

# WELL BEINGS



## Milwaukee 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://www.twitter.com/WellBeingsOrg), and join the conversation with [#WellBeings](https://www.twitter.com/WellBeingsOrg).

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 the Milwaukee area. 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 the Greater Milwaukee area.

## **414 LIFE: MILWAUKEE BLUEPRINT FOR PEACE**

[city.milwaukee.gov/414Life](http://city.milwaukee.gov/414Life)

414lifemke@mcw.edu

A community-driven agenda for addressing the complex factors that drive violence in the city. Rooted in a public health approach to violence prevention, this Blueprint was shaped by more than 1,500 individuals, elevating the voices of youth, community residents, and key stakeholders to call for strategic, aligned, and sustained investments and action to prevent violence, build resilience, and create a safer, healthier city.

## **BIG BROTHERS BIG SISTERS OF METRO MILWAUKEE**

[bbbsmilwaukee.org](http://bbbsmilwaukee.org)

414-258-4778

Helps children facing adversity discover their potential through professionally supported, one-to-one mentoring relationships. Community-based and school-based mentoring programs are characterized by careful assessment and matching of volunteers with children and teens based on shared interests and preferences.

## **BLACK SPACE**

[blackspacehq.com](http://blackspacehq.com)

blackspacemke@gmail.com

414-249-7301

Dedicated to normalizing therapy for Black and Brown people with sessions that are facilitated by Black and Brown therapists. Black Space is passionate about making support affordable.

## **BOYS & GIRLS CLUB OF GREATER MILWAUKEE**

[bgcmilwaukee.org](http://bgcmilwaukee.org)

startsomething@bbbsmilwaukee.org

414-267-8100

Provides youth ages 6-18 with safe places to learn and grow by offering ongoing relationships with caring adult professionals, life-enhancing programs, and character development experiences. The club offers programs in character leadership and development; education and career development; health and life skills; arts and culture; sports and recreation; and environmental education.

## **CHILDREN'S HOSPITAL OF WISCONSIN CHILD & FAMILY COUNSELING**

[chw.org/childrens-and-the-community](http://chw.org/childrens-and-the-community)

414-453-1400

Child and family counselors work with children, adolescents, and their families to address emotional and behavioral challenges and strengthen family ties. Counselors assist families with issues such as depression and anxiety, low self-esteem, anger management, abuse, parent-child conflicts, and changes related to adoption or foster care placement.

## **COPE HOTLINE**

262-377-2673

The COPE Hotline is answered by trained listeners. They provide supportive listening to callers, crisis intervention and suicide prevention. The Hotline is available 24/7 and all calls to COPE are anonymous and confidential!

## **DIVISION OF YOUTH AND FAMILY SERVICES**

[county.milwaukee.gov/EN/DHHS/DYFS](http://county.milwaukee.gov/EN/DHHS/DYFS)

414-257-7721

Helps youth involved in the justice system by providing a broad spectrum of programs and services for youth before, during, and after involvement in the justice system.

## **IMPACT 2-1-1**

[impactinc.org/impact-2-1-1/coordinated-entry-for-homeless-services](http://impactinc.org/impact-2-1-1/coordinated-entry-for-homeless-services)

CEteam@impactinc.org

414-256-4808

A central access point for people in need, during times of personal crisis or community disaster. It is a free and confidential helpline and online resource directory. It provides resources and shelter referrals to individuals and families based on availability and other considerations, which allows those seeking shelter, and the shelters, to connect in an efficient manner.

## **MENTAL HEALTH AMERICA OF WISCONSIN**

[mhawisconsin.org](http://mhawisconsin.org)

info@mhawisconsin.org

414-276-3122

Mental Health America of Wisconsin (MHA) is an affiliate of the nation's leading community-based non-profit dedicated to helping all Americans achieve wellness by living mentally healthier lives.



# LOCAL RESOURCES

## MILWAUKEE CENTER FOR INDEPENDENCE

[mcfi.net/programs-services/behavioral-health-primary-care](http://mcfi.net/programs-services/behavioral-health-primary-care)  
info@mcfi.net | 414-937-2020

Community-based psychiatric crisis intervention programs that provide recovery-focused assessment, stabilization, psychosocial groups, and peer support.

## MILWAUKEE COUNTY BEHAVIORAL HEALTH

<https://county.milwaukee.gov/EN/DHHS/BHD>

414-257-7621 (24/7 Youth Hotline)

Partnering with outside behavioral health organizations to offer two Crisis Resource Centers offering short-term stabilization, assessment, supportive and recovery services. Referrals are made by calling either center directly 24 hours a day, 7 days a week. Services in English and Spanish.

