullying, first generation college students, International Students' adjustment challenges, partner

violence, trauma and violence exposure, substance use, and brain injury. You can also find a bullying awareness campaign, and Asian American/Pacific Islander LGBTQI resources.

- [Asian Mental Health Collective](#) raises awareness about the importance of mental health care, promotes emotional well-being, and challenges the stigma concerning mental illness amongst Asian communities globally. Has an Asian American Therapist Directory, support groups, Facebook group, resource library, video web-series, and meetup groups. Also runs the Lotus Therapy Fund, a program that gives 8 free therapy sessions for those who qualify. The program is a needs-based and people are chosen on a first-come, first-served basis.
- [Best Colleges - Mental Health for Asian American and Pacific Islander Students](#) this article is about Asian American and Pacific Islander students' mental health needs recognition and understanding to overcome barriers. Read more for helpful resources.
- [Inclusive Therapists](#) provides a directory or directly matches people with therapists or coaches who will offer care specifically for your unique identity. The goal is to ensure people with marginalized identities get equitable access to radically affirming, culturally responsive mental health care. Inclusive Therapists centers the needs of Black, Indigenous, and People of Color (BIPOC) and 2SLGBTQIA+ intersections (QTBIPOC).
- [InnoPsych](#) provides a directory of therapists of color.
- [Jed Foundation - Understanding Discrimination and Bias](#) there is a strong link between one's identity, and mental health and well-being. Experiencing racial discrimination and injustice can have a negative impact on your mental health. It can even trigger depression, anxiety and stress. Learn more about racial trauma, barriers to mental healthcare and tips on how to cope.
- [MannMukti](#) is a storytelling platform that enables the South Asian diaspora to normalize and discuss mental health issues. Has a "Stories of Stigma" podcast series that features experts on South Asian mental health. Includes research and articles about scientific developments on the link between immigration, South Asian culture, and mental health. Has a South Asian Therapist Directory. Also has university chapters.
- [National Asian American Pacific Islander Mental Health Association](#) provides a directory of Asian American, Native Hawaiian, and Pacific Islander service providers in every state.
- [South Asian Mental Health Initiative and Network](#) is an organization dedicated to improving the mental health of the South Asian community through educational programs on the importance of mental health and wellness and improved access to care. Has a South Asian Therapist Directory and support groups. Also runs a confidential HelpLine staffed by trained staff member or a mental health clinician that provide support, guidance, information and, if needed, a referral to a culturally-competent mental health clinician in your area. They can also help you find local resources and navigate the mental health system. Call **732-902-2561** or email at info@samhin.org between the hours of 10:00 a.m. – 7:00 p.m. ET daily. **Their HelpLine is not a crisis helpline.**



- [South Asian Therapists](#) provides a directory of South Asian therapists. South Asia includes the following countries Afghanistan, Bangladesh, Bhutan, India, Maldives, Nepal, Pakistan, and Sri-Lanka.

Bipolar Disorder

- [NAMI Bipolar Disorder](#) page provides an overview of the condition, treatment options, and support.
- [NAMI Knowledge Article: How can I get help/support for bipolar disorder \(BD\)?](#) Information and peer support is available for people living with bipolar disorder.
- [NAMI Video - My Dad Has Bipolar Disorder - I Love Him](#) listen as Theo Bennett opens up about growing up with a dad who has bipolar disorder.
- [NAMI Video - Tell Me About Bipolar Disorder](#) learn the basics about bipolar disorder and where to find support.
- [Center for Young Women's Health Bipolar Disorder Guide](#) provides information to help you understand bipolar disorder, manic episodes, depressive episodes, and how to get treatment and support for bipolar disorder.
- [SAMHSA - Early Serious Mental Illness Treatment Locator](#) is a confidential and anonymous source of information for people who are looking for treatment facilities anywhere in the U.S. for a recent onset of serious mental illnesses such as psychosis, schizophrenia, bipolar disorder and other conditions. Individuals who experience a first onset of serious mental illness - which can include a first episode of psychosis - may experience symptoms that include problems in perception (such as seeing, hearing, smelling, tasting or feeling something that is not real), thinking (such as believing in something that is not real even when presented with facts), mood, and social functioning.
- [Young Men's Health Bipolar Disorder Health Guide](#) provides information to help you understand bipolar disorder, what it looks like, who it affects, and how to get treatment and support for bipolar disorder.

Bullying

- [NAMI Video - Bullying, Bullets and Trauma: Surviving with Pride](#) listen as Quintin Lamarr shares his story of growing up at the confluence of systemic racism and anti-LGBTQ+ discrimination in America. He describes how the traumas of racial injustice and discrimination walk hand in hand

with mental illness, and how mental health services and communities like NAMI open up new worlds of recognition, hope, healing and pride.

- [Boys Town National Hotline](#) is a 24-hour a day, 7 day a week crisis line for children and families at staffed with trained crisis counselors to help with suicidal thoughts, self-harm, parenting issues, physical, sexual or emotional abuse, bullying and peer issues, or relationship challenges. Call 800-448-3000 to get connected with Boys Town National Hotline.
- [Center for Young Women's Health Cyberbullying and Bullying guide](#) provides an overview of different types of bullying, getting help for bullying, and ways that you can help stop bullying on the spot.
- [stopbullying.gov](#) is a federal government website that gives helpful tips on how to report cyberbullying.
- [Take It Down](#) offers help to remove sensitive and explicit photos or videos that were shared online without your consent. This assistance is provided to those who are under 18yo or were under 18yo when the photos or videos were taken.
- [Trevor Project - Creating Safer Spaces in Schools for LGBTQ Youth](#) is for LGBTQ young people, school can be a tricky place to explore who they are and how they identify, especially if they face harassment, discrimination, or a lack of resources. Here you will find frequently asked questions that LGBTQ youth ask about their experiences in school.

Complaints

- [NAMI Knowledge Article: How do I file a complaint against a medical facility/provider?](#) You deserve mental health treatment that honors your rights as a patient. There are several avenues for filing a complaint with a mental health provider or treatment facility.
- [InsureKidsNow](#) offers information and a coverage finder for low-cost health, mental health, and dental insurance for children and teens. This website is operated by Centers for Medicare & Medicaid Services (CMS), providing information about Medicaid and Children's Health Insurance program (CHIP). Their information line can be reached at **(877) 543-7669** and their website is available in Spanish.
- [Medicare Rights Center](#) provides a national HelpLine and resources page for individuals with Medicare, their family members and friends, including information about Medicare benefits, finding the right coverage and how any existing coverage works. You can reach the Medicare Rights Center at **(800) 333-4114** and they accept Spanish calls.
- [The Association of State and Provincial Psychology Boards](#) website provides a complete list of psychology licensing boards that you can contact to file a complaint against a psychologist. These state regulatory agencies are separate entities from APA and control the ability of a psychologist to practice.

- [The Federation of State Medical Board](#) website offers links to state medical board websites. To file a complaint about an individual psychiatrist, contact your state's medical board for more information.
- [The Joint Commission](#) enterprise works with thousands of health care organizations to improve quality and patient safety. Individuals can submit patient safety concerns or complaints about a health care organization.
- [The National Consumer Voice for Quality Long-Term Care](#) represents individuals in issues related to long-term care and serves as a primary source of information and tools for individuals, families, caregivers, advocates and ombudsmen to help ensure quality care for the individual. The organization maintains a Long-Term Care Ombudsman Program (LTCOP) webpage with information about how to find a facility and what to do to get quality care; ombudsmen are also trained to resolve problems.

Coping Skills

- [NAMI Knowledge Article: How can I help myself or a friend during a panic attack?](#) Having a panic attack can be scary, but you can get through it! This article will help you understand panic attacks and what it feels like to have one. You will also learn how to use calming relaxation strategies to get yourself or a friend through a panic attack.
- [NAMI Video - Stop invalidating your feelings](#) they ask how you are, and you say “you’re fine” but is that truly how you feel? Saying you’re fine even when you’re not is something we all do... here are some ways of trying to verbalize your actual feelings.
- [NAMI Video - Teen - 5 Mental Health Coping Skills](#) do you have a mental health toolkit? In this video, NAMI volunteer Britt shares what positive coping skills are and how to develop a mental health toolkit so that we don't fall into negative coping strategies. Additionally, she discusses what specific skills help her cope.
- [AboutKidsHealth Video - Feelings of Uncertainty and How to Manage Them](#) this video provides tools for coping with uncertainty and unknowns about the future, whether it's something specific or we want to know what will happen in the coming days, weeks or months. This video helps with regaining perspective to focus on the things we can control right here and now.
- [AboutKidsHealth Video - How to Feel Feelings](#) as humans, we spend a lot of time thinking about or talking about our feelings instead of feeling them. This video explains what feelings are and why it's important to feel our feelings.
- [Eustress](#) starts conversations about mental health with members of the Black community at large, paying special attention to students, young adults, and athletes. Additionally, they provide mental health management and coping mechanisms to empower people to take control of their mental health and find sources of (eu)stress. People can sign-up to attend their weekly national



call-in program each Wednesday at 8 p.m. ET, "Men's Locker Room Talk", which is a safe space where Black men can have a comfortable environment to talk about different issues that are key for effective mental wellness.

- [Half of Us - Press Pause Video - Social Anxiety](#) while social media can be a great way to keep in touch with friends and meet new people, it can also create a window through which we compare our lives to other people. If checking out social media is making you feel bad about your life, make a list of things you're grateful for.
- [It Gets Better](#) provides suggestions for coping skills with the goal of communicating to LGBTQI youth around the world that it gets better. They also offer a Get Helps page to find LGBTQI youth support services in local communities.
- [Jed Foundation - I Want to Take Care of my Mental Health](#) our emotional well-being can range from feeling good to struggling because of a situation or a condition like depression. These resources can help you navigate life's challenges, practice self-care and coping, and/or find the support of professionals.
- [MTV's Teen Code - How We Cope With Anxiety and Stress](#) this one goes out to all those teens who can't get out of bed no matter how hard they try, who have gone three days without seeing anyone (or even brushing their hair). You're not alone, and teen experts (and a few twentysomethings) can prove it.
- [Partnership in Education Video - Heartbeat: A Mindfulness Exercise to Calm Your Emotions](#) sometimes feelings of fear, excitement, or anxiety can cause your heart to race. If these feelings become overwhelming, this quick mindfulness exercise can help to calm your emotions and connect your emotions to your heartbeat. This exercise doesn't require any materials and can be done in just a few minutes. Take a seat, get comfortable, and give it a try!
- [Partnership in Education Video - The Equal Breathing Method: An Exercise to Calm Anxiety](#) consider using this exercise to relax, reduce anxiety, and find a sense of calm and well-being. Practice breathing deeply and slowly by following along with the animation.
- [Your Life Your Voice](#) provides ways for teens to get help via call, text and email. Their trained counselors are able to offer advice for real life situations and they can be reached 24/7 via phone at **(800) 448-3000** or by texting **VOICE to 20121**. They also provide tips and tools on their website for a number of issues such as coping skills, transitioning to adulthood, anxiety, abuse, identity, depression and more.

Crisis & Emergency Mental Health Services

- [988 Suicide & Crisis Lifeline](#) is available 24 hours a day, 7 days a week for free, confidential help if you or somebody you know is experiencing a mental health, substance use, or suicide crisis. Call or text **988**, or chat at www.988lifeline.org in English or Spanish to be connected to a trained crisis counselor. Deaf and Hard of Hearing call 711, then **988**. Veterans call **988**, then **press 1** or

text any word to 838255. For other language support, you must call 988 and ask for help in the language you speak. They will get you a Tele-Interpreter.

