

## Mental Health Resources

If you or someone you know is experiencing a mental health problem, there are several resources available to find out more information or get connected with help. Please remember that these resources are supplemental and do not replace referring yourself or a friend to a mental health professional.

If you or someone you know is in crisis:

- For U.S. residents, contact the **Suicide and Crisis Lifeline** by texting or calling 988.
- For Canadian residents, contact **Suicide Crisis Helpline** by texting or calling 988.
- In case of emergency, dial 911 (for both U.S. and Canadian residents).

### General Mental Health Resources

The **Centre for Addiction and Mental Health (CAMH)** is Canada's largest mental health teaching hospital and one of the world's leading research centers in its field. Visit their **Information in Other Languages** webpage for a list of mental health resources provided in over 20 languages.

Visit Mental Health America's **screening tools page** for information on mental health, getting help and taking action.

The **National Institute of Mental Health website** provides prevalence statistics pertaining to mental illnesses, including data by age, gender and race.

To locate mental health and addictions treatment facilities in your community, use the **"Find a Provider"** feature on the **National Council for Behavioral Health** website.

The **World Health Organization** provides information on the global burden of disease in various parts of the world, including burden due to mental disorders, fact sheets and resolutions.

**National Alliance on Mental Illness (NAMI)** provides resources on mental disorders that are helpful for both people who have experienced mental illness and their families, including support groups, education and training.

### Depression

#### Resources

**BounceBack** is a free resource offered by **Canadian Mental Health Association** designed to help adults manage low mood, mild to moderate depression, anxiety, stress or worry.

The **Brain & Behavior Research Foundation website** provides information and downloadable fact sheets on depressive disorders.

**Postpartum Support International's (PSI) website** includes resources for support, education and local providers focusing on the emotional changes that women experience during pregnancy and postpartum, including postpartum depression. Postpartum Support International's toll-free help line, 800.944.4PPD (4773) for U.S. and Canadian residents, is staffed by a team of trained responders who rapidly refer callers to appropriate local resources, including emergency services.

### Tools

Visit Mental Health America's **screening tools page** for information on mental health, getting help and taking action.

**DepressionHurts.CA** provides a free bilingual (English/French) depression symptom checklist. Whether you think you may be suffering from depression or are currently being treated, the **symptom checklist** allows you to learn about depression and the symptoms you may be experiencing.

**Depression Screening** is available through Mental Health America to educate people about clinical depression, offer a confidential way for people to get screened for symptoms of depression and guide people toward appropriate professional help if necessary.

**MoodGYM** has been evaluated in a scientific trial and found to be effective in relieving depression symptoms if people work through it systematically. This website uses cognitive behavioral therapy (CBT) methods to provide an interactive self-help book to learn and practice skills, which can help to prevent and manage symptoms of depression and anxiety.

**Progressive Relaxation Audio Guides** are available to from the Dartmouth College Student Wellness Center website.

If you or someone you know is in crisis, reference the **Helplines for U.S. Residents** and **Helplines for Canadian Residents** section of this document, or dial 911 in case of emergency.

*To learn more about depression, visit the **National Institute of Mental Health (NIMH)**.*

## Suicidal Intentions

### Resources

The **American Association of Suicidology (AAS)** promotes research, public awareness programs, public education and training for professionals and volunteers. Reference the resources provided to identify warning signs, facts and statistics and support groups database.

**Canadian Association for Suicide Prevention (CASP)** provides information and resources to communities to reduce the suicide rate and minimize the harmful consequences of suicidal behavior. A variety of suicide prevention and crisis intervention resources are provided in the **CASP Resource Directory**.

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

The **Suicide Prevention Resource Center** has fact sheets on suicide by state and by population characteristics as well as on many other subjects.

### Tools

If you or someone you know is in crisis, text or call the **Suicide and Crisis Lifeline** at 988 (for U.S. residents), text or call the **Suicide Crisis Helpline** at 988 (for Canadian residents) or dial 911 in case of emergency (for both U.S. and Canadian residents).

