WHERE TO GO

When you’ve decided to seek help, knowing what resources are available and where to start can be tricky. Use this decision map to help you figure out your options. If you don’t find help where a path ends, try any of the resources in the gold boxes.

START HERE

Are you in a mental health crisis (thinking about hurting yourself or someone else)?

YES

Call 1-800-273-TALK (8255), go to your local Emergency Room or call 911 as soon as possible. You can also text “MHA” to 741-741 for confidential crisis text services.

NO

Are you a current or former member of the military, or the spouse or child of one?

YES

STUDENT RESOURCES
Your school’s guidance counselor can talk through things with you and help you find resources or additional help.

NO

Are you a student?

YES

COLLEGE RESOURCES
Your college or university may have a Campus Health Center, or offer referrals to help through the Office of Student Life or Campus Living.

NO

Do you have health insurance?

YES

EMPLOYEE ASSISTANCE PROGRAM (EAP)

Your EAP may provide a counseling benefit for a limited number of services or referrals to other providers. Ask your company’s HR department for more information.

NO

Do you work for an employer who offers an Employee Assistance Program (EAP)?

YES

YOUR LOCAL MHA AFFILIATE
Find an MHA in your area by searching at mhanational.org/find-affiliate and contact the organization by phone or email. They know the local community. Many of them can put you in touch with peer support or help you find other helpful programs.

NO

Are you active in your faith community?

YES

PLACES OF WORSHIP
Local churches, mosques, synagogues or other places of worship may have health ministries or a religious leader who has a counseling certification.

NO

Do you have insurance through a government program, like Medicaid or Medicare?

YES

PRIMARY CARE PROVIDER
Your regular or family doctor can provide referrals to mental health specialists or prescribe care in the meantime.

NO

YOUR INSURANCE COMPANY
Your insurance company has a database of providers in your network, which can result in lower costs. You may have to call more than one mental health provider to see who is taking new patients and ask about wait times.

MEDICAID
Providers who accept Medicaid may be listed by your state Medicaid office, which you can find by searching medicaid.gov.

MEDICARE
A list of participating doctors can be found at medicare.gov (Click on “Providers & Services”).

LOCAL MENTAL HEALTH CENTERS
The names vary from state to state, but local mental health departments or community organizations provide free or low-cost treatment and services on a sliding scale, so qualifying people pay based on their income.

AND/OR

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