- [NAMI Getting Treatment During a Crisis page, NAMI Guide to Navigating a Mental Health Crisis](#), and [NAMI Calling 911 and Talking with Police](#) page.
- [NAMI Knowledge Article: I'm having suicidal thoughts and need help](#) you are not alone. Your life matters. If you are having suicidal thoughts, reach out for help right away.
- [NAMI Crisis & Relapse Plan](#) you can fill out this template to help your family and support team in the event of a mental health crisis or relapse.
- [NAMI Video - Making A Mental Health Plan For College Students](#) learn how to prepare for a mental health emergency, including how to safely share medical information with someone you trust.
- [National Runaway Safeline](#) provides a 24/7 confidential crisis and resource line for at-risk teens considering running away from home. The hotline can be reached at **(800) 786-2929** and serves as an intermediary for teenagers (13-21) and parents by offering free bus transportation home for youth, runaway education, and resources for parents. Live chat is available on their website and Spanish-language is available by calling their hotline.
- [National Safe Place](#) provides information to help and support youth in need 24/7 and can be reached at **(502) 635-3660**. They also designate youth-friendly organizations as Safe Places locations through its Find a Safe Place Locators for teens in a crisis. **Text SAFE** at your current location to **69866** for help via text 24/7.
- [Trans Lifeline](#) is a crisis intervention and suicide prevention services for transgendered individuals (hotline is run by transgendered individuals). They also provide help for individuals wanting to change legal name on passport, license, ID and more. Calls are accepted at **(877) 565-8860** Monday through Friday from 10 a.m. – 4 p.m. ET. Spanish-language hotline also available.
- [Trevor Project](#) provides free, confidential and secure crisis intervention and suicide prevention services for lesbian, gay, bisexual, transgender, queer or questioning (LGBTQ) young people who may be struggling with issues such as coming out, LGBTQ identity, depression, and suicide. The Trevor Project can be reached 24 hours a day, 7 days a week at **(866)-488-7386** or **text START to 678-678** or chat at thetrevorproject.org.
- [Your Life Your Voice](#) provides ways for teens to get help via call, text and email. Their trained counselors are able to offer advice for real life situations and they can be reached 24/7 via phone at **(800) 448-3000** or by **texting VOICE to 20121**. They also provide tips and tools on their website for a number of issues such as coping skills, transitioning to adulthood, anxiety, abuse, identity, depression and more.

Depression

- [NAMI Depression](#) page provides an overview of the depressive disorders, treatment options, and support.
- [NAMI Knowledge Article: How can I get help/support for depression?](#) Support groups, coping skills, and information about depression can help you manage and live well with a depressive disorder.
- [NAMI Video - How could such a happy person have depression?](#) masking depression is a common practice. Let's normalize conversations, so people can drop the mask.
- [NAMI Video - What is Depression?](#) learn the basics about schizophrenia and where to find support.
- [Center for Young Women's Health Depression Guide](#) provides information to help you understand depression and its everyday impact, learn about effective treatments for depression, help a friend experiencing depression, and more.
- [Mental Health is Health - Experiencing Loss](#) learning about the nature of grief and other people's experiences coping with it can help us heal and feel less alone. Whether you prefer listening to podcasts, reading books or watching videos, you'll find some options to get you started.
- [National Institute on Mental Health - Teen Depression: More Than Just Moodiness](#) being a teenager can be tough, but it shouldn't feel hopeless. If you have been feeling sad most of the time for a few weeks or longer, this website asks you questions to see if you may have depression and how you can get help.
- [NIDA Video - Can Using Drugs Help Me Deal With Anxiety and Depression?](#) scientists from the National Institute on Drug Abuse (NIDA) answer common questions teens ask about drug use and addiction. The episode *Can Using Drugs Help Me Deal With Anxiety and Depression?* highlights the long-term health risks of misusing prescription medications or other substances and shares options and resources for those with mental health issues.
- [Seize the Awkward Video - Lindsey Stirling On Accepting The Help of Others](#) Lindsey Sterling on accepting the help of others.
- [Seize the Awkward video - Remi Cruz on Trusting Your Gut](#) Remi Cruz on trusting your gut.
- [Your Life Your Voice](#) provides ways for teens to get help via call, text and email. Their trained counselors are able to offer advice for real life situations and they can be reached 24/7 via phone at **(800) 448-3000** or by **texting VOICE to 20121**. They also provide tips and tools on their website



for a number of issues such as coping skills, transitioning to adulthood, anxiety, abuse, identity, depression and more.

- [Young Men's Health Depression Health Guide](#) can help you understand who is affected by depression, what causes depression, and how you can get help and support for depression.

Disability Rights

- [NAMI Getting Your Child Mental Health Support and Accommodations in School](#) page provides information for parents of children seeking mental health support and school accommodations.
- [NAMI SSDI Benefits and SSI page](#) provides information about social security disability benefits, supplemental security income, disability claims processes, and appealing a denied disability claim.
- [NAMI Knowledge Article: Can I receive disability for my mental health condition? I need help understanding/applying for SSI/SSDI/Medicaid/Medicare?](#) this article provides resources to support people with a mental health condition navigating insurance and disability processes.
- [Study.com](#) provides a mental health guide for college students which shares tips on wellness and information about resources, support, and special accommodations.

Eating Disorder

- [NAMI Eating Disorders](#) page provides an overview of eating disorders, treatment options, and support.
- [NAMI Knowledge Article: How can I get help/support for an eating disorder?](#) treatment, support groups, and resources are available to help you recover from an eating disorder.
- [NAMI Video - Creating Safe Spaces: My Journey From Trauma & An Eating Disorder To Love](#) for Carly, her eating disorder became an escape from a disrupted childhood and the anxiety and depression that she faced. Determined to not let her mental health challenges define her, Carly has forged a life for herself with her wife focused on helping children and young adults find safe places to heal and thrive.
- [American Academy of Pediatrics Video - Social Media: Enjoy the Upsides & Avoid the Downsides](#) how you use social media can make a huge difference in whether it has a negative impact on your mental health. Pediatrician Megan Moreno has tips on ways to manage your social media use and reduce the chances it will lead to anxiety, depression, body image problems, eating disorders or other mental health issues.



- [Young Men's Health Eating Disorder Health Guide](#) provides an overview of different types of eating disorders, eating disorders symptoms, and treatment options.

Emotional Support

- [NAMI National Warmline Directory](#) lists Warmlines by state, hours of availability, and services offered (call, chat, text). Warmlines are free, confidential emotional support hotlines staffed by peer-specialists with lived experience with mental health conditions.
- [BEAM - Heart Space: A Virtual Healing Circle](#) created by Black Emotional and Mental Health Collective (BEAM), a monthly, online support group and emotional skills building space for Black folks looking to learn, support and grow in their own healing.
- [DeafLEAD](#) provides 24/7 crisis intervention, advocacy, case management, interpreting, and mental health support services to victims of crime who are Deaf, hard of hearing, DeafBlind, and late-deafened individuals and their families. Contact through Deaf Crisis Line [VP]: **321-800-3323**, or by text: **Type "HAND" to 839863**, or call **573-445-5005**. Also offers free mental health services to Deaf, Hard of Hearing, DeafBlind and Late-Deafened Victims and their families, including children.
- [National Alliance for Hispanic Health](#) focuses on improving the health and wellbeing of Hispanics through improving the quality of care and its availability to all. The organization runs the Su Familia Helpline which provides free reliable and confidential health information in Spanish and English to help callers navigate the health system. Staffed by bilingual health promotion advisors who provide basic information on a wide range of health topics including mental health. Additionally, they have an up-to-date database enabling health promotion advisors to refer callers to health care services in their community. To reach the Su Familia Helpline call **(866) 783-2645**, Monday through Friday from 9:00 a.m. to 6:00 p.m. ET.
- [South Asian Mental Health Initiative and Network](#) is an organization dedicated to improving the mental health of the South Asian community through educational programs on the importance of mental health and wellness and improved access to care. Has a South Asian Therapist Directory and support groups. Also runs a confidential Helpline staffed by trained staff member or a mental health clinician that provide support, guidance, information and, if needed, a referral to a culturally-competent mental health clinician in your area. They can also help you find local resources and navigate the mental health system. Call **(732) 902-2561** or email at info@samhin.org between the hours of 10:00 a.m. – 7:00 p.m. ET daily. **Their Helpline is not a crisis helpline.**
- [Teen Line](#) is a teen hotline providing emotional support and education on common crises or issues to teens via phone, text, chat, email and message boards. You can contact Teen Line at **(800) 852-8336** or by **texting TEEN to 839863** Monday through Friday between 6 a.m. to 10 p.m. PT.

- [Therapinx](#) is a space where ancestral healing and mental health services intersect. Their mission is to build Filipino resiliency through collective care, kapwa, and liberation. They envision a future where Filipin@/xs have self-determination and are able to thrive. They create spaces to destigmatize mental health, access to wellness resources, and uplift therapists and healers so that you can self-care and collectively care without shame or stigma. Has a Finder for Therapists and Healers for Filipino/a/x People.
- [Trevor Project - TrevorSpace](#) offers an affirming, online community for LGBTQ young people between the ages of 13-24 years old. With members from around the world, you can explore your identity, get advice, find support, and make friends in a moderated community intentionally designed for you.
- [Tribe Wellness Community](#) is a free, online peer support groups, forums and chat rooms offering members a safe place to connect about mental health challenges related to addiction, anxiety, depression, OCD and a dedicated group for teens.
- [Your Life Your Voice](#) provides ways for teens to get help via call, text and email. Their trained counselors are able to offer advice for real life situations and they can be reached 24/7 via phone at **(800) 448-3000** or by **texting VOICE to 20121**. They also provide tips and tools on their website for a number of issues such as coping skills, transitioning to adulthood, anxiety, abuse, identity, depression and more.

Employment

- [NAMI Knowledge Article: Where can I get help finding a Job?](#) Lists organizations that help people with disabilities find a job.
- [NAMI Succeeding at Work](#) page contains information about requesting accommodations at work, requesting an extended leave of absence, and understanding your right to be protected from workplace discrimination as a person with a mental health condition.
- [NAMI - How to Disclose Your Mental Health Condition](#) when it comes to disclosing the details of your mental health, there is no one “right” way to share. Read our tips on how to talk about your mental health to your college, employer, and significant other.

First Episode Psychosis

- [NAMI Psychosis](#) page provides an overview of psychosis, the importance of getting help for early psychosis, recommended treatment, and supports.
- [NAMI - Early Psychosis: What’s Going On and What Can You Do?](#) this fact sheet for teens and young adults is on early psychosis. These warning signs may signal early psychosis: hearing, seeing, tasting or believing things that others don’t; suspiciousness or extreme uneasiness with others; persistent, unusual thoughts or beliefs; strong and inappropriate emotions or no

emotions at all; withdrawing from family or friends; a sudden decline in self-care; trouble thinking clearly or concentrating.

- [**SAMHSA - Early Serious Mental Illness Treatment Locator**](#) is a confidential and anonymous source of information for people who are looking for treatment facilities anywhere in the U.S. for a recent onset of serious mental illnesses such as psychosis, schizophrenia, bipolar disorder and other conditions. Individuals who experience a first onset of serious mental illness - which can include a first episode of psychosis - may experience symptoms that include problems in perception (such as seeing, hearing, smelling, tasting or feeling something that is not real), thinking (such as believing in something that is not real even when presented with facts), mood, and social functioning.