*To learn more about suicide prevention, visit the **National Institute of Mental Health (NIMH)**.*

## Nonsuicidal Self-Injury

### Resources

**S.A.F.E. (Self Abuse Finally Ends) Alternatives** is a U.S.-based treatment program for people who engage in self-injury. The website includes information about self-injury and about starting treatment. For U.S. residents, contact the S.A.F.E. information line at 1.800.DONT CUT (366.8288).

**Self-Injury Outreach and Support** provides coping tips, resources, links and videos for those who self-injure and for **friends, family** and professionals.

### Tools

If you or someone you know is in crisis, reference the **Helplines for U.S. Residents** and **Helplines for Canadian Residents** section of this document, or dial 911 in case of emergency.

## Anxiety Disorders

### Resources

**Anxiety and Depression Association of America (ADAA)** promotes the early diagnosis, treatment and cure of anxiety disorders.

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

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

### Tools

Visit Mental Health America's **screening tools page** for information on mental health, getting help and taking action.

**Social Phobia Screener (SOPHS)**, provided by E-couch, is a free screening assessment to determine if you should enroll in the E-couch Social Anxiety program.

**Progressive Relaxation Audio Guides** are available to from the Dartmouth College Student Wellness Center website.

If you or someone you know is in crisis, reference the **Helplines for U.S. Residents** and **Helplines for Canadian Residents** section of this document, or dial 911 in case of emergency.

*To learn more about anxiety disorders, visit the **National Institute of Mental Health (NIMH)**.*

## Substance Use Disorders

### Resources

**National Institute on Alcohol Abuse and Alcoholism** is the lead agency for U.S. research on alcohol use disorders and health.

The **National Institute on Drug Abuse (NIDA)** provides links to information for parents, teens, health professionals, teachers and others about various drug use problems.

The **Substance Abuse and Mental Health Services Administration (SAMHSA)** has information about substance use disorders of all kinds. It includes information for the public, including families, health professionals, schools and individuals. Reference the **treatment finder** to locate a substance use treatment provider in your area.

### Tools

**Start Your Recovery** works with leading experts in effectively treating substance use issues to offer people a single source of relatable, reliable information at any stage of their recovery journey.

**Smokefree.gov**, created by the **Centers for Disease Control and Prevention**, provides ideas about how to stop using tobacco. It includes downloadable resources and contacts for online and phone counseling.

**DrugFree.org** is a drug use screening site with a questionnaire to help you determine if you or someone you know might have a drug use problem.

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

If you or someone you know is in crisis, reference the **Helplines for U.S. Residents** and **Helplines for Canadian Residents** section of this document, or dial 911 in case of emergency.

*To learn more about substance use disorders, visit the **National Institute of Mental Health (NIMH)**.*

## Eating Disorders

## Resources

**National Association of Anorexia Nervosa and Associated Disorders (ANAD)** includes information about eating disorders, how to seek treatment, peer support mentorship programs and support groups for people suffering from eating disorders and their families.

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

## Tools

In addition, **NEDA** provides a short **screening tool** appropriate for ages 13 and up to determine if it's time to seek professional help.

Visit Mental Health America's **screening tools page** for information on mental health, getting help and taking action.

If you or someone you know is in crisis:

- For U.S. residents, contact the **Eating Disorders Helpline** at 1.888.375.7767.
- For Canadian residents, contact the **National Eating Disorder Information Centre** at 1.866.NEDIC.20.
- In case of emergency, dial 911 (for both U.S. and Canadian residents).

*To learn more about eating disorders, visit the **National Institute of Mental Health (NIMH)**.*

## Coping With Trauma

### Resources

**Post-Traumatic Stress Disorder (PTSD)** is a disorder that develops in some people who have experienced a shocking, scary or dangerous event.

During and after a disaster or traumatic event, it is natural to experience different and strong emotions. Reference the recommendations provided by the **Center for Disease Control and Prevention** for coping with traumatic events.

