

WELL BEINGS



Louisiana Mental Health Resource Toolkit





The WELL BEINGS campaign addresses the critical health needs in America through broadcast content, original digital content, and impactful local events. The campaign begins with the YOUTH MENTAL HEALTH PROJECT, engaging youth voices to create a national conversation, raise awareness, address stigma and discrimination, and encourage compassion.

The multi-year campaign, created by WETA Washington, D.C., brings together partners from across the country, including people with lived experience of health challenges, families, caregivers, teachers, medical and mental health professionals, social service agencies, private foundations, filmmakers, corporations and media sponsors, to create awareness and resources for better health for all. To learn more, visit [WellBeings.org](https://www.WellBeings.org) or follow [@WellBeingsOrg](https://www.instagram.com/WellBeingsOrg) on [Instagram](https://www.facebook.com/WellBeingsOrg), [Facebook](https://www.facebook.com/WellBeingsOrg), or [Twitter](https://twitter.com/WellBeingsOrg), and join the conversation with [#WellBeings](https://twitter.com/WellBeings).

Mental Health challenges come in many forms, from all walks of life. WELL BEINGS has put together this guide as a reference to the resources that exist nationally and right in your backyard that are available to help you or someone you care about who might be facing a Mental Health challenge.

If you are in crisis, or experiencing thoughts of suicide, please text the **Crisis Text Line (text HELLO to 741741)** or call the **National Suicide Prevention Lifeline at 1-800-273-TALK (8255)**. Both services are free and available, 24 hours a day, seven days a week.

LOCAL RESOURCES

There is help close to home. Below we highlight community organizations that specialize in the mental health needs of those in Louisiana. Although this guide isn't a complete list of all resources in the area, it can serve as a reference if you're looking for crisis providers and support organizations for youth, teens, and adults in Louisiana. Please note that following the local resources below, there is a separate section for support and resources at local universities and colleges.

CAPITOL AREA HUMAN SERVICES

cahsd.org

225-925-1906

866-628-2133

Serving a multi-parish area, CAHS provides treatment teams that may include a psychiatrist, psychologist, social worker, board certified substance abuse counselor and nurse based on an individual treatment plan. Fees are assessed on ability to pay.

FAMILY SERVICE OF GREATER BATON ROUGE

fsgbr.org

225-924-0123

Offers child and family counseling, including problems at school, anxiety, depression, and reactions to parental separation and divorce. Fees are assessed on a sliding scale based on income.

KEEPING CALM THROUGH COVID HOTLINE

866-310-7977

Recognizing the strong emotions and associated stress many people are feeling with the COVID-19 outbreak, this hotline was developed by the Louisiana Department of Health's Office of Behavioral Health. Staffed by trained, compassionate counselors 24/7 to support Louisianans. Providing information and service coordination, linking callers to mental health and substance abuse counseling services. This service is available to the public at no charge.

LOUISIANA 211

louisiana211.org

DIAL 2-1-1 anywhere in Louisiana

This easy to remember number connects callers with information about critical health and human services available in their community, including mental health resources and information about COVID-19. Available 24 hours a day, seven days a week.

LOUISIANA DEPT. OF HEALTH BEHAVIORAL HEALTH & COVID-19 RESOURCES

ldh.la.gov

225-342-9500

Provides citizens with public health resources including COVID-19 testing and vaccination information as well as regional mental health treatment and addictive disorders services.

LOUISIANA DEPT. OF HEALTH COORDINATED SYSTEM OF CARE

csoc.la.gov

225-342-9500

An effort to make sure that young people with complex behavioral health challenges are able to receive the support and services they need. The initiative creates a single access point for families by combining resources of the State's four child-serving agencies.

LOUISIANA SCHOOL COUNSELOR ASSOCIATION

louisianaschoolcounselor.com

This professional counseling association supports professional school counselors as they assist students and their families in academic, career, and social/emotional development.

MENTAL HEALTH ASSOCIATION OF GREATER BATON ROUGE

mhagbr.com

225-929-7674

Providing services for persons with or at-risk for mental health and substance abuse issues by coordinating care and through advocacy and education. Serving adults 18 years and older.