Free & Low Cost Services

- [**NAMI Ending the Silence Presentation**](#) is a free 50-minute presentation designed for middle and high school students that includes warning signs, facts and statistics and how to get help for themselves or a friend. Research has shown that NAMI Ending the Silence for Students is effective in changing middle and high school students' knowledge and attitudes toward mental health conditions and toward seeking help. If you would like to host a NAMI Ending the Silence presentation at your school, contact your local NAMI Affiliate. If the presentation isn't already available, ask to bring it to your community.
- [**AAKOMA Project**](#) helps diverse teenagers and their families achieve optimal mental health through dialogue, learning, and the understanding that everyone deserves care and support. Has resources including a toolkit, statistics, fact sheets, and articles. Offers 5 sessions of free virtual therapy with culturally competent providers nationwide. To qualify, individuals must be 12-30 years old and a member of a racially/culturally marginalized community.
- [**Asian Mental Health Collective**](#) raises awareness about the importance of mental health care, promotes emotional well-being, and challenges the stigma concerning mental illness amongst Asian communities globally. Has an Asian American Therapist Directory, support groups, Facebook group, resource library, video web-series, and meetup groups. Also runs the Lotus Therapy Fund, a program that gives 8 free therapy sessions for those who qualify. The program is a needs-based and people are chosen on a first-come, first-served basis.
- [**Black Girls Smile**](#) encourages positive mental health education, resources, and support, geared toward young Black women and girls. Has a Therapy Assistance Program that connects and provides financial support for 2-6 months of with culturally, racially, and gender-competent and sensitive therapy sessions for individuals identifying as Black/African American and femme (including pronouns she/her/hers and they/their/theirs).
- [**DeafLEAD**](#) provides 24/7 crisis intervention, advocacy, case management, interpreting, and mental health support services to victims of crime who are Deaf, hard of hearing, DeafBlind, and late-deafened individuals and their families. Contact through Deaf Crisis Line [VP]: 321-800-3323,

or by text: **Type "HAND" to 839863**, or call **573-445-5005**. Also offers free mental health services to Deaf, Hard of Hearing, DeafBlind and Late-Deafened Victims and their families, including children.

- [InsureKidsNow](#) offers information and a coverage finder for low-cost health, mental health, and dental insurance for children and teens. This website is operated by Centers for Medicare & Medicaid Services (CMS), providing information about Medicaid and Children's Health Insurance program (CHIP). Their information line can be reached at (877) 543-7669 Monday through Friday 8 a.m. to 7 p.m. ET and their website is available in Spanish.
- [Loveland Foundation](#) is an organization committed to showing up for communities of color in unique and powerful ways, with a particular focus on Black women and girls. Also runs the Loveland Therapy Fund which provides financial assistance to Black women and girls in need of therapy nationwide. Loveland Therapy Fund recipients will have access to comprehensive lists of mental health professionals across the country providing high quality, culturally competent services to Black women and girls.
- [TherapyForBlackMen.org](#) provides a directory to help Black men and boys search for a therapist or coach by their location and specialization. This organization sometimes offers financial assistance for people who need therapy.

Grief Support

- [NAMI Knowledge Article: I lost a loved one recently and need help learning to cope. Where can I find a grief support group?](#) Grieving a lost loved one is normal, but it can feel overwhelming to manage alone. Sometimes it helps to connect with others who have experienced loss and can provide you with support.
- [Dougy Center - Grief Resources for Teens](#) support resources for teens who are grieving including: Now what? Tips for Grieving Teens, After a Death, and After a Suicide Death.
- [Dougy Center - Grief Resources for Young Adults](#) support resources for young adults who are grieving including: Don't Be Surprised When... Tips for Young Adults, Grief Out Loud Podcast, and After a Suicide Death.
- [Mental Health is Health - Experiencing Loss](#) learning about the nature of grief and other people's experiences coping with it can help us heal and feel less alone. Whether you prefer listening to podcasts, reading books or watching videos, you'll find some options to get you started.
- [National Alliance For Children's Grief](#) provides information on supporting children through grief, including a national database of in-person grief support programs, camps, and community resources.



- [National Alliance for Children's Grief - The Rights of a Student Who is Grieving](#) offers a worksheet that gives the rights of a student who is grieving including: I have the right to grieve in my own way, I have the right to share or not share about my grief, and I have the right to give and get support from other students at my school.
- [Rainbows for all Children](#) is an international support group network that is 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 for all Children partners with communities to offer support through channels of peer support with volunteer adult facilitators.

Immigrated & Undocumented Persons

- [Latinx Therapy](#) provides a directory of Latinx therapists. Also has a link to a podcast that discusses mental health topics related to Latinas, Latinos and Latinx individuals in efforts to demystify mental health myths and diagnoses.
- [National Alliance for Hispanic Health](#) focuses on improving the health and wellbeing of Hispanics through improving the quality of care and its availability to all. The organization runs the Su Familia Helpline which provides free reliable and confidential health information in Spanish and English to help callers navigate the health system. Staffed by bilingual health promotion advisors who provide basic information on a wide range of health topics including mental health. Additionally, they have an up-to-date database enabling health promotion advisors to refer callers to health care services in their community. To reach the Su Familia Helpline call **(866) 783-2645**, Monday through Friday from 9:00 a.m. to 6:00 p.m. ET.
- [Rainbows for all Children](#) is an international support group network that is 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 for all Children partners with communities to offer support through channels of peer support with volunteer adult facilitators.

Intellectual Disabilities

- [Center for Dignity in Healthcare for People with Disabilities - Help! I Need a Therapist! Guide](#) is a guide for people with intellectual and developmental disabilities (IDD) to become good shoppers for mental health services.
- [The Arc](#) serves people with intellectual and developmental disabilities (I/DD) and their families. State and local chapters provide individual and public policy advocacy, residential, education, vocational services, financial planning and in-person support groups that meet needs of the I/DD community.

- [The Arc Center for Future Planning](#) offers an online [Build Your Plan](#) feature to plan for an person with I/DD throughout their lifetime, an online finder for local resources and a video gallery where others share about their plans for themselves and/or a loved one.

International Mental Health Resources

- [NAMI Knowledge Article: I don't live in the U.S. Is there a NAMI program in my country?](#) NAMI operates programs in the United States only. International mental health resources are available for those seeking mental health help outside of the U.S.
- [Befrienders Worldwide](#) is an international nonprofit organization and global network of 349 emotional support centers in 32 countries that offers suicide and emotional support services that can be reached using phone, SMS text, and chat in several languages.
- [Rainbows for all Children](#) is an international support group network that is 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 for all Children partners with communities to offer support through channels of peer support with volunteer adult facilitators.
- [Trevor Project - International LGBTQ Youth](#) it's a sad reality that parts of the world are hostile to sexual and gender minorities. Because of this, coming out or seeking help through certain avenues can be very dangerous. Here you will find frequently asked questions that LGBTQ youth ask about their experiences with living in hostile areas of the world.
- [Trevor Project - TrevorSpace](#) offers an affirming, online community for LGBTQ young people between the ages of 13-24 years old. With members from around the world, you can explore your identity, get advice, find support, and make friends in a moderated community intentionally designed for you.

Latinx Community

- [NAMI National HelpLine Resource Directory en Español / NAMI National HelpLine Spanish Language Resource Directory](#) offers resources in Spanish-language.
- [NAMI Knowledge Center section Spanish Language Resources / Recursos en Español](#) offers resources in Spanish-language.
- [NAMI Identity and Cultural Dimensions Hispanic/Latinx Immigrants and First-Generation Americans](#) page provides information for first-generation Hispanic/Latinx Americans.
- [NAMI Video - Ros and Jonny: Community Creates Hope](#) friendship and community help so many who struggle with mental illness find strength and hope. Ros and Jonny met in college and have been there for each other ever since. Sharing a passion for mental health advocacy, they have

joined forces with NAMI to help their Hispanic/Latinx and LGBTQ+ peers discover the NAMI community and ignite the light of hope in their own lives.

- [**Inclusive Therapists**](#) provides a directory or directly matches people with therapists or coaches who will offer care specifically for your unique identity. The goal is to ensure people with marginalized identities get equitable access to radically affirming, culturally responsive mental health care. *Inclusive Therapists centers the needs of Black, Indigenous, and People of Color (BIPOC) and 2SLGBTQIA+ intersections (QTBIPOC).*
- [**InnoPsych**](#) provides a directory of therapists of color.
- [**Jed Foundation - Understanding Discrimination and Bias**](#) there is a strong link between one's identity, and mental health and well-being. Experiencing racial discrimination and injustice can have a negative impact on your mental health. It can even trigger depression, anxiety and stress. *Learn more about racial trauma, barriers to mental healthcare and tips on how to cope.*
- [**Latinx Therapy**](#) provides a directory of Latinx therapists. Also has a links to a podcast that discusses mental health topics related to Latinas, Latinos and Latinx individuals in efforts to demystify mental health myths and diagnoses.
- [**Melanin and Mental Health**](#) provides a directory to connect individuals with culturally competent clinicians committed to serving the mental health needs of Black and Latinx/Hispanic communities. Also offers a podcast, "Between Sessions" and other resources.
- [**MHA - Latinx/Hispanic Communities and Mental Health**](#) is a webpage that describes race and ethnicity-based issues that impact the mental health of Latinx/Hispanic Communities people.
- [**National Alliance for Hispanic Health**](#) focuses on improving the health and wellbeing of Hispanics through improving the quality of care and its availability to all. The organization runs the *Su Familia Helpline* which provides free reliable and confidential health information in Spanish and English to help callers navigate the health system. Staffed by bilingual health promotion advisors who provide basic information on a wide range of health topics including mental health. Additionally, they have an up-to-date database enabling health promotion advisors to refer callers to health care services in their community. To reach the *Su Familia Helpline* call 1-866-783-2645, Monday through Friday from 9:00 a.m. to 6:00 p.m. ET.

LGBTQI Community

- [**NAMI Identity & Cultural Dimensions LGBTQI**](#) page provides an overview of the relationship between LGBTQI identities, intersectionality, and mental health, along with recommendations for connecting with treatment and support.
- [**NAMI Knowledge Article: Are there any mental health resources specifically for the LGBTQI community?**](#) *The LGBTQI community faces unique mental health challenges and barriers to care. Many resources are available to help LGBTQI-identifying people find treatment and support.*



- [NAMI Knowledge Article: How can I find an LGBTQI-affirming mental health provider?](#) Many people find it easier to open up with people who “get” their experiences. While all mental health providers are trained in empathy, having a provider who is part of your community, or who has experience working with people from your community, can make a difference.
- [NAMI Video - Bullying, Bullets and Trauma: Surviving with Pride](#) listen as Quintin Lamarr shares his story of growing up at the confluence of systemic racism and anti-LGBTQ+ discrimination in America. He describes how the traumas of racial injustice and discrimination walk hand in hand with mental illness, and how mental health services and communities like NAMI open up new worlds of recognition, hope, healing and pride.
- [NAMI Video - LGBTQI+ Mental Health Experience](#) coming out can be a scary, difficult thing. The questions of whether support will be available and how to find it can be even more overwhelming. In this video, three LGBTQI+ identifying presenters discuss their own journeys coming out and how they were able to get support for their mental health while prioritizing their identities.
- [NAMI Video - LGBTQ+ Mental Health: Inhabiting The Space That Wasn’t Built For You.](#) Rosemary Ketchum, the first-ever politically elected trans woman in the state of West Virginia and leader at NAMI Greater Wheeling, addresses the need for LGBTQ+ people to have a place in the room advocating for social change and a stigma-free world.
- [NAMI Video - Ros and Jonny: Community Creates Hope](#) friendship and community help so many who struggle with mental illness find strength and hope. Ros and Jonny met in college and have been there for each other ever since. Sharing a passion for mental health advocacy, they have joined forces with NAMI to help their Hispanic/Latinx and LGBTQ+ peers discover the NAMI community and ignite the light of hope in their own lives.
- [NAMI Video - The Vixen & Anthony Cicchino: Being Your Authentic Self](#) the Vixen and NAMI ambassador Anthony Cicchino discuss mental health in the LGBTQI+ community, coming out, and how to be an ally.
- [NAMI Video - Why LGBTQI Cultural Competence Matters](#) learn why LGBTQI cultural competence is important and how it supports mental health.
- [AGLP, The Association of LGBTQ+ Psychiatrists](#) has a database of LGBTQ-friendly psychiatrists near you that are members of the association.
- [Asian American Psychological Association \(AAPA\)](#) provides a directory which connects Asians and Asian-Americans to culturally aware providers. Also provides fact sheets about suicide, bullying, first generation college students, International Students’ adjustment challenges, partner violence, trauma and violence exposure, substance use, and brain injury. You can also find a bullying awareness campaign, and Asian American/Pacific Islander LGBTQI resources.

