

About the Resource Guide

This resource guide was developed to help employers offer their employees the appropriate mental health and substance use resources depending on their organization's needs. The following resources are included in this guide:

1. Mental Health Screening
2. Mental Health Public Education
3. Affiliates of Mental Health America
4. Suicide/Crisis Prevention Information
5. General Mental Health Assistance
6. General Substance Use Assistance
7. General Assistance
8. Consumer/Recovery Supports
9. Caregiver Resources
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11. Child and Adolescent Mental Health
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16. Chronic Disease Resources

1. Mental Health Screening

One of the quickest and easiest ways for an employee to determine whether they are experiencing symptoms of a mental health condition is to take an anonymous mental health screening. Mental Health America (MHA) offers online screening tools for depression, anxiety, bipolar disorder, post-traumatic stress disorder (PTSD), alcohol and substance use, early psychosis, work health, as well as screenings that are youth-focused and parent-focused. After completing their screening, individuals receive immediate results, education, resources, and linkage to affiliates.

Website: <https://screening.mhanational.org/>

2. Mental Health Public Education

Since MHA established May as Mental Health Month in 1949, MHA and its affiliates across the country have led the observance of Mental Health Month by reaching millions of people through the media, local events, and screenings. Organizations are welcome to share the Mental Health Month toolkit

materials to promote mental health awareness among employees. Mental health promotion is not limited to the month of May, and these public education materials can be used year-round. Download the latest toolkit here: <https://mhanational.org/mental-health-month>.

MHA understands that mental health issues may need to be addressed with a unique lens when working with individuals and families with diverse values, beliefs, and sexual orientations, in addition to backgrounds that vary by race, ethnicity, religion, and language. The U.S. Department of Health and Human Services designated July as [National Minority Mental Health Awareness Month](#) in 2008 to bring awareness to the unique struggles that underrepresented groups face in regard to mental illness in the United States (US). That's why MHA put together information to help various communities and promote awareness through public education campaigns each July. Download the latest BIPOC Mental Health Month information here: <https://mhanational.org/minority-mental-health-month>.

3. Affiliates of Mental Health America

MHA has over 200 affiliates in 41 states that bring direct services and advocacy to communities around the country. MHA affiliates bring together mental health consumers, caregivers, advocates and service providers for collaboration and action to inform, support and enable mental wellness, and emphasize recovery from mental illness. They provide public education, information and referral, support groups, rehabilitation services as well as socialization and housing services to those confronting mental health problems and their loved ones. Affiliates provide family advocate services to parents of children with serious emotional disturbances, mentorship or peer support for adults recovering from mental illnesses, and professional education to those working in the mental health field. To find the affiliate closest to your organization, please visit: <https://arc.mhanational.org/find-affiliate>.

4. Suicide/Crisis Prevention Information:

If you or a coworker is in crisis (thinking about hurting yourself or someone else), please call or text a resource below, call 911, or head to an emergency room immediately.

The National Suicide Prevention Lifeline is the national center that will direct individuals to local crisis assistance.

Phone: 1-800-273-8255 (Spanish and English help available)

TTY users: 1-800-799-4889

Hours: 24/7

Website: <http://www.suicidepreventionlifeline.org/>

Crisis Chat: <http://www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx>

The Crisis Text Line provides individuals with free access to a trained Crisis Counselor. The individual reaching out for assistance will not speak with someone directly; the conversation will occur completely via text messages. The service is available to anyone in need of connecting with someone to help them

address issues they may be facing. They do not have to be in "crisis." The individual should send the word 'MHA' to 741-741 to initiate the text conversation.

Phone: 741-741

Hours: 24/7

Website: <http://www.crisistextline.org/>

A warmline is a non-crisis line that individuals can reach out to speak with someone about their issues. Oftentimes warmlines are run by consumer-run organizations that exist in various states. You can find a list of warmlines via the following link: <http://www.warmline.org/>.

5. General Mental Health Assistance

To create a list of general mental health resources for your organization, please visit the following links and enter your organization's zip code or your city and state to find the closest available facilities.