It is natural to feel stress, anxiety, grief and worry throughout these experiences. Learning to **cope with stress** in a healthy way will make you, your loved ones and those around you become more resilient. Reference these recommendations provided by the **Center for Disease Control and Prevention** for managing stress and anxiety.

Mental Health America provides an overview of **race-based traumatic stress (RBTS)**. This resource includes information for understanding RBTS and seeking additional support.

**Everytown Survivor Network** offers resources and support groups for survivors of gun violence. These include emotional support for trauma, grief, acute stress and post-traumatic stress, supporting others and yourself.

Survivors of **intimate partner violence (IPV)** or **sexual violence** may experience trauma and stress. To aid in healing and recovery, reference the resources made available for sexual assault survivors provided:

- For U.S. residents, the **Rape, Abuse, Incest National Network (RAINN)** network provides confidential support from a trained sexual assault service. Call **800.656.HOPE (4673)**.
- For Canadian residents, the **Assaulted Women's Helpline** provides counseling, emotional support, information and referrals to all women who have experienced abuse. Call **1.866.863.0511**.

## Tools

Visit Mental Health America's **screening tools page** for information on mental health, getting help and taking action.

If you or someone you know is in crisis, reference the **Helplines for U.S. Residents** and **Helplines for Canadian Residents** section of this document, or dial 911 in case of emergency.

To learn more about coping with traumatic events, visit the **National Institute of Mental Health (NIMH)**.

## Helplines For U.S. Residents

### American Psychiatric Association Answer Center

1.888.35.PSYCH (77924) for U.S. and Canadian residents

*The American Psychiatric Association is an organization of psychiatrists working together to ensure humane care and effective treatment for all persons with mental illness, including substance use disorders.*

### American Psychological Association of Public Education Line

1.800.964.2000 for U.S. residents

*The American Psychological Association provides resources to find a psychologist near you for long-term help and additional crisis hotlines to connect members with specialists for confidential telephone counseling.*

### Eating Disorders Helpline

1.888.375.7767 for U.S. residents

*The National Association of Anorexia Nervosa and Associated Disorders (ANAD) provides **free, peer support services** to anyone struggling with an eating disorder.*

### S.A.F.E. Alternatives

1.800.DONT CUT (366.8288) for U.S. residents

*S.A.F.E. Alternatives is a U.S.-based treatment program for people who engage in self-injury.*

### National Suicide and Crisis Lifeline

988 for U.S. residents

*The National Suicide and Crisis Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones and best practices for professionals.*



**Rape, Abuse, Incest National Network (RAINN)**

1.800.656.HOPE (4673) for U.S. residents

*Rape, Abuse, Incest National Network is the nation's largest anti-sexual violence organization and provides confidential support from a trained sexual assault service.*

[The Trevor Project](#)

1.866.488.7386 for U.S. residents or text at 678-678

*The Trevor Project is the leading organization in the U.S. providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer and questioning youth.*

**Trans Lifeline**

1.877.565.8860 for U.S. residents

*The Trans Lifeline is staffed by transgender people to provide support for transgender people.*

**National Cancer Institute Smoking Quitline**

1.877.44U.QUIT (1.877.448.7848) for U.S. residents

*The National Cancer Institute's trained counselors provide information and support for quitting smoking. Services are available in English and Spanish.*

**Smoking Cessation Centers**

1.800.QUIT.NOW (1.800.784.8669) for U.S. residents

*For support in quitting, including free quit coaching, a free quit plan, free educational materials and referrals to local resources.*

**Postpartum Support International Helpline**

1.800.944.4773 for U.S. and Canadian residents

*Postpartum Support International has more than 300 trained volunteers to treat perinatal mood and anxiety disorders and provide support, encouragement, information and resources by phone, text or email.*

**Helplines For Canadian Residents**

**American Psychiatric Association Answer Center**

1.888.35.PSYCH (77924) for U.S. and Canadian residents

The American Psychiatric Association is an organization of psychiatrists working together to ensure humane care and effective treatment for all persons with mental illness, including substance use disorders.