- [**Inclusive Therapists**](#) provides a directory or directly matches people with therapists or coaches who will offer care specifically for your unique identity. The goal is to ensure people with marginalized identities get equitable access to radically affirming, culturally responsive mental health care. Inclusive Therapists centers the needs of Black, Indigenous, and People of Color (BIPOC) and 2SLGBTQIA+ intersections (QTBIPOC).
- [**It Gets Better**](#) provides suggestions for coping skills with the goal of communicating to LGBTQI youth around the world that it gets better. They also offer a Get Helps page to find LGBTQI youth support services in local communities.
- [**Jed Foundation - Understanding Discrimination and Bias**](#) there is a strong link between one's identity, and mental health and well-being. Experiencing racial discrimination and injustice can have a negative impact on your mental health. It can even trigger depression, anxiety and stress. Learn more about racial trauma, barriers to mental healthcare and tips on how to cope.
- [**LGBTQ+ Healthcare Directory**](#) is a free, searchable database of all kinds of doctors, medical professionals and healthcare providers, including mental health professionals, who are knowledgeable and sensitive to the unique health needs of LGBTQ+ people in the USA and Canada.
- [**Trans Lifeline**](#) is a crisis intervention and suicide prevention services for transgendered individuals (hotline is run by transgendered individuals). They also provide help for individuals wanting to change legal name on passport, license, ID and more. Calls are accepted at **(877) 565-8860** Monday through Friday from 10 a.m. – 4 p.m. ET. Spanish-language hotline also available.
- [**Trevor Project**](#) provides free, confidential and secure crisis intervention and suicide prevention services for lesbian, gay, bisexual, transgender, queer or questioning (LGBTQ) young people who may be struggling with issues such as coming out, LGBTQ identity, depression, and suicide. The Trevor Project can be reached 24 hours a day, 7 days a week at **(866)-488-7386** or **text STARTs to 678-678** or chat at thetrevorproject.org.
- [**Trevor Project - Creating Safer Spaces in Schools for LGBTQ Youth**](#) for LGBTQ young people, school can be a tricky place to explore who they are and how they identify, especially if they face harassment, discrimination, or a lack of resources. Here you will find frequently asked questions that LGBTQ youth ask about their experiences in school.
- [**Trevor Project - How to Support Bisexual Youth: Ways to Care for Bisexual, Pansexual, Fluid, and Queer Youth Who are Attracted to More than One Gender**](#) this is an introductory educational resource that covers a wide range of topics and best practices for supporting bisexual young people in your life, which may include yourself. Educating ourselves is an ongoing practice, and how we define and express identity is an ongoing journey.
- [**Trevor Project - International LGBTQ Youth**](#) it's a sad reality that parts of the world are hostile to sexual and gender minorities. Because of this, coming out or seeking help through certain

avenues can be very dangerous. Here you will find frequently asked questions that LGBTQ youth ask about their experiences with living in hostile areas of the world.

- [Trevor Project - The Coming Out Handbook](#) coming out isn't always easy. It's when a person decides to reveal an important part of their identity to someone in their life. For many LGBTQ people, this involves sharing their sexual orientation and/or gender identity. Explore what coming out means to you with tools and guiding questions.
- [Trevor Project - TrevorSpace](#) offers an affirming, online community for LGBTQ young people between the ages of 13-24 years old. With members from around the world, you can explore your identity, get advice, find support, and make friends in a moderated community intentionally designed for you.

Loneliness & Isolation

- [Crisis Text Line - How to Deal with Loneliness](#) feeling lonely isn't uncommon. When the feeling of loneliness continues it can be seriously damaging to your mental health. This webpage takes you through signs of loneliness, types of loneliness, causes of loneliness, and how to deal with loneliness.
- [Healthline - 13 Things to Do When You Feel Lonely](#) loneliness is a common feeling, but there are steps you can take to help feel more connected. Listening to music, calling a friend, taking a walk outside, and other activities may reduce your sense of isolation.
- [McLean Hospital - 4 Steps to Walk Away From Loneliness](#) is an article listing 4 ways you can confront loneliness and learn when you should reach out for help if you are lonely.
- [MHA - Loneliness is Hard](#) is an article talking about common reasons kids and teens can be lonely and how to become less lonely.
- [Very Well Mind - How to Cope With Loneliness](#) is an article that talks about what you can do to combat loneliness.

Muslim American Community

- [NAMI Video - Ramadan Mubarak](#) during Ramadan, some Muslims may feel a mix of emotions.
- [Institute for Muslim Mental Health](#) provides the largest (insha'Allah) global directory of Muslim Mental Health Care providers to find a therapist aligned with your values. The verify the credential of each therapist on the platform to ensure you get the best mental health care possible. Also discusses the relationship between Islam and Mental Health.
- [Jed Foundation - Understanding Discrimination and Bias](#) there is a strong link between one's identity, and mental health and well-being. Experiencing racial discrimination and injustice can

have a negative impact on your mental health. It can even trigger depression, anxiety and stress. Learn more about racial trauma, barriers to mental healthcare and tips on how to cope.

Native American/Indigenous Community

- [NAMI Identity and Cultural Dimensions Indigenous](#) page provides information and resources for the Indigenous/Native community.
- [Center for Native American Youth](#) believes all Native American youth should lead full and healthy lives, have equal access to opportunity, and draw strength from their culture and one another.
- [Family Spirit Home Visiting Program](#) is a unique, evidence-based home-visiting model with a reputation for success: dependability with flexibility. Family Spirit addresses intergenerational behavioral health problems, applies local cultural assets, and overcomes deficits in the professional healthcare workforce in low-resource communities. It is the only evidence-based home-visiting program ever designed for, by, and with American Indian (Native American) families. It has evidence to address maternal stress, substance use, depression and behavior problems, while promoting children's earliest social, emotional and behavioral development. It is used in over 100 tribal communities across 16 states, and it is also used in several other low-income urban environments in Chicago and St. Louis.
- [Inclusive Therapists](#) provides a directory or directly matches people with therapists or coaches who will offer care specifically for your unique identity. The goal is to ensure people with marginalized identities get equitable access to radically affirming, culturally responsive mental health care. Inclusive Therapists centers the needs of Black, Indigenous, and People of Color (BIPOC) and 2SLGBTQIA+ intersections (QTBIPOC).
- [InnoPsych](#) provides a directory of therapists of color.
- [Jed Foundation - Understanding Discrimination and Bias](#) there is a strong link between one's identity, and mental health and well-being. Experiencing racial discrimination and injustice can have a negative impact on your mental health. It can even trigger depression, anxiety and stress. Learn more about racial trauma, barriers to mental healthcare and tips on how to cope.
- [WeRNative](#) is a comprehensive health resource for Native youth, by Native youth, providing content and stories about the topics that matter most to them. They strive to promote holistic health and positive growth. The website features a section called "My Mind" that features resources about building resilience, mental health challenges, and getting help.

Online Support

- [Trevor Project - International LGBTQ Youth](#) it's a sad reality that parts of the world are hostile to sexual and gender minorities. Because of this, coming out or seeking help through certain



avenues can be very dangerous. Here you will find frequently asked questions that LGBTQ youth ask about their experiences with living in hostile areas of the world.

- [Trevor Project - TrevorSpace](#) offers an affirming, online community for LGBTQ young people between the ages of 13-24 years old. With members from around the world, you can explore your identity, get advice, find support, and make friends in a moderated community intentionally designed for you.
- [Tribe Wellness Community](#) is a free, online peer support groups, forums and chat rooms offering members a safe place to connect about mental health challenges related to addiction, anxiety, depression, OCD and a dedicated group for teens.

Personal Story

- [NAMI Knowledge Article: I need some positivity right now. Where can I find stories of other people like me living well with a mental health condition?](#) Facing a mental health challenge can be tough, but you are not alone. 1 in 6 young people live with a mental health condition in the United States each year. Sometimes it feels good to hear about others with similar mental health concerns and learn about how they cope. This article will help you find stories of people like you who found help, hope, and healing on their mental health journeys.
- [NAMI Video - A Proud Path to Mental Health](#) members of the LGBTQ+ community share stories dealing with social stigma, hopelessness, and living with mental illness, which affects so many LGBTQ+ individuals across the country. Outsized obstacles to mental health exist for LGBTQ+ youth and adults, like figuring out how to access mental health care when friends, family, and even institutional structures are unsupportive. Hear how joining a mental health community like NAMI has helped individuals find a source of hope, lifelong friendship, self-love, and a proud path to mental health.
- [NAMI Video - Creating Safe Spaces: My Journey From Trauma & An Eating Disorder To Love](#) for Carly, her eating disorder became an escape from a disrupted childhood and the anxiety and depression that she faced. Determined to not let her mental health challenges define her, Carly has forged a life for herself with her wife focused on helping children and young adults find safe places to heal and thrive.
- [NAMI Video - LGBTQ+ Mental Health Experience](#) coming out can be a scary, difficult thing. The questions of whether support will be available and how to find it can be even more overwhelming. In this video, three LGBTQ+ identifying presenters discuss their own journeys coming out and how they were able to get support for their mental health while prioritizing their identities.
- [NAMI Video - LGBTQ+ Mental Health: Inhabiting The Space That Wasn't Built For You](#) Rosemary Ketchum, the first-ever politically elected trans woman in the state of West Virginia and leader at NAMI Greater Wheeling, addresses the need for LGBTQ+ people to have a place in the room advocating for social change and a stigma-free world.