The Substance Abuse and Mental Health Services Administration (SAMHSA) toll-free facilities locator helps individuals locate local assistance such as mental health and substance use facilities (i.e. inpatient, outpatient, local clinics):

Phone: 1-800-662-4357 (Spanish and English help available)

Hours: 24/7

Mental Health Facility locator:

<http://findtreatment.samhsa.gov/MHTreatmentLocator/faces/quickSearch.jspx>

Substance Use Facility Locator: <http://findtreatment.samhsa.gov/TreatmentLocator>

Each state has a State Mental Health Agency that provides individuals with information on the mental health laws in each state, as well as resources available to them. For individuals interested in finding out how to help someone (18 and older), it is important to know that these individuals cannot be forced to receive treatment. The laws are different in each state, so they should reach out to their State Mental Health Agency to find out what the laws are.

State Agency Locator Tool:

<http://findtreatment.samhsa.gov/MHTreatmentLocator/faces/abuseAgencies.jspx>

The National Alliance on Mental Illness also has a variety of resources available including local affiliates, support groups, publications, and classes to learn how to become advocates/leaders in the community, information for parents, and multicultural mental health information.

Information Helpline: 1-800-950- 6264 (Spanish and English help available)

Hours: Monday through Friday, 10:00 AM to 6:00 PM EST

Website: www.nami.org

6. General Substance Use Assistance

The Substance Abuse and Mental Health Services Administration (SAMHSA) toll-free facilities locator helps individuals locate local assistance such as mental health and substance use facilities (i.e. inpatient, outpatient, local clinics):

Phone: 1-800-662-4357 (Spanish and English help available)

Hours: 24/7

Mental Health Facility locator:

<http://findtreatment.samhsa.gov/MHTreatmentLocator/faces/quickSearch.jspx>

Substance Use Facility Locator: <http://findtreatment.samhsa.gov/TreatmentLocator>

Each State has a Tobacco Quitline that provides individuals with the opportunity to speak with trained coaches who provide information and help with quitting smoking. Specific services and hours of operation vary from state to state.

Phone: 1-800-784-8669

Website: <http://smokefree.gov>

7. General Assistance

Each state has a 2-1-1 Information and Referral line for free and confidential information and referral. Call 2-1-1 for help with food, housing, employment, health care, counseling and more. Most often people can access this service by dialing “211” from their phone. Local alternate numbers are also available on its website: <http://www.211.org/>.

Community Health Centers provide individuals with access to low-cost health care. Most often, what an individual pays will be determined by their income. These centers are located in both urban and rural areas and provide prenatal care, baby shots, general primary care, and referrals to specialized care, including mental health, substance use, and HIV/AIDS. People can find a local center via the following link.

Community Health Center Locator Tool: http://findahealthcenter.hrsa.gov/Search_HCC.aspx

Familywise provides individuals with access to a variety of prescription-savings resources including a prescription savings card and a drug price lookup tool. The prescription savings card has unlimited use at over 60,000 pharmacies nationwide. All of these resources are free and require no eligibility criteria. Access the website to download a prescription-savings card: <https://www.familywise.org>.

The ARC of the United States is the largest national community-based organization advocating for and serving people with intellectual and developmental disabilities and their families. They have local chapters that provide an array of information and resources.

Phone: 1-800-433-5255

Hours: Monday through Friday, 8:30 AM – 5:00 PM EST

Website: <http://www.thearc.org>

Local Chapter Locator: <http://www.thearc.org/find-a-chapter>

Feeding America is the nation's leading domestic hunger-relief charity. Their mission is to feed America's hungry through a nationwide network of member food banks and engage our country in the fight to end hunger. You can find a listing of local food banks on their website below.

Phone: 1-800-771-2303

Food Bank Locator: <http://feedingamerica.org/foodbank-results.aspx>

The Homeless Shelter Directory is a free resource that helps support the homeless and the shelters listed on their website. They have a searchable database for local listings that can be found here:

<http://www.homelessshelterdirectory.org>.

The National Domestic Violence Hotline provides individuals with access to highly trained expert advocates to talk confidentially with anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.

Phone: 1-800-799-7233

Hours: 24/7

Website: <http://www.thehotline.org/>

RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense.