## NAMI SOUTHEAST WISCONSIN

[namiwisconsin.org/find-my-nami/milwaukee-county](http://namiwisconsin.org/find-my-nami/milwaukee-county)

info@namisoutheastwi.org  
262-524-8886

Provides hope and help for individuals impacted by mental health conditions and their loved ones. NAMI Southeast Wisconsin offers support groups, educational classes, and one-on-one support, at no cost, for all individuals whose lives are impacted by mental health conditions across Milwaukee, Waukesha, and Jefferson Counties. You are not alone, reach out today.

## OFFICE OF VIOLENCE PREVENTION

[city.milwaukee.gov/Health/Services-and-Programs/staysafe](http://city.milwaukee.gov/Health/Services-and-Programs/staysafe)  
414-286-5597

A mission to reduce violence in Milwaukee. Providing strategic direction and oversight for City efforts to reduce the risk of violence through linked strategies in partnership with government, non-profit, neighborhood, and faith organizations.

## PATHFINDERS

[pathfindersmke.org](http://pathfindersmke.org)  
info@pathfindersmke.org  
414-964-2565

Provides comprehensive mental health care and support for children, teens, and young adults who cannot afford services elsewhere. Also provides specific counseling for young victims of sexual abuse. Call for more information or to schedule an appointment. A sliding fee scale is available.

## PROJECT RETURN

[projectreturnmilwaukee.org](http://projectreturnmilwaukee.org)  
wendel@projectreturnmilwaukee.org  
414-374-8029

Project RETURN (Returning Ex-incarcerated people To Urban Realities and Neighborhoods) exists to help men and women make a positive, permanent return to community, family, and friends.

## RISE YOUTH AND FAMILY SERVICES

[riseyouthandfamily.com](http://riseyouthandfamily.com)  
riseyouthandfamily@gmail.com  
414-252-5166

Assisting individuals in finding their strengths and reaching their goals. RISE views education as the most important step in personal growth for both their staff and the individuals they serve. All services at RISE are currently offered either in-person or virtually depending on an individual's comfort level.

## RUNNING REBELS

[runningrebels.org](http://runningrebels.org)  
info@runningrebels.org  
414-264-8222

Engaging the community, youth, and their families. Preventing involvement in gangs, drugs, violence, and the juvenile justice system; intervenes and guides youth by assisting them with making positive choices; and coaches youth through their transition into adulthood. They accomplish this through relationship-building and resources to help youth become thriving, connected, and contributing adult members of our community.

## WALKER'S POINT YOUTH AND FAMILY CENTER

[walkerspoint.org](http://walkerspoint.org)  
info@walkerspoint.org  
414-647-8200

Free and confidential counseling services with a focus on runaways, homeless and other youth and their families. Provides 24/7 crisis hotline, family and parent counseling, individual and group counseling, referrals, and emergency shelter for runaways and youths in crisis.

# LOCAL RESOURCES

## **WARMLINE**

[thewarmline.com](http://thewarmline.com)

**414-777-4729**

A peer-run mental health support line. Trained peer counselors will answer your call, identify themselves by their first name and offer support or help. Calls are limited to 15 minutes, so everyone has an opportunity to talk with their peer counselors.

## **WISCONSIN COMMUNITY SERVICES, INC.**

[wiscs.org/programs/behavioral/  
community based mental health  
programs](http://wiscs.org/programs/behavioral/community_based_mental_health_programs)

**414-344-6111**

A non-profit service agency that has worked with high-risk individuals both inside and outside of the criminal justice system for over 100 years throughout southeastern Wisconsin. Their mission is to advocate for justice and community safety, providing innovative opportunities for individuals to overcome adversity.

## **WRAPAROUND MILWAUKEE**

[county.milwaukee.gov/EN/DHHS/  
BHD/Childrens-Services](http://county.milwaukee.gov/EN/DHHS/BHD/Childrens-Services)

**414-257-7607**

A unique system of care for children with serious emotional, behavioral, and mental health needs, and for their families. They are a National Best Practice Leader in the Wraparound Philosophy and Approach focusing on strength-based, individualized care.

# 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](https://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](https://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](https://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](mailto: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](http://myasha.org)

[gayathri@myasha.org](mailto: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/](http://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/](http://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](http://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/](http://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](http://dana.org)

[danainfo@dana.org](mailto:danainfo@dana.org)

Learn about how your brain works and how to help keep it healthy on [dana.org](http://dana.org). Find facts sheets, puzzles, Q&As, videos, and more on this site focused on the brain. You can also visit: [Dana Foundation Youtube Channel](#).