MY ASCENSION

myascension.us

Watch the trailer of this documentary film that tells the story of Emma Benoit of Louisiana, who attempted suicide at the age of 16. She is now on a mission to use her painful experience to help others find hope and de-stigmatize mental health issues, especially among young people.

LOCAL RESOURCES

MY LIFE - MAGELLAN YOUTH LEADERS INSPIRING FUTURE EMPOWERMENT

magellanhealthcare.com/about/mylife

For youth ages 13 and 23 who have experience with mental health, substance abuse, juvenile justice and foster care-related issues. Youth who have a family member or friend experiencing these challenges are also encouraged to participate.

NATIONAL ALLIANCE FOR MENTAL ILLNESS (NAMI) – LOUISIANA

namilouisiana.org

225-291-6262

NAMI at LSU: chart29@lsu.edu

NAMI at University of Louisiana:
dnr7915@louisiana.edu

Provides resources, insights, and coping skills and genuine support for families and those in recovery and living with mental illness. All programs are free and led by peers and family members.

VOLUNTEERS OF AMERICA – GREATER BATON ROUGE

voagbr.org

225-387-0061

Assisting those in need & dealing with mental illness throughout 19 parishes in Southern Louisiana. This includes the Reilly Counseling Center which offers individual, family, support group, and child therapies.

VOLUNTEERS OF AMERICA OF NORTH LOUISIANA

voanorthla.org

Shreveport: 318-221-2669

Serving a multi-parish area with a variety of behavioral health services including youth intensive mental health rehabilitation services in Northern Louisiana.

YOUTH OASIS

youthoasis.org

225-343-6300

Supporting youth and young adults recovering from the trauma of homelessness and family separation through housing, healthcare, and advocacy. They provide a safe space, educational opportunities, mental health services, skills training, and compassion.

SUPPORT AT AREA COLLEGES AND UNIVERSITIES

CENTENARY COLLEGE OF LOUISIANA – COUNSELING SERVICES

centenary.edu/student-life/student-support-center/counseling-services

Providing short-term, confidential counseling to all students enrolled at Centenary. Some common issues brought to therapeutic sessions include: Stress Management, Depression, Relationship Troubles, Anxiety, Loneliness, & Eating Disorders.

GRAMBLING STATE UNIVERSITY STUDENT COUNSELING & WELLNESS RESOURCE CENTER

gram.edu/student-life/services/counseling-center

318-274-3277

Available to help students cope with crises and tragedies. Crisis management is a way to receive valuable information about dealing with a crisis and to learn about self-care tools without revisiting the trauma. The goal is to understand your reactions, learn effective coping skills, and get back to a normal routine.

LOUISIANA STATE UNIVERSITY STUDENT HEALTH CENTER

lsu.edu/shc/mental-health/mhshome.php

225-578-8774

Providing a range of clinical services to help LSU students develop skills to cope effectively with emotional, interpersonal, and academic concerns. Offering short-term therapy and ability to provide referrals when students need longer-term or more specialized services.

LOUISIANA TECH UNIVERSITY – COUNSELING SERVICES

latech.edu/counseling-services

318-257-2488

Counseling services are free and confidential for all enrolled, full-time students. Therapy is provided to address emotional, behavioral, relational, or other mental health concerns that interfere with academic or personal effectiveness.

LOYOLA UNIVERSITY NEW ORLEANS – UNIVERSITY COUNSELING CENTER

studentaffairs.loyno.edu/counseling

504-865-3835

Free, confidential professional counseling services around issues of stress, depression, anxiety, academic motivation, relationships, and more. Also providing counseling and education to prevent and cope with substance abuse and sexual assault.

MCNEESE STATE UNIVERSITY COUNSELING CENTER

mcneese.edu/counseling

337-475-5136

Provides comprehensive mental health counseling, assessment, consultation and crisis interventions for currently enrolled students at McNeese. These services are intended to provide emotional support and guidance to help students effectively manage daily stress and succeed in fulfilling their academic responsibilities.

NICHOLLS STATE UNIVERSITY COUNSELING CENTER

nicholls.edu/counseling

985-448-4080

Offers free counseling, screening, resources and more to students, faculty, and staff members free of charge.

