

# ADDITIONAL RESOURCES

## CRISIS RESOURCES

[Crisis Text Line](https://crisistextline.org) - [crisistextline.org](https://crisistextline.org)

Text MHA to 741-741 to text with a trained Crisis Counselor for free, anonymous, 24/7 support.

[National Suicide Prevention Lifeline](https://suicidepreventionlifeline.org) - [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

The Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7. Services are available for:

- English speakers: 1-800-273-8255
- Spanish speakers: 1-888-628-9454
- For deaf & hard of hearing individuals: for TTY users, use your preferred relay service or dial 711 then 1-800-273-8255

[Want to know what it's actually like to call?](#)

[Warmline.org](https://warmline.org)

Warmlines are staffed by trained peers who have been through their own mental health struggles and know what it's like to need someone to talk to. For more information on warmlines, visit [mhanational.org/warmlines](https://mhanational.org/warmlines).

## RESOURCES FROM MHA:

### Starting to Think About Mental Health

- [The B4Stage4 Philosophy](#)
- [Information on various mental health conditions](#)
- Information on factors that can impact your mental health
  - [Fitness 4Mind4Body: Diet And Nutrition](#)
  - [Fitness 4Mind4Body: The Gut-Brain Connection](#)
  - [Fitness 4Mind4Body: Exercise](#)
  - [Fitness 4Mind4Body: Sleep](#)
  - [Fitness 4Mind4Body: Stress](#)
  - [4Mind4Body: Social Connections And Recreation](#)

### What Plays a Role in Developing Mental Health Conditions

- [What causes mental illness?](#)
- [Is mental illness genetic?](#)
- [What is trauma?](#)
- [Is all trauma the same?](#)
- [Social Determinants of Health](#)
- [Neurons: How the Brain Communicates](#)
- Neurotransmitters
  - [What is Serotonin?](#)
  - [What is GABA?](#)
  - [What is Acetylcholine?](#)
  - [What is Glutamate?](#)
  - [What are Endorphins?](#)
  - [What is Dopamine?](#)
  - [What is Adrenaline?](#)
  - [What is Noradrenaline?](#)

# Maintaining Good Mental Health

- [Living Mentally Healthy](#)
- [Staying Mentally Healthy](#)
- [Wellness Planning and Maintenance](#)
- [Tools2Thrive Hub](#) – Information, tips, and practical tools that everyone can use to improve their mental health and increase resiliency (materials available in English and Spanish).
- Information on factors that can improve your mental health
  - [4Mind4Body: Animal Companionship](#)
  - [4Mind4Body: Work-Life Balance](#)
  - [4Mind4Body: Humor](#)
  - [4Mind4Body: Spirituality and Religion](#)
- [Protective and Risk Factors for Toxic Stress](#)
- [31 Tips to Boost Your Mental Health](#)
- [Do-It-Yourself Tools](#) – Find apps, worksheets, and other tools to improve your mental health on your own.

# Recognizing When You Need Help with Your Mental Health

- Screening Tools
  - [Screens for Mental Health Conditions](#)
  - [Stress Screener](#)
- [Finding Help: When to Get It and Where to Go](#)
- [Health Care Decision Aid: Your Mind and Your Body](#)

# What to Do When You Need Help

- [Recovery is a Journey](#)
- [Self-Help Tools](#)
- Talking to Someone About Your Mental Health
  - [Preparing to Share: Talking About Hard Topics \(Article and Worksheet\)](#)
  - [Time To Talk: Tips for Talking About Your Mental Health](#)
  - [How to Talk to Your Parents About Mental Health](#)
- [Types of Mental Health Professionals](#)
- [IAMNOTALONE](#) – Meet and connect with new people to build meaningful friendships.
- Finding Care
  - [Where to Get Help: Interactive Tool](#)
  - [Finding Therapy](#)
  - [Finding Support Groups](#)
  - [Finding In-Patient Care](#)
  - [Find an MHA Affiliate](#)
  - [Finding Other Local Services](#)
- [Questions to Help QTBIPOC Find Affirming Mental Health Providers](#)
- [Choosing a Provider](#)
- [Working with a Provider](#)
- [Paying for Care](#)
- [Complementary and Alternative Medicine for Mental Health](#)

# Culturally Responsive Resources

- [mhanational.org/BIPOC](http://mhanational.org/BIPOC)
- [mhanational.org/LGBTQ](http://mhanational.org/LGBTQ)

# COVID-19

A wealth of articles, webinars, blogs, and podcasts about how to deal with the mental health struggles presented by the COVID-19 pandemic can be found at [mhanational.org/covid19](http://mhanational.org/covid19).

# EXTERNAL RESOURCES

*Resources mentioned below come from MHA's network of trusted partners and supporters.*

**[Anxiety and Depression Association of America \(ADAA\)](#):** ADAA is an international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through the alignment of science, treatment, and education.