National Sexual Assault Hotline: 1-800-656-4673

Hours: 24/7

Website: <https://www.rainn.org/>

The Childhelp National Child Abuse Hotline is dedicated to the prevention of child abuse. Serving the United States, its territories, and Canada, the Hotline is staffed 24 hours a day, 7 days a week with professional crisis counselors who, through interpreters, can help in 170 languages. The Hotline offers crisis intervention, information, literature, and referrals to thousands of emergency, social service, and support resources. All calls are anonymous and confidential.

Phone: 1-800-422-4453

Website: <http://www.childhelp.org/>

The American Foundation for Suicide Prevention (AFSP) is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education, and advocacy to act against suicide. AFSP creates a culture that's smart about mental health by engaging in the following core strategies: funding scientific research; educating the public about mental health and suicide prevention; advocating for public policies in mental health and suicide prevention; and supporting

survivors of suicide loss and those affected by suicide. AFSP has local chapters in all 50 states with programs and events nationwide. Find support by visiting <https://afsp.org/find-support/>.

8. Consumer/Recovery Supports

Consumer/peers are people in recovery from mental illness or substance use. Consumer services are for individuals who are not ready to see a professional or want a friendlier navigator.

A consumer-run organization is an organization that is founded by and run by individuals diagnosed with a mental illness. Oftentimes, people may want to reach out to these types of organizations to learn how to advocate for themselves, learn how they can get involved with helping to change the mental health system, and about local consumer specific resources. These organizations may also have support groups and provide workshops related to the consumer movement. You can find a list of consumer-run organizations via the following link: <http://www.power2u.org/consumerrun-statewide.html>.

Clubhouse International is an international non-profit organization that helps communities around the world create clubhouses. Clubhouses are community-based centers that offer members opportunities for friendship, employment, housing, education, and access to medical and psychiatric services through a single caring and safe environment, so members can achieve a sense of belonging and become productive members of society.

Phone: 212-582-0343

Hours: Monday through Friday, 9:00 AM to 5:00 PM EST

Website: <http://www.iccd.org/>

Local Clubhouse Locator: http://www.iccd.org/search_form.php

The National Mental Health Consumers' Self-Help Clearinghouse is a national technical assistance center which provides support to consumer-run organizations. The Clearinghouse has several resources online that people can access through the following link: www.mhselfhelp.org.

Compeer is a nonprofit organization aimed at providing consumers (both children and adults) with friendship relationships to assist them in their path to recovery. The organization has affiliates across the country in which people can reach out to directly.

Phone: 1-800-836-0475

Website: <http://www.compeer.org>

Compeer Chapter Locator: <http://www.compeer.org/Locations.aspx>

9. Caregiver Resources

MHA created the Family Caregivers Toolkit to help caregivers strengthen relationships with their loved ones with mental illness through materials that educate and empower. With the right tools and

perspectives, a caregiver can work together with their loved one as a team to accomplish goals, find a treatment plan that works, and be prepared in the event of a crisis. When individuals take the time to invest in their mental health, they can focus on creating an inclusive world for caregivers and their loved ones to thrive, together. Download the Family Caregivers Toolkit here:

<https://mhanational.org/national-family-caregivers-month>.

The Geriatric Mental Health Foundation was established by the American Association for Geriatric Psychiatry to raise awareness of psychiatric and mental health disorders affecting the elderly (senior citizens), eliminate the stigma of mental illness and treatment, promote healthy aging strategies, and increase access to quality mental health care for the elderly. The organization has a geriatric psychiatrist locator tool and additional information for families.

Phone: 301-654-7850

Website: <http://www.gmhfonline.org/gmhf/default.asp>

The Eldercare Locator, a public service of the Administration on Aging, U.S. Department of Health and Human Services, is a nationwide service that connects older Americans and their caregivers with information on senior services.

Phone: 1-800-677-1116

Hours: Monday through Friday, 9:00 AM – 8:00 PM ET

Website: <http://www.eldercare.gov>

10. Discrimination and Legal Action

At the front of this section, please include your whistleblower policy as well as your appeals process. In addition, include information about your HR department and the resources they offer.

The Job Accommodation Network (JAN) is the leading source of free, expert, and confidential guidance on workplace accommodations and disability employment issues. Staff at JAN offers one-on-one guidance on workplace accommodations, the Americans with Disabilities Act (ADA) and related legislation, and self-employment and entrepreneurship options for people with disabilities.