NORTHWESTERN STATE UNIVERSITY OF LOUISIANA COUNSELING SERVICES

nsula.edu/ccs

318-357-5621

Offers counseling services for students, staff, and faculty as well as crisis services and referrals.

SUPPORT AT AREA COLLEGES AND UNIVERSITIES

SOUTHEASTERN LOUISIANA UNIVERSITY COUNSELING CENTER

southeastern.edu/admin/counseling

985-549-3894

Offers consultation, workshops, individual, family, telehealth, and couples counseling as well as psychoeducational groups, support groups and therapeutic groups. Also provides 24/7 emergency on-call services. Counseling services are provided free of charge to students, faculty, and staff.

SOUTHERN UNIVERSITY AND A&M COLLEGE – COUNSELING CENTER

subr.edu/page/33

225-771-2480

Provides free individual/couple counseling, crisis intervention, and other psychological services in a safe and confidential setting.

TULANE UNIVERSITY COUNSELING CENTER

campushealth.tulane.edu/counseling-center

504-314-2277

A safe, inclusive, and affirming community of care for all students. This interdisciplinary team fosters personal, emotional, and academic growth by offering comprehensive therapeutic services, outreach and prevention programs, and consultative relationships throughout Tulane.

UNIVERSITY OF LOUISIANA AT LAFAYETTE COUNSELING CENTER

counselingandtesting.louisiana.edu

counseling@louisiana.edu

337-482-6480

Provides an unlimited number of professional, short-term counseling services to all university students, faculty and staff. These services include individual counseling, group counseling, couple counseling, family counseling, and crisis intervention.

UNIVERSITY OF NEW ORLEANS COUNSELING SERVICES

uno.edu/counseling-services

504-280-6683

Collaborating with UNO students to achieve their goals around mental health, holistic wellness, and healing. Supporting everyone's right to live with dignity, joy, and purpose. They do this by reducing barriers to mental health services, challenging stigma, fostering growth, and responding to the evolving needs of their campus community.

XAVIER UNIVERSITY OF LOUISIANA OFFICE OF COUNSELING & WELLNESS

xula.edu/counselingservices

504-520-7315

Promoting the wellbeing of all students by providing culturally sensitive counseling, consultation, prevention, and training that enhances the student's academic and personal success.

NATIONAL RESOURCES

Help is available for you, your family, friends, neighbors and colleagues, all those in your life that might need support at this time. Find access to national mental health resources, organizations, tools and support groups using the links provided here. This guide is designed as a place to start or continue the journey of navigating mental health resources for you or someone you care about.

ACTIVE MINDS

activeminds.org

Active Minds is a nonprofit organization dedicated to raising mental health awareness among students via peer to peer dialogue and interaction.

Programs include [Send Silence Packing®](#), [Active Minds Speakers](#), the [Healthy Campus Award](#), and [Active Minds @Work](#)

AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY

aacap.org

The mission of AACAP is to promote the healthy development of children, adolescents, and families through advocacy, education, and research, and to meet the professional needs of child and adolescent psychiatrists throughout their careers. The website includes tool kits, resource libraries, educational materials and discussions for families and clinicians.

AMERICAN FOUNDATION FOR SUICIDE PREVENTION

afsp.org/get-help

With local chapters in every state, this organization gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death.

AMERICAN PSYCHIATRIC ASSOCIATION FOUNDATION

[Guide on Returning to the Workplace](#)

Uncertainty around a return to the workplace remains high for many. Even with widespread vaccinations and bits and pieces of “normalcy” coming back to daily life, many feel unsettled about disrupting new routines to return to a workplace with new and different dynamics. Employers are faced with unique challenges that include leading and supporting their workforces through the transition back to the office. [This guide](#) provides tips for supporting employees through that transition.

[What are ACEs?](#)

View this infographic to better understand what Adverse Childhood Experiences (ACEs) are and how they affect health outcomes into adulthood. This resource provides examples of ACEs and actionable steps professionals and clinicians can take to address them.

[What are PCEs?](#)

View this infographic to better understand what Positive Childhood Experiences (PCEs) are and what mental health professionals can do to invest in PCEs in their community.