- [NAMI Video - My Dad Has Bipolar Disorder - I Love Him](#) Theo Bennett opens up about growing up with a dad who has bipolar disorder.
- [NAMI Video - Overcoming Anxiety | Stories of Hope and Healing: Brittany McGowan](#) listen in Part 1 as Brittany McGowan shares her vulnerable journey of mental health.
- [NAMI Video - Rising Above Severe Anxiety | Stories of Hope and Healing: Brittany McGowan | PART TWO](#) listen in Part 2 as Brittany McGowan continues sharing her vulnerable journey of mental health and recovery around depression and anxiety, defeating the stigma of mental health with action.
- [NAMI Video - Ros and Jonny: Community Creates Hope](#) friendship and community help so many who struggle with mental illness find strength and hope. Ros and Jonny met in college and have been there for each other ever since. Sharing a passion for mental health advocacy, they have joined forces with NAMI to help their Hispanic/Latinx and LGBTQ+ peers discover the NAMI community and ignite the light of hope in their own lives.
- [NAMI Video - Teen - 5 Mental Health Coping Skills](#) do you have a mental health toolkit? In this video, NAMI volunteer Britt shares what positive coping skills are and how to develop a mental health toolkit so that we don't fall into negative coping strategies. Additionally, she discusses what specific skills help her cope.
- [NAMI Video - Why did you start therapy?](#) sharing reasons for starting therapy.
- [NAMI Video - Youth - Bullying: Let's Talk About It](#) Reginald, Katie, and Carmen share their experiences being bullied, and demonstrate how they were able to take control over their situations to advocate for their mental health. In this video, the three presenters describe how they were able to develop confidence and coping skills which allowed access to the support they needed.
- [NAMI Video - Youth - Mental Health Treatment Options](#) Ryder talks about the many different mental health treatment options, like medication, one-on-one therapy, and group therapy. He shares that what might work for one person doesn't necessarily mean it will work for everyone, and the importance of trying new things until you find what's right for you.
- [Seize the Awkward Video - Aminé On Discussing Mental Health](#) Aminé on discussing mental health.
- [Seize the Awkward Video - Billie Eilish On Mental Health & Friendship](#) Billie Eilish opens up about her personal connection to mental health.
- [Seize the Awkward Video - Lauv on the Importance of Asking for Help](#) LAUV on how to talk to a friend about mental health. Learn how to start a conversation about mental health with your friends.

- [Seize the Awkward Video - Lindsey Stirling On Accepting The Help of Others](#) *Lindsey Sterling on accepting the help of others.*
- [Seize the Awkward Video -Markiplier on Talking about Mental Health](#) *Markiplier on talking about mental health.*
- [Seize the Awkward Video - Noah Cyrus](#) *Noah Cyrus on the inspiration behind her song "Lonely" and the importance of talking to friends about mental health.*
- [TODAY Video - Teens Tell Parents How To Approach Mental Health Issues](#) *three teenagers opened up to TODAY's Carson Daly about their mental health, one year into the COVID-19 pandemic. The teens offered and offer some advice for parents about how they can best support their kids during these difficult times.*
- [Y2Y Video - Teens Discuss Stress, Anxiety and Mental Health](#) *Youth to Youth teens discuss everyday struggles that revolve around their stress, anxiety, and mental health.*

Post-Traumatic Stress Disorder (PTSD)

- [NAMI Post-Traumatic Stress Disorder \(PTSD\)](#) *page provides an overview of PTSD, symptoms, treatment, and support options.*
- [NAMI Video - What is PTSD](#) *learn what PTSD (Posttraumatic Stress Disorder) is, its causes, symptoms, and, treatment options.*

Relationships

Navigating Relationships with Family & Friends

- [NAMI Knowledge Article: How do I help a stranger online who is exhibiting signs of mental illness?](#) *When someone is suffering, it can be difficult for them to remember that people care. You could be the important link that someone needs to get connected to treatment and support that they need.*
- [NAMI Boundary Setting Tips](#) *learn about different types of boundaries and how to set boundaries with people in your life.*
- [NAMI Video - 3 things to know](#) *this video discusses 3 things people who experience a mental illness would like you to know.*
- [NAMI Video - My Dad Has Bipolar Disorder - I Love Him](#) *listen as Theo Bennett opens up about growing up with a dad who has bipolar disorder.*

- [Alateen](#) is a part of the Al-Anon Family Groups, is a fellowship of young people (mostly teenagers) whose lives have been affected by someone else's drinking whether they are in your life drinking or not. By attending Alateen, teenagers meet other teenagers with similar situations. There are also Alateen meetings in the Mobile App for young people aged 13 to 18 who have been affected by someone else's drinking. The website also has stories of teenagers who have a person in their life with alcoholism. Alateen is not a religious program and there are no fees or dues to belong to it.
- [Children of Parents with a Mental Illness \(COPMI\)](#) is an Australian website that offers online resources explaining a parent's mental illness to children.
- [Mental Health is Health - Be there for them](#) friends and family are often the first to notice when someone we care about is struggling. When we're worried that a loved one is having a hard time, it's important to trust our instincts and reach out. Here are tips and resources to help start the conversation, offer support and also look after ourselves in the process.
- [National Association for Children of Addiction](#) assures teens with parents who abuse alcohol or drugs that, "It's not your fault!" and that they are not alone. Encourages teens to seek emotional support from other adults, school counselors, and youth support groups. Gives facts about alcohol and drug use.
- [Trevor Project - Black & LGBTQ: Approaching Intersectional Conversations](#) if you're considering engaging with people who identify as non-Black in your life about your identities, it's important to remember that the process of having difficult conversations does not begin or end with the discussion itself. Here are some approaches to consider before, during, and after a difficult conversation to make sure the dialogue — and your mental health — stays safe.
- [Young Men's Health Healthy Relationships Guide](#) provides information on healthy relationships and strategies to communicate honestly and effectively with friends, family, and romantic partners.

[Navigating Romantic Relationships](#)

- [NAMI Romantic Relations](#) page offers information and support for navigating romantic relationships with a mental health condition.
- [Half of Us - Press Pause Video - The Ex Factor](#) most of us have spent a little too much time obsessing over an ex's social media updates. It's natural to want to know what is going on with our exes, but paying too much attention can make us feel stressed, anxious and stuck. If this sounds too familiar, take a second to Press Pause and figure out your next best step.

- [**Jed Foundation - The Painful Truth About Breakups**](#) *it's natural to struggle with difficult feelings, like anger or depression, at least for a while after a breakup. As painful as breakups can be, there are healthy ways to deal with and get over a breakup.*
- [**Love is Respect**](#) *provides information about healthy relationships, setting boundaries, identifying warning signs of dating violence, and ensuring personal safety. They also offer confidential support for teens, young adults, and their loved ones seeking help, resources, or information related to healthy relationships and dating abuse in the US. They are available by texting "LOVEIS" to 22522, call (866) 331-9474, or live chat online.*
- [**Young Men's Health Healthy Relationships Guide**](#) *provides information on healthy relationships and strategies to communicate honestly and effectively with friends, family, and romantic partners.*

Talking about Mental Health

- [**NAMI Knowledge Article: My parents don't understand. How can I talk to them about my mental health?**](#) *You have taken a great first step! It's important to talk about the mental health challenges you're experiencing and to ask for help. These conversations can be tough, but they're critical. You deserve help and support to care for your mental health.*
- [**NAMI Finding a Trusted Adult**](#) *fact sheet provides information on reaching out about mental health and choosing someone to confide in.*
- [**NAMI - Teens Page**](#) *is a resource that is focused on finding help, how to talk to your friends, how to talk to your parents or guardian, social media and mental health, and your mental health and school.*
- [**NAMI - Teens - How to Talk to My Parents or Guardian**](#) *if you're a teen, go here to read our tips on how to start the conversation with your parent or guardian.*
- [**NAMI - Teens - How to Talk to My Friends**](#) *if you're a teen, go here to read our tips on how to open up to your friends about your mental health.*
- [**NAMI - How to Disclose Your Mental Health Condition**](#) *when it comes to disclosing the details of your mental health, there is no one "right" way to share. Read our tips on how to talk about your mental health to your college, employer, and significant other.*
- [**NAMI - Say it Out Loud**](#) *created by young people for young people, NAMI Say It Out Loud is a free online card game that will bring you closer to your friends through conversation prompts about life, relationships, and mental health. Best played on a mobile device, among 3-6 people, NAMI Say It Out Loud is made up of three card decks – Whisper It, Say It, and Shout It – with prompts*



that start at the surface and dig deeper as you play. From questions about what makes you cringe to how you bring up your own mental health with friends, NAMI Say It Out Loud helps you explore how you and your friends approach mental health and well-being.

- [NAMI Video - A Proud Path to Mental Health](#) members of the LGBTQ+ community share stories dealing with social stigma, hopelessness, and living with mental illness, which affects so many LGBTQ+ individuals across the country. Outsized obstacles to mental health exist for LGBTQ+ youth and adults, like figuring out how to access mental health care when friends, family, and even institutional structures are unsupportive. Hear how joining a mental health community like NAMI has helped individuals find a source of hope, lifelong friendship, self-love, and a proud path to mental health.
- [NAMI Video - POV: You attend a NAMI NYC meetup in Central Park](#) looking for support in your mental health journey? Watch this video to learn more about attending a NAMI NYC meetup in Central Park.
- [NAMI Video - Ros and Jonny: Community Creates Hope](#) friendship and community help so many who struggle with mental illness find strength and hope. Ros and Jonny met in college and have been there for each other ever since. Sharing a passion for mental health advocacy, they have joined forces with NAMI to help their Hispanic/Latinx and LGBTQ+ peers discover the NAMI community and ignite the light of hope in their own lives.
- [Jed Foundation - Friendships](#) friends are vital to our mental well-being because they can improve our confidence and self-worth. Sometimes when we're struggling our friends are the first to notice something is off because they know us so well.
- [Seize the Awkward Video - Noah Cyrus](#) Noah Cyrus on the inspiration behind her song "Lonely" and the importance of talking to friends about mental health.
- [Trevor Project - TrevorSpace](#) offers an affirming, online community for LGBTQ young people between the ages of 13-24 years old. With members from around the world, you can explore your identity, get advice, find support, and make friends in a moderated community intentionally designed for you.

Runaway & Missing Persons

- [National Center for Missing & Exploited Children](#) is the nation's largest child protection organization. Their website offers tips and resources for finding missing children and young adults under the age of 20 years and a checklist of actions to be taken by families in the initial stages of a missing child case. Website and helpline available in Spanish.



- [National Runaway Safeline](#) provides a confidential crisis and resource line for at-risk teens considering running away from home. The hotline can be reached at **(800) 786-2929** and serves as an intermediary for teenagers (13-21) and parents by offering free bus transportation home for youth, runaway education, and resources for parents. Live chat is available on their website and Spanish-language is available by calling the hotline.
- [National Safe Place](#) provides information to help and support youth in need 24/7 and can be reached at **(502) 635-3660**. They also designate youth-friendly organizations as Safe Places locations through its Find a Safe Place Locators for teens in a crisis. **Text SAFE** at your current location to **69866** for help via text 24/7.

Schizophrenia

- [NAMI Schizophrenia](#) page provides an overview of schizophrenia, including symptoms, treatment options, and support.
- [NAMI - Early Psychosis: What's Going On and What Can You Do?](#) is a fact sheet for teens and young adults on early psychosis. These warning signs may signal early psychosis: hearing, seeing, tasting or believing things that others don't; suspiciousness or extreme uneasiness with others; persistent, unusual thoughts or beliefs; strong and inappropriate emotions or no emotions at all; withdrawing from family or friends; a sudden decline in self-care; trouble thinking clearly or concentrating.
- [NAMI Video - Tell Me About Schizophrenia](#) learn the basics about depression and where to find support.
- [NAMI Video - What is Schizophrenia](#) learn what schizophrenia is, its causes, symptoms, and, treatment options.
- [SAMHSA - Early Serious Mental Illness Treatment Locator](#) is a confidential and anonymous source of information for people who are looking for treatment facilities anywhere in the U.S. for a recent onset of serious mental illnesses such as psychosis, schizophrenia, bipolar disorder and other conditions. Individuals who experience a first onset of serious mental illness - which can include a first episode of psychosis - may experience symptoms that include problems in perception (such as seeing, hearing, smelling, tasting or feeling something that is not real), thinking (such as believing in something that is not real even when presented with facts), mood, and social functioning.

School

- [NAMI Commitment Planner](#) is a resource to prevent student burnout by helping you map out your school, work, and personal commitments.