**National Eating Disorder Information Centre**

1.866.NEDIC.20 for Canadian residents

National Eating Disorder Information Centre (NEDIC) provides information, resources, referrals and support to Canadians affected by eating disorders.

**Suicide Crisis Helpline**

988 for Canadian residents

Crisis Services Canada provides free crisis support throughout Canada. Contact CSC using their toll-free helpline or visit their list of local resources available on the CSC [website](#).

#### **Canadian Indian Residential Schools Crisis Line**

1.866.925.4419 for Canadian residents

A National Indian Residential School Crisis Line has been set up to provide emotional support and crisis referral services for former Residential School students.

#### **Hope for Wellness**

1.855.242.3310 for Canadian residents

The Hope for Wellness helpline provides toll-free immediate mental health counseling and crisis intervention to all indigenous peoples across Canada. Support is provided in English, French, Cree, Ojibway and Inuktitut.

#### **Canada Drug Rehab**

1.888.245.6887

The Canada Drug Rehab toll-free helpline provides immediate assistance and a free online directory listing of alcohol treatment, drug rehab and detox programs and other addiction-related services located in Canada.

#### **Assaulted Women's Helpline**

1.866.863.0511 for Canadian residents

The Assaulted Women's Helpline provides counseling, emotional support, information and referrals to all women who have experienced abuse.

#### **The Lesbian, Gay, Bi & Trans Youthline**

Text 647.694.4275 for Canadian residents.

The Lesbian, Gay, Bi & Trans Youthline offers free peer support services for lesbian, gay, bisexual, transgender, queer and questioning youth (age 26 and under).

#### **Trans Lifeline**

1.877.330.6366 for Canadian residents

The Trans Lifeline is staffed by transgender people to provide support for transgender people.

#### **Smokers' Helpline**

1.877.513.5333 for Canadian residents

For support in quitting, including free quit coaching, a free quit plan and referrals to local resources. To get started, contact the helpline or visit the [quit smoking website](#) for your province or territory.

#### **Postpartum Support International Helpline**

1.800.944.4773 for U.S. and Canadian residents

Postpartum Support International has more than 300 trained volunteers to treat perinatal mood and anxiety disorders and provide support, encouragement, information and resources by phone, text or email.

## General Support Groups

**American Self-Help Group Clearinghouse** is a keyword-searchable database of 1,100 in the U.S., international, model and online self-help support groups. Also listed are self-help clearinghouses worldwide, research studies, information on starting face-to-face and online groups and a registry for persons interested in starting U.S.-based or international self-help groups.

**Recovery International**, a self-help mental health organization, sponsors weekly, peer-led group meetings in many communities as well as telephone and Internet-based meetings. Click “**Find a Meeting**” to find the next meeting in your area.

## Specific Support Groups

### Alcohol and Substance Abuse

**Alcoholics Anonymous** and **Narcotics Anonymous** include information on support groups for alcohol and drug addiction in your area.

**Al-Anon** and **Alateen** provide information and support for family members and friends of people struggling with alcohol use. The sites include lists of meetings in the U.S. and Canada.

### Depression and Bipolar Support Alliance

Use the “**Find a Support Group Near You**” tool on the Depression and Bipolar Support Alliance website to find out if a support group is meeting in your area. These are peer-led support groups.

### Eating Disorders

Reference **Eating Disorders Anonymous** for meetings in the U.S. to help people struggling with eating disorders. **Overeaters Anonymous** can help people struggling with compulsive eating and binge eating. The website lists Overeaters Anonymous meetings in the U.S.

### Gun Violence

The **Everytown Survivor Network** host support groups throughout the year available to those impacted by gun violence. The goal of these groups is to create a space for connection and healing for those who have experienced loss from gun violence.

### Schizophrenia and Related Disorders Alliance of America

**Schizophrenics Anonymous** is comprised of self-help groups established to support the recovery of people who experience schizophrenia. The website lists locations of self-help groups. To learn more about schizophrenia, visit the **National Institute of Mental Health (NIMH)**.