[Notice. Talk. Act. at School Impact Stories](#)

Testimonials from teachers and school administrators about how the Notice. Talk. Act.® key framework has been implemented and the impact the training has had on staff and students in various school communities.

[Notice. Talk. Act. at Home: Coping Skills for Parents and Caregivers](#)

Designed to help parents and caregivers trying to navigate heightened levels of stress, this resource will help families better understand common signs of stress, offer ways to manage it, and examples of effective stress relief activities for the whole family.

[What do Disruptive Behaviors Indicate?](#)

This resource provides community members with an overview of how schools approach disruptive behaviors, the harmful impacts of zero tolerance policies, and a potential solution for how schools can view disruptive behaviors as a need for support, not discipline.

[Diversity & Health Equity Education](#)

View educational resources, including fact sheets, guides and online learning modules, that address the mental health needs of culturally diverse populations.

NATIONAL RESOURCES

Working Remotely During COVID-19

workplacementalhealth@psych.org
202-559-3900

We are navigating uncharted waters with Covid-19, making it important to find new ways to work and interact while also taking care of our mental health and well-being. This resource provides practical tips on taking care of our mental health and well-being.

Five Myths and Facts About Depression

Depression and anxiety are major concerns when it comes to youth and young adults. This infographic calls out 5 common myths about depression and sets the record straight with facts. It also shares common warning signs of depression and advises employers on how they can effectively address depression in the workplace.

ASHA INTERNATIONAL

myasha.org

gayathri@myasha.org
971-340-7190

ASHA International is a nonprofit organization dedicated to normalizing conversations about mental health and inspiring hope & wellbeing, one story at a time. Programs include [Let's Talk About Mental Health](#) & [My Story MY SUPERPOWER Movement](#).

BLACK EMOTIONAL AND MENTAL HEALTH (BEAM)

beam.community/

The Black Emotional and Mental Health Collective (BEAM) is made up of therapists, yoga teachers, lawyers, and activists with a mission to break down the barriers to Black healing.

BLACK MENTAL HEALTH ALLIANCE (BMHA)

blackmentalhealth.com/

A nonprofit providing training, consultation, support groups, resource referral, public information, and educational resources regarding mental health and mental illness issues.

CALL TO MIND

calltomindnow.org

@calltomindnow

Call to Mind is American Public Media's (APM) initiative to foster new conversations about mental health. Call to Mind believes that mental well-being is for everyone and that it's time to end the misconceptions and discrimination associated with mental health conditions.

CREDIBLEMIND & WELL BEING TRUST

wellbeingtrust.org/mental-health-resources/

Well Being Trust is a national foundation dedicated to advancing a vision of a nation where everyone is well—in mental, social and spiritual health. The website includes a widget built by CredibleMind that makes it easy to search and access by topic and type of material, curated mental health resources.

DANA FOUNDATION

dana.org

danainfo@dana.org

Explore the brain with the Dana Foundation's free resources for kids and adults. Find fact sheets, lesson plans, articles, and puzzles about brain function and health, all reviewed and approved by scientists.

DEPRESSION & BIPOLAR SUPPORT ALLIANCE

dbsalliance.org/brochures/

DBSA offers a variety of free educational materials that can be downloaded or sent directly to your home. The website includes materials detailing strategies and information applicable for both loved ones & caregivers as well as those with depression or bipolar.

NATIONAL RESOURCES

HERSH FOUNDATION

http://www.struckbyliving.com/uploads/resources/Adult_SENSE_2020.pdf

http://www.struckbyliving.com/uploads/resources/College_SENSE_2020.pdf

This resource includes Common Sense strategies for adult & college age mental health from Julie K. Hersh. Julie Hersh is President of the Hersh Foundation, an organization committed to education and leadership programs in research and prevention of mental illness.

HOPE SQUAD

hopesquad.com #hopesquads
support@hopesquad.com
801-342-3447

A peer-to-peer suicide prevention program for grades 4–12. Members are trained to promote mental wellness, recognize signs of crisis, and refer at-risk peers to trusted adults.