- [NAMI On Campus](#) student-led, student-run mental health organizations on college campuses and, in some states, on high school campuses. NAMI on Campus clubs host events on campus to raise mental health awareness and advocate for mental health services and support.
- [NAMI - How to Disclose Your Mental Health Condition](#) when it comes to disclosing the details of your mental health, there is no one “right” way to share. Read our tips on how to talk about your mental health to your college, employer, and significant other.
- [NAMI Time Management](#) fact sheet shares these tips you may want to consider trying to balance your school, work and personal time to help your mental well-being!
- [NAMI - Teens Page](#) resource that is focused on finding help, how to talk to your friends, how to talk to your parents or guardian, social media and mental health, and your mental health and school.
- [NAMI - Teens - Your Mental Health and School](#) if you're a teen, learn what to do if you need more mental health support in school.
- [Center for Young Women's Health](#) provides guides on mental health disorders such as depression, bipolar disorder, and eating disorders, along with other topics that impact emotional wellbeing such as bullying, alcoholic parents, breakups, cliques, consent, test anxiety and more.
- [JED Foundation](#) provides an online resource center with essential information about common emotional health issues and shows teens how they can support one another and overcome challenges. They also offer programs and resources to help students have a healthy and positive high school and college experience.
- [Jed Foundation - I Want to Take Care of my Mental Health](#) our emotional well-being can range from feeling good to struggling because of a situation or a condition like depression. These resources can help you navigate life’s challenges, practice self-care and coping, and/or find the support of professionals.
- [MannMukti](#) is a storytelling platform that enables the South Asian diaspora to normalize and discuss mental health issues. Has a “Stories of Stigma” podcast series that features experts on South Asian mental health. Includes research and articles about scientific developments on the link between immigration, South Asian culture, and mental health. Has a South Asian Therapist Directory. Also has university chapters.
- [Steve Fund](#) promotes the mental health and emotional well-being of young people of color. The Steve Fund Youth Advisory Board created a Healing Space on the website that includes stories shared on YouTube, a Back to School Toolkit, and refocusing and relaxation guides. The website also features a Historically Black Colleges and Universities (HBCU) student leadership section, HBCU student section, and a young women of color section.

- [Study.com](#) provides a mental health guide for college students which shares tips on wellness and information about resources, support, and special accommodations.
- [Trevor Project - Creating Safer Spaces in Schools for LGBTQ Youth](#) for LGBTQ young people, school can be a tricky place to explore who they are and how they identify, especially if they face harassment, discrimination, or a lack of resources. Here you will find frequently asked questions that LGBTQ youth ask about their experiences in school.

College

- [NAMI On Campus](#) student-led, student-run mental health organizations on college campuses and, in some states, on high school campuses. NAMI on Campus clubs host events on campus to raise mental health awareness and advocate for mental health services and support.
- [NAMI Knowledge Article: I am feeling stressed about college/exams. How can I get help?](#) College can be stressful, especially for those who have experienced mental health challenges. Exam season can be especially difficult. Many students worry about failing tests, returning home to family, and managing personal wellness. At this time, it is important to prioritize your mental health.
- [NAMI - Mental Health in College](#) it's important to prioritize your mental health in college. Learn how to manage your mental health during this time.
- [NAMI Video - College Guide](#) learn how to address your mental health concerns while at college.
- [NAMI Video - Making A Mental Health Plan For College Students](#) learn how to prepare for a mental health emergency, including how to safely share medical information with someone you trust.
- [NAMI Video - Navigating College, Protecting Your Mental Health](#) learn how to navigate college if you have a mental health condition.

Self-Care

- [NAMI Video - Breathing Exercises To Support Your Mental Health](#) have you tried breathing exercises to support your mental health? Breath work can help align your mind, body, and heart.
- [NAMI Video - Midday Mental Health Tips](#) it's so essential to give your body the break it needs. Remember, even on your busiest days, take a moment for yourself. This could look like going for a walk, grabbing a coffee, or even stepping outside and enjoying the fresh air and sunshine.
- [AboutKidsHealth Video - Everyday mindfulness](#) this video explains what everyday mindfulness is, and how being aware of what is going on around you and inside of you can help make life more enjoyable and less stressful.

- [**Half of Us - Press Pause Video - Overload**](#) sometimes things get too overwhelming and we have to Press Pause for a minute to regroup, recharge and figure out our next step.
- [**Jed Foundation - Press Pause**](#) while self-care can give your mental health a serious boost, it can also be fun. Here you will find ways to feel your best by tapping into your playful side, embracing joy, and finding meaningful connection.
- [**MTV's Teen Code - How We Cope With Anxiety and Stress**](#) this one goes out to all those teens who can't get out of bed no matter how hard they try, who have gone three days without seeing anyone (or even brushing their hair). You're not alone, and teen experts (and a few twentysomethings) can prove it.
- [**Nemours TeensHealth - What is Mindfulness**](#) mindfulness helps you do your best at things. This website explains what mindfulness is, how it works, and how you can get started.
- [**Partnership in Education Video - 5 Minute Easy and Relaxing Yoga for Anxiety**](#) consider trying this easy yoga routine for a quick and relaxing way to unwind from your day. Slow-paced and meant to inspire a sense of calm, this routine is perfect for beginners.
- [**Partnership in Education Video - Easy Flowing Water Movement Meditation**](#) meditation can help you to relax, clear your thoughts, and calm your mind. Movement meditation can be done almost anywhere and it doesn't require any equipment or materials. Take a few minutes to learn how to complete the exercise and then try it for yourself.
- [**WeRNative**](#) is a comprehensive health resource for Native youth, by Native youth, providing content and stories about the topics that matter most to them. They strive to promote holistic health and positive growth. The website features a section called "My Mind" that features resources about building resilience, mental health challenges, and getting help.
- [**Yoga Ed. Video - Mindful Moment for Teens: Breath Surfing**](#) follow along with Teacher Stephanie's voice in this audio only 4-minute mindfulness practice that centers on breath awareness.
- [**Yoga Ed. Video - Mindful Moment for Children: Energy and Joy**](#) join teacher Joel for this brief audio only mindfulness practice that promotes joy, boosts energy, and builds connection.
- [**Yoga Ed. Video - Mindful Moment for Children: Head, Hands, Heart**](#) teacher Joel leads this brief audio only mindfulness practice that supports focused attention, physical awareness, and a sense of gratitude.
- [**Yoga Ed. Video - Mindful Moment for Teens: "I Am" Affirmations**](#) follow along with teacher Stephanie's voice in this audio only 2 and a half-minute mindfulness practice in self-affirmation.



- [Yoga Ed. Video - Mindful Moment for Teens: Peace Begins with Me](#) follow along with teacher Stephanie's voice in this audio only 4-minute mindfulness practice to promote peace.

Self-Injury

- [NAMI What is Self-Harm? Video](#) learn what self-harm is, why this negative coping-skill might happen, and ways to treat it.
- [Boys Town National Hotline](#) is a 24-hour a day, 7 day a week crisis line for children and families at staffed with trained crisis counselors to help with suicidal thoughts, self-harm, parenting issues, physical, sexual or emotional abuse, bullying and peer issues, or relationship challenges. Call **(800) 448-3000** to get connected with Boys Town National Hotline.
- [S.A.F.E Alternatives](#) provides an information line for resources on self-harm and a therapist locator. Their information line can be reached at (800) 366-8288 and they offer an extension option for adolescents and teens calling in crisis along with providing the [988 Suicide & Crisis Lifeline](#) to all other callers in crisis.
- [The Adolescent Self-Injury Foundation](#) offers information about warning signs and treatment for self-injury. Their website has an extensive list of "146 Things to Do Besides Self-harm"

Social Media

- [NAMI Social Media Tips](#) fact sheet shares helpful tips for using social media while taking care of your mental health.
- [NAMI Knowledge Article: How can I take care of my mental health while using social media?](#) You've probably heard a lot about social media being bad for your mental health, but social media can be good for your mental health, too. Using social media can help you stay connected with others, show you new ideas and new cultures, and help you build an online community. Research shows that social media helps teens and young adults feel more supported, more accepted, and more comfortable being themselves. Social media also helps break down mental health stigma and encourages people to reach out for help when they need it.
- [NAMI - Teens - Social Media and Mental Health](#) if you're a teen, explore our suggestions for protecting your mental health while using social media.
- [AboutKidsHealth Video - Stress and Thinking: The Mind/Body Connection](#) stress can affect every area of your health. In this video, learn how it works and what you can do to keep it under control.
- [American Academy of Pediatrics Video - Social Media: Enjoy the Upsides & Avoid the Downsides](#) how you use social media can make a huge difference in whether it has a negative

impact on your mental health. Pediatrician Megan Moreno has tips on ways to manage your social media use and reduce the chances it will lead to anxiety, depression, body image problems, eating disorders or other mental health issues.

- [Half of Us - Press Pause Video - Social Anxiety](#) while social media can be a great way to keep in touch with friends and meet new people, it can also create a window through which we compare our lives to other people. If checking out social media is making you feel bad about your life, make a list of things you're grateful for.
- [Half of Us - Press Pause Video - Social Media Obsession](#) sometimes walking into new social situations can test our self-confidence and leave us feeling lonely and overwhelmed. Take a minute to Press Pause and remember a time when you did feel confident and connected to other people, and then channel that positive energy.
- [Half of Us - Press Pause Video - The Ex Factor](#) most of us have spent a little too much time obsessing over an ex's social media updates. It's natural to want to know what is going on with our exes, but paying too much attention can make us feel stressed, anxious and stuck. If this sounds too familiar, take a second to Press Pause and figure out your next best step.
- [MTV's Teen Code - How We Cope With Anxiety and Stress](#) this one goes out to all those teens who can't get out of bed no matter how hard they try, who have gone three days without seeing anyone (or even brushing their hair). You're not alone, and teen experts (and a few twentysomethings) can prove it.
- [Take It Down](#) offers help to remove sensitive and explicit photos or videos that were shared online without your consent. This assistance is provided to those who are under 18yo or were under 18yo when the photos or videos were taken.
- [Trevor Project - Protect Your Space and Well-Being on Instagram](#) for some of us, accessing the supportive and fabulous communities we deserve can be hard to do offline. That's why Instagram can be a great place to engage with LGBTQ inclusive and life affirming content and communities.
- [Y2Y Video - Teens Discuss Stress, Anxiety and Mental Health](#) Youth to Youth teens discuss everyday struggles that revolve around their stress, anxiety, and mental health.

Substance Use Disorder

- [NAMI Knowledge Article: How can I get help/support for substance use disorder?](#) Learn about the signs of a substance use disorder, what it means to have a dual diagnosis, and ways to get support and treatment for a substance use disorder.
- [Alateen](#) is a part of the Al-Anon Family Groups, is a fellowship of young people (mostly teenagers) whose lives have been affected by someone else's drinking whether they are in your life drinking or not. By attending Alateen, teenagers meet other teenagers with similar situations. There are also Alateen meetings in the Mobile App for young people aged 13 to 18 who have

been affected by someone else's drinking. The website also has stories of teenagers who have a person in their life with alcoholism. Alateen is not a religious program and there are no fees or dues to belong to it.