**[Caregiver Action Network \(CAN\)](#):** CAN is the nation's leading family caregiver organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. Individuals can reach out for guidance and support to their dedicated Caregiver Help Desk.

**[ChoicesInRecovery.com](#):** Support and information for people with Schizophrenia, Schizoaffective, and Bipolar Disorder and their caregivers, including [Strategies for Success](#) that can be used daily by people living with mental health conditions.

**[Depression and Bipolar Support Alliance \(DBSA\)](#):** DBSA envisions wellness for people living with mood disorders. DBSA offers peer-based, wellness-oriented support and empowering services and resources available when people need them, where they need them, and how they need to receive them – online 24/7, in local support groups, in audio and video casts, or in printed materials distributed by DBSA, their chapters, and mental health care facilities across America.

**[Effective School Solutions \(ESS\)](#):** ESS partners with school districts to help them implement culturally inclusive mental health and behavioral support programs that improve care, strengthen outcomes, address trauma, and maintain students in their home district.

**[Equoo](#):** Equoo is a game that teaches individuals psychological skills in a fun and captivating way to deal with emotional and mental stressors in a healthy and productive fashion.

**[Happify](#):** Happify brings you effective tools and programs (via the web and an app) to help you take control of your feelings and thoughts using proven techniques developed by leading scientists and experts who've been studying evidence-based interventions in the fields of positive psychology, mindfulness, and cognitive behavioral therapy.

**[IDONTMIND](#):** IDONTMIND is a mental health awareness campaign and lifestyle brand working to get people talking about their minds and to generate positive messaging about mental health. Check out their [online journal](#) for articles on all things mental health.

**[Inspire](#):** Access Mental Health America's Inspire Community to engage with peers who share similar experiences across hundreds of condition-specific support communities.

**[Lyf](#):** Lyf is a social media app where users share highly personal aspects of themselves without the fear of judgment. Lyf users receive support during some of their most grueling, challenging, confronting or even "embarrassing" stages of their lives from other people who have no preconceptions about their fellow Lyfers. Lyfers have the opportunity to connect with and chat to others on the same life paths or journeys; whether it's a struggle or celebration, in Lyf, you aren't alone.

**[Mental Health Coalition \(MHC\)](#):** Formed to catalyze like-minded communities to work together to destigmatize mental health and empower access to vital resources and necessary support for all, the MHC connects individuals to a range of different resources from Coalition members.

**[Minding Your Mind](#):** Minding Your Mind creates experiences that open minds and show people they are not alone when they are struggling. Their group of young adult speakers, who have successfully and productively coped with their mental health challenges, share their stories of hope, recovery, and resilience. They use the power of storytelling to provide evidence-based education about mental health challenges in schools, communities, and workplaces. Minding Your Mind encourages youth to seek help and ensures that those around them are effectively prepared to provide that help.

**[National Child Traumatic Stress Network \(NCTSN\)](#):** NCTSN was created to raise the standard of care and increase access to services for children and families who experience or witness traumatic events.

**[National Alliance for Eating Disorders](#):** The National Alliance for Eating Disorders is a national non-profit organization dedicated to the outreach, education, early intervention, support, and advocacy for all eating disorders.

**[notOK App](#):** The notOK App® is a free app that takes the guesswork out of asking for help when you're feeling vulnerable.

**[OPEN Mental Health](#)**: Stories and advice from people who either live with mental health issues or care for someone who does.

**[PositivePsychology.com](#)**: PositivePsychology.com is a science-based online resource of courses, techniques, tools, and tips to help you put positive psychology into practice.

**[Postpartum Support International](#)**: The mission of Postpartum Support International is to promote awareness, prevention, and treatment of mental health issues related to childbearing in every country worldwide.

**[Psychology Today Therapist Finder](#)**: Psychology Today has an extensive database of therapists where you can filter search results based on therapist gender, accepted insurance, types of therapy, and more.

**[SAMHSA Behavioral Health Treatment Services Locator](#)**: SAMHSA's Behavioral Health Treatment Services Locator is a confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance use/addiction and/or mental health concerns.

**[Self-Injury Recovery Anonymous \(SIRA\)](#)**: SIRA provides a safe space for individuals who engage in physical self-injury to come together to share experiences, strength, and hope without judgment or criticism, with the goal of stopping physical self-injury.

**[Supportiv](#)**: Supportiv is a digital peer-to-peer support network that enables people to process, cope with, heal from, and problem solve mental health (anxiety, depression) + daily life struggles (loneliness, family pressure, parenting challenges, relationship conflicts, work stress) in safe, professionally moderated micro-community chats.

**[Teen Talk](#)**: Teen Talk is a free mobile app that helps teens get social and emotional support from a group of people they trust most: their peers. Download for [iPhone](#) or [Android](#).

**[wikiHow](#)**: wikiHow is an online community consisting of an extensive database of how-to guides. Check out their course, created in collaboration with MHA: [Boost Your Well-Being: wikiHow's Healthy Mind Masterclass](#).