HUMANEST CARE

humanestcare.com

Humanest Care is an online mental health community that connects people to help each other on their journey. Members of the Humanest community have access to groups, workshops, 1:1 sessions, and self-help tools. Humanest Care provides a complete support system to make life easier. Come with a problem. Leave with a personalized action plan.

THE JED FOUNDATION

JED Voices

Stories are a powerful way to reduce shame, prejudice and secrecy and inspire us to be proactive about our mental health. In our JED Voices video series, we sit down with notable and influential mental health advocates who talk about what mental health means to them.

Seize the Awkward

Seize the Awkward provides young adults with tips on how to sustain a conversation with their peers around mental health.

Set to Go

Set to Go provides students, families, and educators resources on how to get emotionally prepared for the transition from high school to college or adulthood.

Love is Louder Action Center & COVID-19 Resource Guide

JED's Louder Action Center and COVID-19 Resource Guide provide resources and tips for protecting mental health and supporting each other during the COVID-19 pandemic.

Ulifeline

Ulifeline is an online resource for college students. Schools can sign up and post campus-specific information on how to access treatment and crisis services.

Equity in Mental Health Framework

The Equity in Mental Health Framework provides academic institutions with a set of recommendations to help strengthen their activities and programs to address the mental health disparities facing students of color in higher education.

JED's POV on Student Mental Health and Well-Being in Fall Campus Reopening

Considerations for college and university campuses as they continue to prepare and work through supporting the mental health and well-being of their communities during the fall reopening.

Mental Health is Health

JED & MTV have worked together on award-winning mental health storytelling & campaigns for 15 years. JED is now a founding partner in MTV Entertainment Group's new Mental Health is Health initiative featuring an online hub that can be navigated by how we're feeling and what we're experiencing.

Press Pause

The Jed Foundation and PINK partnered to launch Press Pause to give young adults tips, tools and experiences to help them practice mindfulness in their daily lives and to cope with emotional challenges in the moment. We've worked with a diverse set of practitioners and content creators in an effort to make the mindfulness space more representative and inclusive.

NATIONAL RESOURCES

[Mental Health Media Guide](#)

The entertainment industry's guide to mental health storytelling.

[Pressure to be Perfect Toolkit](#)

We want your time on Instagram to be positive, inspiring, and intentional. This toolkit, a collaboration between Instagram and JED, is here to help you figure out the best ways for you to use the platform. We want to encourage you to be mindful of how time online impacts your emotional well-being, share some tips and tools that can improve your experience, and connect you with resources for further thought and discussion.

[Proud & Thriving](#)

In partnership with the Consortium for Higher Education LGBT Resource Professionals, Proud and Thriving is a collaboration focused on helping schools integrate comprehensive frameworks and recommendations to protect and support the mental health of LGBTQ+ students. Through this partnership, JED is creating essential communities of care so all students feel a sense of belonging at their schools.

[Each and Every Day Documentary](#)

Each and Every Day, from Executive Producer Sheila Nevins and Director Alexandra Shiva and created in partnership with MTV and JED, is a documentary exploration of youth mental health through the eyes of young people who have attempted suicide or have struggled with suicidal thoughts. The film offers relatable and authentic portraits of young people dealing with suicide and emphasizes help seeking and hope.

JUVENILE BIPOLAR RESEARCH FOUNDATION

jbrf.org/families/

Supporting children and families suffering from bipolar or Fear of Harm disorder through research, education, and outreach. Includes general information, educational concerns and diagnostic tools, research news, virtual support groups, parent training and treatment options.

KAISER PERMANENTE THRIVING SCHOOLS

FindYourWords.org

Find Your Words features information to help everyone learn how to start conversations, connect to helpful tools and online communities, and find support for themselves and the people they care about, including young children and teenagers. There's information on how to build resilience and reduce stress, screening tools to inform further conversations about diagnosis and treatment, and new ways to share inspiring stories, videos, and artwork from the site with others.

thrivingschools.kaiserpermanente.org

Thriving Schools is an all-in engagement to improve health for students, staff, and teachers. On this site, you'll find the tools and ideas to help you create healthier school environments, build habits for healthy eating and active lifestyles, and support social and emotional well-being.