- [**CDC - You\(th\) and Tobacco**](#) the Centers for Disease Control (CDC) let's you know what you should know about tobacco and it's impact on your health and appearance.
- [**National Association for Children of Addiction**](#) assures teens with parents who abuse alcohol or drugs that, "It's not your fault!" and that they are not alone. Encourages teens to seek emotional support from other adults, school counselors, and youth support groups. Gives facts about alcohol and drug use.
- [**NIDA Video - Can Using Drugs Help Me Deal With Anxiety and Depression?**](#) scientists from the National Institute on Drug Abuse (NIDA) answer common questions teens ask about drug use and addiction. The episode *Can Using Drugs Help Me Deal With Anxiety and Depression?* highlights the long-term health risks of misusing prescription medications or other substances and shares options and resources for those with mental health issues.
- [**NIDA Video - What Happens When Drugs Are Combined?**](#) scientists from the National Institute on Drug Abuse (NIDA) answer common questions teens ask about drug use and addiction. The episode *What Happens When Drugs Are Combined?* introduces viewers to the health risks and unintended consequences of mixing substances like alcohol and prescription medications.
- [**NIDA Video - What Is Addiction?**](#) scientists from the National Institute on Drug Abuse (NIDA) answer common questions teens ask about drug use and addiction. The episode *What Is Addiction?* introduces viewers to the brain's reward pathway, brain development and how addiction science continues to advance treatment and prevention of the disease.
- [**NIDA Video - What Is the Worst Drug?**](#) scientists from the National Institute on Drug Abuse (NIDA) answer common questions teens ask about drug use and addiction. The episode *What Is the Worst Drug?* introduces viewers to the dangers of fentanyl and the staggering mortality rates of nicotine and alcohol use.
- [**SMART Recovery**](#) offers a SMART Recovery Teen and Youth Support Program which is an alcohol and drug abuse program for teens and young adults. Are drugs, alcohol, or other behaviors getting in the way of what you really want? Are you feeling pressured by parents, friends, and others? SMART Recovery can help. SMART Recovery provides tools and resources such as an online messageboard discussion groups, online teen and youth meetings, a recovery toolbox, and a handbook.
- [**Truth**](#) provides information and uses videos and social media to engage youth in taking action to quit smoking, vaping, and opioids. Has a program to help quit vaping called, "This is Quitting"



which is confidential and designed to help you get started, or keep going, and navigate cravings, stress, and slips with just a quick text 24 hours a day, 7 days a week, 365 days a year.

Suicide

- [**988 Suicide & Crisis Lifeline**](#) is available 24 hours a day, 7 days a week for free, confidential help if you or somebody you know is experiencing a mental health, substance use, or suicide crisis. **Call or text 988**, or chat at www.988lifeline.org in English or Spanish to be connected to a trained crisis counselor. Deaf and Hard of Hearing call 711, then **988**. Veterans call **988, then press 1** or **text any word to 838255**. For other language support, you must call **988** and ask for help in the language you speak. They will get you a Tele-Interpreter.
- [**NAMI Knowledge Article: I'm having suicidal thoughts and need help**](#) you are not alone. Your life matters. If you are having suicidal thoughts, reach out for help right away.
- [**NAMI Video - Suicidal Ideation: How Losing My Mom Affected Me**](#) Content Note: This video discusses suicide and suicidal ideation. NAMI Presenter Brittany Barrett discusses growing up with a mother with multiple mental health conditions who later lost her life to suicide. While moving through childhood and adulthood Brittany would be diagnosed with multiple mental health conditions herself and also experience suicidal ideations.
- [**Asian American Psychological Association \(AAPA\)**](#) provides a directory which connects Asians and Asian-Americans to culturally aware providers. Also provides fact sheets about suicide, bullying, first generation college students, International Students' adjustment challenges, partner violence, trauma and violence exposure, substance use, and brain injury. You can also find a bullying awareness campaign, and Asian American/Pacific Islander LBGTQI resources.
- [**Boys Town National Hotline**](#) is a 24-hour a day, 7 day a week crisis line for children and families at staffed with trained crisis counselors to help with suicidal thoughts, self-harm, parenting issues, physical, sexual or emotional abuse, bullying and peer issues, or relationship challenges. Call 800-448-3000 to get connected with Boys Town National Hotline

Suicide Loss Survivor

- [**NAMI Video - Suicidal Ideation: How Losing My Mom Affected Me**](#) Content Note: This video discusses suicide and suicidal ideation. NAMI Presenter Brittany Barrett discusses growing up with a mother with multiple mental health conditions who later lost her life to suicide. While moving through childhood and adulthood Brittany would be diagnosed with multiple mental health conditions herself and also experience suicidal ideations.
- [**American Foundation for Suicide Prevention - When a loved one has made an attempt**](#) when someone you love attempts to take their life, it can evoke a range of strong emotions. You may feel angry, sad, or afraid. You may feel as though you, yourself, have experienced a trauma. It is important that you seek support and take steps to care for yourself.

- [Dougy Center - Grief Resources for Teens](#) support resources for teens who are grieving including: *Now what? Tips for Grieving Teens, After a Death, and After a Suicide Death.*
- [Dougy Center - Grief Resources for Young Adults](#) support resources for young adults who are grieving including: *Don't Be Surprised When... Tips for Young Adults, Grief Out Loud Podcast, and After a Suicide Death.*
- [National Alliance For Children's Grief](#) provides information on supporting children through grief, including a national database of in-person grief support programs, camps, and community resources.
- [National Alliance for Children's Grief - The Rights of a Student Who is Grieving](#) offers a worksheet that gives the rights of a student who is grieving including: *I have the right to grieve in my own way, I have the right to share or not share about my grief, and I have the right to give and get support from other students at my school.*

Trauma

- [NAMI Knowledge Article: I am experiencing stress related to a mass violence incident/natural disaster/other trauma. What are some ways I can support myself?](#) *Remind yourself that stress reactions after mass violence, disaster or other trauma are normal and OK. Feeling distressed by these experiences does not mean you are “weak” or unusual. Talking to others, joining support groups, and seeking therapy can help you cope.*
- [NAMI Video - Bullying, Bullets and Trauma: Surviving with Pride](#) *listen as Quintin Lamarr shares his story of growing up at the confluence of systemic racism and anti-LGBTQ+ discrimination in America. He describes how the traumas of racial injustice and discrimination walk hand in hand with mental illness, and how mental health services and communities like NAMI open up new worlds of recognition, hope, healing and pride.*
- [NAMI Video - Creating Safe Spaces: My Journey From Trauma & An Eating Disorder To Love](#) *for Carly, her eating disorder became an escape from a disrupted childhood and the anxiety and depression that she faced. Determined to not let her mental health challenges define her, Carly has forged a life for herself with her wife focused on helping children and young adults find safe places to heal and thrive.*
- [ADAA - Asian Americans/Pacific Islanders](#) *Asian Americans and Pacific Islanders deal with themes of trauma, stress, and historical stigmas stemming from cultural traditions. American and Pacific Islander (AAPI) community incorporates a broad variety of ethnicities, identities and cultures. The Asian American community can include roots from over 20 countries in East and Southeast Asia and the Indian subcontinent, while Pacific Islanders (also known as Native Hawaiians and Pacific Islanders—NHPI), encompasses communities with people of Polynesia (Native Hawaiians), Micronesia, Melanesia and even Samoa (Samoans) decent.*

- [Jed Foundation - Understanding Discrimination and Bias](#) *there is a strong link between one's identity, and mental health and well-being. Experiencing racial discrimination and injustice can have a negative impact on your mental health. It can even trigger depression, anxiety and stress. Learn more about racial trauma, barriers to mental healthcare and tips on how to cope.*
- [Rainbows for all Children](#) *is an international support group network that is 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 for all Children partners with communities to offer support through channels of peer support with volunteer adult facilitators.*
- [Sandy Hook Promise](#) *offers education programs that teach youth and adults how to identify at-risk behaviors and intervene to get help to prevent school violence, shootings, and other harmful acts.*
- [Stanford - Coping with Traumatic Stress](#) *shares that the signs and symptoms of a stress reaction may last a few days, a few weeks or a few months and occasionally longer depending on the severity of the traumatic event. With the understanding and the support of loved ones, stress reactions usually pass more quickly. Occasionally, the traumatic event is so painful that professional assistance from a counselor may be necessary. This does not imply weakness. It simply indicates that the particular trauma was just too powerful to manage without help. Here are some common signs and signals of a stress reaction.*
- [Trevor Project - Supporting Black LGBTQ Youth Mental Health](#) *Black LGBTQ young people hold multiple marginalized identities. Under the minority stress model, experiences of discrimination, rejection, threats, and violence are compounded, and can lead to negative mental health outcomes. This is a guide to learn more about how to support a Black LGBTQ young person's mental health, and how anti-Black violence and anti-LGBTQ legislation impacts Black LGBTQ young people.*

Treatment

About Treatment

- [NAMI Knowledge Article: Can I get mental health help even though I'm only a minor?](#) *Experiencing mental health symptoms can be scary and confusing. That's why speaking up and asking for help is a sign of strength. It can be hard to know what to say, but start with something like, I'm not feeling right. I think I need help. Can I talk to you about it? Whether you reach out to a parent, coach, teacher or religious leader, a trusted adult can help you figure out what's next. Mental health services and supports are available and the earlier you access them, the better.*

- [NAMI Video - Why Culturally Competent Care Matters](#) as we prioritize our mental health, it's crucial to find a therapist who understands and respects our cultural background. Here are the key lessons you might learn on this journey. Let's break it down together.
- [NAMI Video - Self-Care University: Animal Therapy](#) NAMI ambassador Alessandra Torresani meets with the staff of Special Spirit Equine Therapy to learn what animal therapy is, how it helps with mental health and brings you along to a live session of equine therapy.
- [NAMI Video - Self-Care University: Sound Therapy](#) NAMI ambassador Corinne Foxx meets with Sound Healer Danny Santos to learn what sound therapy is, how it helps with mental health, and brings you along to a live session of a sound bath.
- [NAMI Video - Your therapist is there to help](#) your therapist is there to help, never feel embarrassed or ashamed to reach out.
- [NAMI Video - Youth - How to Ask for Help](#) Priscilla and Brooke talk about the emotions surrounding asking for help. Reaching out to a caregiver, friend, or mental health professional are all helpful tools. Priscilla and Brooke discuss the tools that they have used when asking for help.
- [NAMI Video - Youth - Mental Health Treatment Options](#) Ryder talks about the many different mental health treatment options, like medication, one-on-one therapy, and group therapy. He shares that what might work for one person doesn't necessarily mean it will work for everyone, and the importance of trying new things until you find what's right for you.
- [DocReady - Build your checklist](#) it can be awkward, scary or embarrassing talking about your mental health. Doc Ready helps you to plan what you're going to say and gives you sample ways to say it to your doctor (sometimes called "GP" on this website). You add what you want to say under each topic and create a checklist that we recommend you screenshot, so you can bring it to your appointment.

Finding Treatment

- [NAMI Knowledge Article: Can I get mental health help even though I'm only a minor?](#) Experiencing mental health symptoms can be scary and confusing. That's why speaking up and asking for help is a sign of strength. It can be hard to know what to say, but start with something like, I'm not feeling right. I think I need help. Can I talk to you about it? Whether you reach out to a parent, coach, teacher or religious leader, a trusted adult can help you figure out what's next. Mental health services and supports are available and the earlier you access them, the better.
- [NAMI Knowledge Article: I need to see a Psychiatrist/Therapist. How can I find one?](#) Whether you are just starting your search for a mental healthcare provider, or you have been trying to find a good "fit" for a while, don't give up. Mental health treatment is available whether you have public insurance, private insurance, or no insurance.