Phone: 1-800-526-7234

Website: <http://janweb.icdi.wvu.edu>

The National Disability Rights Network (NDRN) is the nonprofit membership organization for the federally mandated Protection and Advocacy (P&A) Systems and Client Assistance Programs (CAP). Each State has a P&A agency that receives funding from SAMHSA. Agencies are mandated to protect and advocate for the rights of people with mental illnesses and to investigate reports of abuse and neglect in facilities that care for or treat individuals with mental illnesses. These facilities, which may be public or private, include hospitals, nursing homes, community facilities, board and care homes, homeless shelters, jails, and prisons. Agencies provide advocacy services or conduct investigations to address issues that arise during transportation or admission to such facilities, during residency in them, or within

90 days after discharge from them.

Phone: 202-408-9514

Website: <http://www.ndrn.org/index.php>

11. Child and Adolescent Mental Health

For individuals interested in assistance for youth, the National Federation of Families for Children’s Mental Health is a helpful resource. They have local chapters who can assist them with a variety of issues including how to navigate the system, how to advocate for their child, and support groups.

Phone: 240-403-1901

Website: www.ffcmh.org

The American Academy for Child and Adolescent Psychiatry (AACAP) is a national organization that provides mental health information for professionals and families. It has a variety of resources useful for families, especially their “Facts for Families” section, which has fact sheets that people can download. There is also a Child and Adolescent Psychiatrist Search Tool.

Phone: 202-966-7300

Website: <http://www.aacap.org>

The Childhelp National Child Abuse Hotline is dedicated to the prevention of child abuse. Serving the United States, its territories, and Canada, the Hotline is staffed 24 hours a day, 7 days a week with professional crisis counselors who, through interpreters, can help in 170 languages. The Hotline offers crisis intervention, information, literature, and referrals to thousands of emergency, social service, and support resources. All calls are anonymous and confidential.

Phone: 1-800-422-4453

Website: <http://www.childhelp.org/>

12. Disorder/Issue Specific Resources

MHA has a wide range of information on disorders that can be found here:

<https://mhanational.org/MentalHealthInfo>.

The Depression and Bipolar Support Alliance (DBSA) is the leading peer-directed national organization focusing on the two most prevalent mental health conditions, depression, and bipolar disorder. The organization has several resources available including local chapters who provide support groups, information for consumers and families, wellness tools, and more.

Phone: 1-800-826-3632

Website: <http://www.dbsalliance.org>

The National Resource Center on ADHD is a program of the Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD), a national non-profit organization providing education,

advocacy and support for individuals with ADHD. The Resource Center provides information for both children and adults, and families.

Resource Center Phone: 1-800-233-4050

Website: <http://www.chadd.org/>

The Anxiety and Depression Association of America (ADAA) is the leader in education, training, and research for anxiety, depression, and related disorders. The organization has several tools available to the public for assistance including a therapist locator tool, support group listings, and treatment information.

Phone: 240-485-1001

Website: <http://www.adaa.org/>

The Schizophrenia and Related Disorders Alliance of America promotes improvement in the lives of people with schizophrenia-related illnesses and their families by providing support, hope, and awareness so that early diagnosis, treatment, and community services increase recovery. The organization provides several resources including a weekly teleconference, support groups, and professional resources.

Phone: 1-866-800-5199

Website: <http://www.sardaa.org/>

Schizophrenia Anonymous Group Locator: <http://www.sardaa.org/register-sa-group/>

The National Eating Disorders Association is a non-profit organization in the United States advocating on behalf of and supporting individuals and families affected by eating disorders. The organization has resources for individuals, families, and professionals including access to support groups, an online eating disorder screening tools, and other information.

Phone: 1-800-931-2237

Hours: Monday through Thursday, 9:00 AM - 9:00 PM and Friday, 9:00 AM - 5:00 PM EST

Website: <http://www.nationaleatingdisorders.org/>

S.A.F.E. Alternatives is an organization that focuses on the treatment of self-injurious behavior such as cutting. The organization provides information including treatment referrals to individuals suffering from this disorder, for parents, and professionals.