## **How does the brain develop?**

A short fact sheet on brain development.

## **How does the brain work?**

A short fact sheet on brain anatomy and function.

## **Sex hormones and the brain**

A short fact sheet on hormones and brain development, and sexual dimorphism and psychiatric disorders.

## **The addicted brain**

A short fact sheet on developing and treating addiction.

## **This is your brain on depression**

This interactive high school lesson plan teaches students about the causes, symptoms, and treatment options for teen depression.

## **Emotions and the brain**

Scientists agree that learning how to regulate our feelings and emotions is an important coping skill associated with good mental health. Teach high school students how to deal with strong emotions with our new "Brain Break" activity.

# NATIONAL RESOURCES

## DEPRESSION & BIPOLAR SUPPORT ALLIANCE

[dbsalliance.org/brochures/](https://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.

## ERICA'S LIGHTHOUSE

[erikaslighthouse.org](https://erikaslighthouse.org)

This nonprofit gives educators tools to promote inclusive school cultures around mental health. They help schools provide their students with the skills needed to talk to each other, to their parents, to their teachers, and to counselors. Their resources raise awareness, reduce stigma, educate students, promote good mental health, and encourage help-seeking.

## HERSH FOUNDATION

[http://www.struckbyliving.com/uploads/resources/Adult\\_SENSE\\_2020.pdf](http://www.struckbyliving.com/uploads/resources/Adult_SENSE_2020.pdf)

[http://www.struckbyliving.com/uploads/resources/College\\_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](https://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](https://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](https://jedfoundation.org/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](https://jedfoundation.org/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.



# NATIONAL RESOURCES

## **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.

## **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/](http://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](http://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](http://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.

## **LGBT NATIONAL YOUTH TALKLINE**

[glbthotline.org](http://glbthotline.org)

[help@lgbthotline.org](mailto:help@lgbthotline.org)  
800-246-7743

Providing telephone, online private one-to-one chat and email peer-support, as well as factual information and local resources for cities and towns across the United States.

## **THE LOVELAND FOUNDATION**

[thelovelandfoundation.org/love-land-therapy-fund/](http://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.

# NATIONAL RESOURCES

## MELANIN & MENTAL HEALTH

[melaninandmentalhealth.com/](http://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/](http://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.

## MENTAL HEALTH AMERICA

[MHAnational.org](http://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](http://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](http://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](http://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 Illness](http://TheNationalAllianceonMentalIllness) (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](http://nami.org) | [facebook.com/nami](https://facebook.com/nami) | [instagram.com/namicommunicate](https://instagram.com/namicommunicate) | [twitter.com/namicommunicate](https://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](http://NAMI Basics OnDemand).

The [OnDemand program](http://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](http://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://FirstRespondersFirst)

## NARCOTICS ANONYMOUS

[narcotics.com](http://narcotics.com)

1-800-407-7195

We want to help you find the best way to ease your suffering and transform your life. Drug addiction is a chronic disease of the brain and body, with destructive consequences for everyone, not just the addict. By helping addicts find recovery, we also help friends, family members and communities.

# NATIONAL RESOURCES

## ONE MIND PSYBERGUIDE

[onemindpsyberguide.org/](http://onemindpsyberguide.org/)

[info@psyberguide.org](mailto:info@psyberguide.org)

@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.

## OTSUKA PATIENT SUPPORT

[OtsukaPatientSupport.com](http://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](http://otsukapatientssupport.com) or call 1-855-242-7787 (M-F, 8am-8pm EDT) for more information.

## SMI ADVISER

Individuals and Families page:

[smiadviser.org](http://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](http://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](http://stevefund.org)

[info@stevefund.org](mailto: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](http://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](http://7cups.com/p/strong365/?wla=strong365)

[info@strong365.org](mailto: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](http://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](http://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.

## TRANS LIFELINE

[translifeline.org](http://translifeline.org)

877-565-8860

A hotline staffed by transgender people for transgender people, a non-profit dedicated to the well-being of transgender people.

# NATIONAL RESOURCES

## THE TREVOR PROJECT

[TheTrevorProject.org](https://www.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](https://www.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](https://ymhproject.org/parent-support-network)

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

[parentsupportnetwork@ymhproject.org](mailto: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](https://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](https://www.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.

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