THE LOVELAND FOUNDATION

thelovelandfoundation.org/love-land-therapy-fund/

The Loveland Foundation provides financial assistance to Black women and girls seeking mental health services nationwide via its Therapy Fund.

MELANIN & MENTAL HEALTH

melaninandmentalhealth.com/

Serving the mental health needs of Black and Latinx communities by offering a therapist directory and podcast on mental health issues.

MENTAL WELLNESS COLLECTIVE

mentalwellnesscollective.com/

An online community focused on helping women of color prioritize their mental health and normalize help seeking. Their goal is to build a safe place for women to express themselves, break the stigma around mental health, raise awareness to issues that are important to the Black community, and provide access to providers.

NATIONAL RESOURCES

MENTAL HEALTH AMERICA

MHAnational.org

Mental Health America's work is driven by its commitment to promote mental health as a critical part of overall wellness, including prevention services for all; early identification and intervention for those at risk; integrated care, services, and supports for those who need them; with recovery as the goal.

MENTAL HEALTH FIRST AID TRAINING

mentalhealthfirstaid.org

Mental Health First Aid is a course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses. Mental Health First Aid is provided by the National Council for Mental Wellbeing.

MOVEMBER CONVERSATIONS

conversations.movember.com

#Movember

A free interactive online tool, Movember Conversations offers practical guidance on how to start a difficult conversation with someone who might be struggling. Movember Conversations uses simulations to explore different scenarios and demonstrates the changing ways your response can lead to deeper conversations. You can't fix someone else's problems, but a listening ear can make all the difference.

NAMI - THE NATIONAL ALLIANCE ON MENTAL ILLNESS

www.nami.org #NotAlone

Call the NAMI Helpline at 800-950-

6264 M-F, 10 am-6pm, ET

Or in a crisis text "NAMI" to 741741

for 24/7, confidential free counseling.

[The National Alliance on Mental](http://TheNationalAllianceonMentalIllness)

Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. Join the conversation at nami.org | facebook.com/nami | instagram.com/namicommunicate | twitter.com/namicommunicate

NAMI Basics OnDemand

NAMI Basics is a 6-session education program for parents, caregivers and other families who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. This program is free to participants, 99% of whom say they would recommend the program to others. NAMI Basics is available both in person and online through NAMI Basics OnDemand.

The OnDemand program is also guided by parents and family members with lived experience but is self-paced and available 24/7. OnDemand offers the flexibility of participating in the course on your schedule. Both formats provide identical information, strategies and the opportunity to connect with other parents and caregivers.

NAMI Frontline Wellness

NAMI has developed a suite of no-cost digital resources for frontline professionals, which are available now at www.NAMI.org/FrontlineWellness. These custom-made resources were developed based on the findings from a comprehensive needs assessment and include: techniques to build resilience, access to confidential and professional services, peer support groups, support for family members, how to identify signs of a potential mental health emergency and suicide prevention information. [#FirstRespondersFirst](https://twitter.com/FirstRespondersFirst)

ONE MIND PSYBERGUIDE

onemindpsyberguide.org/

info@psyberguide.org

[@PsyberGuide](https://twitter.com/PsyberGuide)

One Mind PsyberGuide is a non-profit project providing guidance to people interested in using technology to live mentally healthier lives. There are thousands of publicly available mental health apps, but few have been vetted in any way. We provide expert reviews of apps, free of preference, bias, or endorsement, to help people make informed decisions.

NATIONAL RESOURCES

OTSUKA PATIENT SUPPORT

OtsukaPatientSupport.com

1-855-242-7787 (M-F, 8am-8pm EDT)

“In the midst of a global crisis, our purpose at Otsuka becomes more meaningful. To help our patients defy the limitations that COVID-19 has forced on our world, we are pleased to announce cost-free Otsuka medication to patients in the US experiencing hardships.” - Kabir Nath, President and CEO, Otsuka North America Pharmaceutical Business.

If you lost your job or insurance status due to the COVID-19 crisis, your prescribed Otsuka medication in the US can be provided at no cost. Please visit otsukapatientssupport.com or call 1-855-242-7787 (M-F, 8am-8pm EDT) for more information.