Phone: 1-800-366-8288

Website: www.selfinjury.com

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning (LGBTQ) young people ages 13-24. The organization also has a dedicated hotline for LGBTQ youth and a database of local resources that individuals can access.

Phone: 1-866-488-7386

Hours: 24/7

Website: www.thetrevorproject.org

13. Disaster Related Assistance

The Disaster Assistance Improvement Program's (DAIP) mission is to provide disaster survivors with information, support, services, and a means to access and apply for disaster assistance through joint data-sharing efforts between federal, tribal, state, local, and private sector partners.

FEMA Disaster Assistance Helpline: 1-800-621-3362

Hours: 7 days a week, 7:00 AM - 11:00 PM EST

Website: <https://www.disasterassistance.gov/>

14. Veteran-Related Assistance

The Veteran Combat Call Center is an around-the-clock confidential call center where combat Veterans and their families can call to talk about their military experience or any other issue they are facing in their readjustment to civilian life.

Phone: 1-877-927-8387

Hours: 24/7

The DoD's Defense Centers of Excellence (DCoE) Outreach Center for Psychological Health & Traumatic Brain Injury provides information on psychological health and traumatic brain injury issues. Individuals will speak to trained, professional health resource consultants.

Phone: 1-866-966-1020

Hours: 24/7

The Homeless Veteran Hotline helps connect individuals with Veteran Administration services to overcome or prevent homelessness for the individual or a Veteran.

Phone: 1-877-424-3838

Hours: 24/7

Military OneSource is a Department of Defense-funded program providing comprehensive information on every aspect of military life at no cost to active duty, Guard and reserve service members, and their families. Information includes, but is not limited to, deployment, reunion, relationships, grief, spouse employment and education, and parenting and childcare.

Phone: 1-800-342-9647

Spanish language assistance: 1-877-888-0727

Hours: 24/7

Website: <http://www.militaryonesource.mil>

15. Spanish or Other Language Assistance

Consider your location when deciding what languages in which to offer resources. Below are Spanish language resources as it is the most widespread; however, it may be more appropriate to consider Mandarin, Arabic, Korean, or others - in addition to or in place of Spanish. Remember that even if all of your *employees* speak English, they may have family members at home who do not speak English.

The National Alliance for Hispanic Health Su Familia program provides free reliable and confidential health information in Spanish and English for families and individuals.

Phone: 1-866-783-2645

Hours: Monday through Friday, 9:00 AM to 6:00 PM

The Office of Minority Health Resource Center is a one stop shop for minority health literature, research, and referrals.

Phone: 1-800-444-6472

Website: <http://minorityhealth.hhs.gov/>

The National Institute of Mental Health Resource Information Center helps individuals with specific mental health-related questions. They also have free publications that people can order including Spanish language publications.

Phone: 1-866-615-6464 (Spanish and English help available)

Hours: Monday through Friday, 8:30 AM – 5:00 PM EST

Website: <https://infocenter.nimh.nih.gov/>

16. Chronic Disease Resources

The American Diabetes Association's Center for Information and Community Support provides individuals with access to trained information specialists who can help guide them through the different resources and information available to them to the wide-ranging issues that can be present with diabetes.

Phone: 1-800-342-2383

Hours: Monday through Friday, 8:30 AM to 8:00 PM EST

Website: <http://www.diabetes.org/>

The American Heart Association is the nation's oldest, largest voluntary organization devoted to fighting cardiovascular diseases and stroke. The website provides a wide range of information on specific conditions and resources that individuals can access.

Phone: 1-800-242-8721

Website: <http://www.heart.org>

The National Cancer Institute's (NCI's) Cancer Information Service (CIS) is a federally funded cancer education program that provides accurate, up-to-date, and reliable information on cancer that is easy to understand. Individuals can speak with a trained information specialist who can answer cancer-related questions in English and Spanish.

Phone: 1-800-422-6237

Hours: Monday through Friday, 8:00 AM to 8:00 PM EST

Website: <http://www.cancer.gov/>

The American Cancer Society's Patient Navigator Program connects you with a patient navigator at a cancer treatment center. You can talk one-on-one with a patient navigator about your situation. This person will listen in your time of need.

Phone: 1-800-227-2345

Website: <http://www.cancer.org>