- [NAMI Knowledge Article: How can I find an inpatient or residential treatment facility?](#) Contains resources to locate an inpatient or residential facility for you or your loved one.
- [AAKOMA Project](#) helps diverse teenagers and their families achieve optimal mental health through dialogue, learning, and the understanding that everyone deserves care and support. Has resources including a toolkit, statistics, fact sheets, and articles. Offers 5 sessions of free virtual therapy with culturally competent providers nationwide. To qualify, individuals must be 12-30 years old and a member of a racially/culturally marginalized community.
- [AGLP, The Association of LGBTQ+ Psychiatrists](#) has a database of LGBTQ-friendly psychiatrists near you that are members of the association.
- [Asian American Psychological Association \(AAPA\)](#) provides a directory which connects Asians and Asian-Americans to culturally aware providers. Also provides fact sheets about suicide, bullying, first generation college students, International Students' adjustment challenges, partner violence, trauma and violence exposure, substance use, and brain injury. You can also find a bullying awareness campaign, and Asian American/Pacific Islander LBGTQI resources.
- [Asians for Mental Health Directory](#) provides a directory of Asian and Pacific Islander therapists.
- [Asian Mental Health Collective](#) raises awareness about the importance of mental health care, promotes emotional well-being, and challenges the stigma concerning mental illness amongst Asian communities globally. Has an Asian American Therapist Directory, support groups, Facebook group, resource library, video web-series, and meetup groups. Also runs the Lotus Therapy Fund, a program that gives 8 free therapy sessions for those who qualify. The program is a needs-based and people are chosen on a first-come, first-served basis.
- [Black Girls Smile](#) encourages positive mental health education, resources, and support, geared toward young Black women and girls. Has a Therapy Assistance Program that connects and provides financial support for 2-6 months of with culturally, racially, and gender-competent and sensitive therapy sessions for individuals identifying as Black/African American and femme (including pronouns she/her/hers and they/their/theirs).
- [InnoPsych](#) provides a directory of therapists of color.
- [Inclusive Therapists](#) provides a directory or directly matches people with therapists or coaches who will offer care specifically for your unique identity. The goal is to ensure people with marginalized identities get equitable access to radically affirming, culturally responsive mental health care. Inclusive Therapists centers the needs of Black, Indigenous, and People of Color (BIPOC) and 2SLGBTQIA+ intersections (QTBIPOC).
- [Latinx Therapy](#) provides a directory of Latinx therapists. Also has a links to a podcast that discusses mental health topics related to Latinas, Latinos and Latinx individuals in efforts to demystify mental health myths and diagnoses.

- [**LGBTQ+ Healthcare Directory**](#) is a free, searchable database of all kinds of doctors, medical professionals and healthcare providers, including mental health professionals, who are knowledgeable and sensitive to the unique health needs of LGBTQ+ people in the USA and Canada.
- [**Loveland Foundation**](#) is an organization committed to showing up for communities of color in unique and powerful ways, with a particular focus on Black women and girls. Also runs the Loveland Therapy Fund which provides financial assistance to Black women and girls in need of therapy nationwide. Loveland Therapy Fund recipients will have access to comprehensive lists of mental health professionals across the country providing high quality, culturally competent services to Black women and girls.
- [**MannMukti**](#) is a storytelling platform that enables the South Asian diaspora to normalize and discuss mental health issues. Has a "Stories of Stigma" podcast series that features experts on South Asian mental health. Includes research and articles about scientific developments on the link between immigration, South Asian culture, and mental health. Has a South Asian Therapist Directory. Also has university chapters.
- [**Melanin and Mental Health**](#) provides a directory to connect individuals with culturally competent clinicians committed to serving the mental health needs of Black and Latinx/Hispanic communities. Also offers a podcast, "Between Sessions" and other resources.
- [**National Alliance for Hispanic Health**](#) focuses on improving the health and wellbeing of Hispanics through improving the quality of care and its availability to all. The organization runs the Su Familia Helpline which provides free reliable and confidential health information in Spanish and English to help callers navigate the health system. Staffed by bilingual health promotion advisors who provide basic information on a wide range of health topics including mental health. Additionally, they have an up-to-date database enabling health promotion advisors to refer callers to health care services in their community. To reach the Su Familia Helpline call **(866) 783-2645**, Monday through Friday from 9:00 a.m. to 6:00 p.m. ET.
- [**National Asian American Pacific Islander Mental Health Association**](#) provides a directory of Asian American, Native Hawaiian, and Pacific Islander service providers in every state.
- [**National Institute on Mental Health - Teen Depression: More Than Just Moodiness**](#) being a teenager can be tough, but it shouldn't feel hopeless. If you have been feeling sad most of the time for a few weeks or longer, this website asks you questions to see if you may have depression and how you can get help.
- [**SAMHSA - Early Serious Mental Illness Treatment Locator**](#) is a confidential and anonymous source of information for people who are looking for treatment facilities anywhere in the U.S. for a recent onset of serious mental illnesses such as psychosis, schizophrenia, bipolar disorder and other conditions. Individuals who experience a first onset of serious mental illness - which can



include a first episode of psychosis - may experience symptoms that include problems in perception (such as seeing, hearing, smelling, tasting or feeling something that is not real), thinking (such as believing in something that is not real even when presented with facts), mood, and social functioning.

- [South Asian Therapist](#) provides a directory of South Asian therapists. South Asia includes the following countries Afghanistan, Bangladesh, Bhutan, India, Maldives, Nepal, Pakistan, and Sri-Lanka.
- [TherapyForBlackMen.org](#) provides a directory to help Black men and boys search for a therapist or coach by their location and specialization. This organization sometimes offers financial assistance for people who need therapy.
- [Therapinx](#) is a space where ancestral healing and mental health services intersect. Their mission is to build Filipino resiliency through collective care, kapwa, and liberation. They envision a future where Filipin@/xs have self-determination and are able to thrive. They create spaces to destigmatize mental health, access to wellness resources, and uplift therapists and healers so that you can self-care and collectively care without shame or stigma. Has a Finder for Therapists and Healers for Filipino/a/x People.
- [WeRNative](#) is a comprehensive health resource for Native youth, by Native youth, providing content and stories about the topics that matter most to them. They strive to promote holistic health and positive growth. The website features a section called "My Mind" that features resources about building resilience, mental health challenges, and getting help.

Where to Start

- [NAMI Children and Teens Knowledge Center section](#) mental health conditions are common among teens and young adults. 50% of all lifetime mental illnesses develop by age 14, and 75% develop by age 24. A mental health condition isn't your fault. These conditions develop for complicated reasons that researchers are only just starting to understand. But we do know a lot about how you can live well with a mental health condition. You have the power to improve your mental health. Find some frequently asked questions here.
- [NAMI Knowledge Article: Can I get mental health help even though I'm only a minor?](#) Experiencing mental health symptoms can be scary and confusing. That's why speaking up and asking for help is a sign of strength. It can be hard to know what to say, but start with something like, I'm not feeling right. I think I need help. Can I talk to you about it? Whether you reach out to a parent, coach, teacher or religious leader, a trusted adult can help you figure out what's next. Mental health services and supports are available and the earlier you access them, the better.
- [NAMI Knowledge Article: I'm going through something right now. Am I experiencing everyday emotions, or could this be a mental health condition?](#) Negative emotions like sadness, fear, and anger can be overwhelming. When you feel bad, it can be hard to have fun, spend time with other people, or try new things. If you feel really bad, you might start to worry that something is



wrong. This article will help you understand the difference between everyday emotions and warning signs of a mental health condition.

- [NAMI - Teen - Getting the Right Start](#) is an illustrated one page guide that makes taking the first steps to asking for help less overwhelming.
- [NAMI - Teens Page](#) is a resource that is focused on finding help, how to talk to your friends, how to talk to your parents or guardian, social media and mental health, and your mental health and school.
- [NAMI Video - 10 Common Warning Signs Of A Mental Health Condition](#) learn common warning signs of a possible mental health condition in youth and young adults.
- [NAMI Video - How Teens Can Ask for Help](#) is a video on who to reach out to and ways to put your thoughts and feelings into words to receive help for a mental health condition.
- [NAMI Video - How Young Adults Can Seek Help](#) if you are looking for support with your mental health, there are options out there. Here are a few helpful tips on how to find support for your mental health.
- [Asian American Health Initiative Video - Let's Talk About Mental Health \(Chinese\)](#) this video offers a comprehensive overview of mental health in Chinese by highlighting definitions of mental health and mental illness, relevant statistics, protective and risk factors, signs and symptoms.
- [Asian American Health Initiative Video - Let's Talk About Mental Health \(English\)](#) this video offers a comprehensive overview of mental health by highlighting definitions of mental health and mental illness, relevant statistics, protective and risk factors, signs and symptoms.
- [Asian American Health Initiative Video - Let's Talk About Mental Health \(Hindi\)](#) this video offers a comprehensive overview of mental health in Hindi by highlighting definitions of mental health and mental illness, relevant statistics, protective and risk factors, signs and symptoms.
- [Asian American Health Initiative Video - Let's Talk About Mental Health \(Korean\)](#) this video offers a comprehensive overview of mental health in Korean by highlighting definitions of mental health and mental illness, relevant statistics, protective and risk factors, signs and symptoms.
- [Asian American Health Initiative Video - Let's Talk About Mental Health \(Vietnamese\)](#) this video offers a comprehensive overview of mental health in Vietnamese by highlighting definitions of mental health and mental illness, relevant statistics, protective and risk factors, signs and symptoms.
- [Center for Dignity in Healthcare for People with Disabilities - Help! I Need a Therapist! Guide](#) is a guide for people with intellectual and developmental disabilities (IDD) to become good shoppers for mental health services.



- [**Mental Health is Health - Be there for them**](#) friends and family are often the first to notice when someone we care about is struggling. When we're worried that a loved one is having a hard time, it's important to trust our instincts and reach out. Here are tips and resources to help start the conversation, offer support and also look after ourselves in the process.
- [**Trevor Project - How to Support Bisexual Youth: Ways to Care for Bisexual, Pansexual, Fluid, and Queer Youth Who are Attracted to More than One Gender**](#) is an introductory educational resource that covers a wide range of topics and best practices for supporting bisexual young people in your life, which may include yourself. Educating ourselves is an ongoing practice, and how we define and express identity is an ongoing journey.
- [**Trevor Project - The Coming Out Handbook**](#) coming out isn't always easy. It's when a person decides to reveal an important part of their identity to someone in their life. For many LGBTQ people, this involves sharing their sexual orientation and/or gender identity. Explore what coming out means to you with tools and guiding questions.
- [**Go Ask Alice - Emotional Health**](#) Alice! is not one person, but a team. The Go Ask Alice! site is supported by a team of Columbia University health promotion specialists, health care providers, mental health counselors, and other health professionals, along with a staff of information and research specialists and writers who have answers to your questions about emotional health.
- [**Jed Foundation - Why do I feel "weird" or "off"?**](#) it's completely normal not to feel like ourselves from time to time and having an "off" or "weird" day or two is common. In fact, when we feel like this it can tell us a lot about how our environments and habits are affecting us. If your off or weird feelings last more than a day or two, we suggest trying to get to the root of what's going on with you.
- [**Mental Health is Health - Take control of your emotional health**](#) looking after our physical health means seeing a doctor, if we don't feel well. Likewise, we don't have to wait till we're overwhelmed to take care of our mental health. Explore the resources here to help feel your best.
- [**Seize the Awkward**](#) starting a conversation about mental health does not need to be uncomfortable, and it can make all the difference. Check out these resources to learn how to support a friend – or get help for yourself.
- [**Seize the Awkward Video - Lindsey Stirling On Accepting The Help of Others**](#) Lindsey Sterling on accepting the help of others.