SMI ADVISER

Individuals and Families page:

smiadviser.org

SMI Adviser is a technical resource center to raise awareness and promote the use of evidence-based practices in the treatment of serious mental illness. When you go to the website, you have the option of accessing resources by clicking the “Clinician” button or the “Individuals & Families” button.

SUTTER HEALTH

sutterhealth.org/about/mental-health

24-Hour Crisis Support

Call (800) 273-TALK(8255).

Text Crisis Line

Text MHA to 741741 for support.

Sutter Health strives to be an industry innovator by integrating physical and mental health to care for each person’s total health and wellbeing. Sutter care centers have experienced therapists, psychologists and psychiatrists who can assess and treat a wide range of behavioral health issues, including the most complex disorders.

THE STEVE FUND

stevefund.org

info@stevefund.org

401-249-0044

The Steve Fund works with colleges and universities, non-profits, researchers, mental health experts, families, & young people to promote programs & strategies that build understanding and assistance for the mental and emotional health of the nation’s young people of color. The Fund holds an annual conference series, Young, Gifted & @Risk, and offers a Knowledge Center with curated expert information along with on-campus and on-site programs and services for colleges and non-profits.

STRONG 365

strong365.org #URstrong

@strong365community (Facebook, Instagram) @strong365 (Twitter)

Enter code “strong” to connect with trained listeners for free, 24/7:

7cups.com/p/strong365/?wla=strong365

info@strong365.org

A project of the non-profit organization One Mind, Strong 365 aims to shorten the path to effective, life-saving help by connecting young people in the earliest stages of psychosis to both online and community-based support.

THERAPY FOR BLACK GIRLS

therapyforblackgirls.com

An online space dedicated to destigmatizing mental health care and helping Black women find their ideal practitioner.

THERAPY FOR BLACK MEN

therapyforblackmen.org

A dedicated space for men and boys of color to educate themselves on mental wellness, connect and control their own narrative on mental health matters.

NATIONAL RESOURCES

THE TREVOR PROJECT

TheTrevorProject.org

If you or someone you know needs help or support, contact The Trevor Project's TrevorLifeline 24/7 at 1-866-488-7386. Counseling is also available 24/7 via chat every day at TheTrevorProject.org/Help, or by texting 678-678.

The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ young people.

THE YOUTH MENTAL HEALTH PROJECT The Parent Support Network

ymhproject.org/parent-support-network

[#youthmentalhealthproject](https://twitter.com/youthmentalhealthproject)

parentsupportnetwork@ymhproject.org

773-501-9548

The Parent Support Network™, a program of The Youth Mental Health Project™, offers free and confidential support meetings run by and for parents who are concerned about the mental health of their children, teens, and young adults.

THIS IS MY BRAVE

thisismybrave.org

This Is My Brave enables high school and college aged students to use storytelling to combat stigma around mental health. This Is My Brave brings stories of mental illness and addiction out of the shadows and into the spotlight.

WORK2BEWELL

Work2BeWell.org

The #Work2BeWell digital wellness and empowerment program focuses on positively impacting the emotional well-being of teens and promoting mental health. Here you will find free curriculum, programs, and assets that can be used to help educate teens about mental health and wellness.

WELL BEINGS

Support for the WELL BEINGS YOUTH MENTAL HEALTH PROJECT provided by Otsuka, Kaiser Permanente, Bank of America, Liberty Mutual Insurance, American Psychiatric Association Foundation, One Mind, Movember, National Alliance on Mental Illness, Dana Foundation, Dauten Family Foundation, The Hersh Foundation, Mental Health Services Oversight & Accountability Commission, John & Frances Von Schlegell, Sutter Health, Robina Riccitiello, and Jackson Family Enterprises.

Partners include PBS NewsHour Student Reporting Labs, WE Organization, National Council for Mental Wellbeing, Mental Health America, CALL TO MIND at American Public Media, PEOPLE, Forbes, The Steve Fund, and The Jed Foundation.

SUPPORT FOR THE WELL BEINGS YOUTH MENTAL HEALTH PROJECT PROVIDED BY



PARTNERS

