

ADDITIONAL RESOURCES

General Caregiving

[CaregiverAction.org](https://www.caregiveraction.org) - Education, peer support, and resources for family caregivers.

[ChoicesInRecovery.com](https://www.choicesinrecovery.com) - Support and information for people with Schizophrenia, Schizoaffective, and Bipolar Disorder and their caregivers, including resources for having conversations with treatment professionals.

[MoreThanMyDiagnosis.com](https://www.morethanmydiagnosis.com) - Stories and advice from people who either live with mental health issues or care for someone who does.

Treatment Supports

[MHAnational.org/find-affiliate](https://www.mhanational.org/find-affiliate) - Find your local MHA affiliate and see what peer support programs are offered or get connected with local health and wellness programs.

[AskJAN.org](https://www.askjan.org) – The Job Accommodation Network’s official website with resources for individuals, employers, and others surrounding workplace accommodations and disability employment issues. Also, in Spanish.

[Clubhouse-Intl.org](https://www.clubhouse-intl.org) - A website for individuals living with mental illnesses to find Clubhouses—safe environments with opportunities for friendship, employment, housing, education and access to medical and psychiatric services in a single setting.

[HUD.gov](https://www.hud.gov) – The U.S. Department of Housing and Urban Development website helps you find rental help and get connected to local housing resources in your area.

[Inspire.com](https://www.inspire.com) - A social network for patients and caregivers to connect, share, and learn from each other about medical conditions, treatment, and support.

[TheMighty.com](https://www.themighty.com) - A safe, supportive online community for people facing health challenges and the people who care for them.

HIPAA and Privacy

[HHS.gov/hipaa/for-individuals/mental-health](https://www.hhs.gov/hipaa/for-individuals/mental-health) - A page on Health and Human Services website with information about the HIPAA Privacy Rule directly related to mental health and substance use disorders with resources for individuals, parents, families and more.

[NRC-PAD.org](https://www.nrc-pad.org) - The National Resource Center on Psychiatric Advance Directives website has resources to walk you through creating a psychiatric advance directive - including state by state information, FAQ’s and more.