

WELL BEINGS



New York City Metro Area 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 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 the New York City Metro 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 New York City Metro area.

The WNET Group has created an event to support the mental health of LGBTQ+ youth, and their local resources are organized into two sections: General and LGBTQ+ resources.

GENERAL MENTAL HEALTH RESOURCES

CHILD AND ADOLESCENT MENTAL HEALTH SERVICES IN NYC

www1.nyc.gov/site/doh/health/health-topics/child-and-adolescent-mental-health-services.page

The city has many free and low-cost mental health services for children and adolescents. Visit the website or call 311 for more information.

MENTAL HEALTH ASSOCIATION IN NEW YORK STATE

mhanys.org

This nonprofit organization works to end the stigma against mental illness and promotes mental health wellness in New York State. MHANYS achieves this through training, education, advocacy and policy, community-based partnership programming, and by connecting individuals and families to help.

NAMI NEW JERSEY

naminj.org
info@naminj.org

A statewide non-profit dedicated to improving the lives of individuals and families affected by mental illness. Through education, support, advocacy and public awareness programs NAMI NJ fosters understanding about mental illness, confronts stigma often associated with mental disorders, advocates for public policies that benefit those affected by mental illness, and promotes research into the causes, treatment, and recovery of mental health disorders.

NAMI NYC

naminycmetro.org
helpline@naminyc.org
212-684-3264

Helps families and individuals affected by mental illness build better lives through education, support, and advocacy.

NAMI QUEENS/NASSAU

namiqn.org
office@namiqn.org

An affiliate of NAMI (National Alliance on Mental Illness) a grassroots not-for-profit organization that is committed to building better lives and ensuring dignity and respect for those affected by mental illness through support, education and advocacy. This includes those diagnosed with a mental illness, their family and friends; mental health professionals; and all those who share NAMI's vision and mission. As one of the largest affiliates in NY, NAMI Queens/Nassau collaborates with state and national organizations to educate the public, advocate for legislation, reduce stigma and improve the mental health system.

NAMI NYC STATEN ISLAND

namistatenisland.org
info@namistatenisland.org

NAMI Staten Island is dedicated to improving the quality of life for persons of all ages who are affected by mental illness.

LOCAL RESOURCES

NEW YORK STATE'S COVID-19 EMOTIONAL SUPPORT HELPLINE

844-863-9314

Offers support to those experiencing increased anxiety due to the coronavirus emergency. The Helpline is staffed by volunteers, including mental health professionals, who have received training in crisis counseling.

NYC WELL

nyc.gov/nycwell

888-NYC-WELL (692-9355)

Text "Well" to 65173

Offering confidential mental health and substance misuse services. Trained counselors can provide you with support 24 hours a day, 7 days a week, in over 200 languages, regardless of immigration status.

LGBTQ+ RESOURCES

ACKERMAN INSTITUTE

ackerman.org/research/gfp/mental-health-service

212-879-4900, ext. 370

The Gender & Family Project provides comprehensive mental health services for gender-expansive children, transgender adolescents, their families, and communities.

AUDRE LORDE PROJECT - BROOKLYN

alp.org

212-463-0342

A Lesbian, Gay, Bisexual, Two Spirit, Trans and Gender Non-Conforming People of Color center for community organizing, focusing on the New York City area. Through mobilization, education and capacity-building, they work for community wellness and progressive social and economic justice, seeking to responsibly reflect, represent, and serve their communities.

BROOKLYN COMMUNITY PRIDE CENTER

lgbtbrooklyn.org

347-889-7719

Providing services and support to the borough's LGBTQ+ community through original programming and partnerships with exemplary organizations.

THE CENTER

gaycenter.org

212-620-7310

Fostering a welcoming environment where everyone is celebrated for who they are. Offering the LGBTQ communities of NYC advocacy, health and wellness programs; arts, entertainment, and cultural events; recovery, parenthood, and family support services.

GARDEN STATE EQUALITY

gardenstateequality.org

contact@gardenstateequality.org

973-509-5428

New Jersey's largest LGBTQ advocacy and education organization. They provide quality, innovative community programs, educate and train service providers, and pass pro-equality policies to protect and meet the needs of LGBTQ New Jerseyans.

HARLEM PRIDE

harlempride.org

347-846-0362

Advocates for, educates, promotes, and unites Harlem's Same Gender Loving/LGBT individuals, organizations, and supporters.

HEALTH OUTREACH TO TEENS

callen-lorde.org/hott

212-271-7212

A welcoming, non-judgmental, confidential program designed specifically to meet the medical and mental health needs of LGBTQ adolescents and young adults ages 13-24, as well as other young people in need. Services are offered both at a youth-only medical suite at Callen-Lorde as well as a mobile medical unit that travels throughout the five boroughs. All services are provided free of charge or at low cost. HOTT will register young people 21 years old and younger for healthcare services, and provide ongoing care up to their 24th birthday.

LOCAL RESOURCES

HETRICK MARTIN INSTITUTE

hmi.org

212-674-2400

For Supporting LGBTQ (lesbian, gay, bisexual, transgender, questioning) youth ages 13 - 24 and their families through the delivery of youth services and innovative programs that other organizations may use as models.

Through a comprehensive package of direct services and referrals, Hetrick-Martin seeks to foster healthy youth development.

IDENTITY HOUSE

identityhouse.org

info@identityhouse.org

An all-volunteer community that provides counseling services to support and encourage LGBTQ+ adults who are working through issues around sexual orientation and gender identity & expression, including among other things alienation, relationships, and family.

IHI THERAPY

ihitherapy.org

info@ihitherapy.org

212-243-3175

Provides LGBTQ+-affirming mental health care to people of all sexual orientations and gender identities. Unequivocally opposed to white supremacy, racism, misogyny, hatred, and bigotry in all forms. Since 1973, IHI has fought for and supported the mental health of people in LGBTQ+ communities while respecting and fostering their unique identities. In addition to mental health services, IHI provides clinical training to the next generation of LGBTQ+-affirming mental health clinicians and culturally responsive continuing education to professionals and organizations.

LONG ISLAND CRISIS CENTER & PRIDE FOR YOUTH

longislandcrisiscenter.org

longislandcrisiscenter.org/prideforyouth

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

24/7 Crisis Hotline: (516) 679-1111

LICC provides programs and services to support and empower Long Islanders at critical times in their lives.

In 1993, Long Island Crisis Center started PFY (Pride for Youth) at a time when support and outreach to LGBTQ youth on Long Island was virtually non-existent. PFY has grown to encompass multiple services addressing many of the needs of LGBTQ youth and their families. Their mission is to enhance the health and wellness of the LGBTQ community through education, supportive services, and personal.

NORTHWELL HEALTH LGBTQIA SERVICE

[northwell.edu/doctors-and-care/](http://northwell.edu/doctors-and-care/lgbtqia-services)

lgbtqia-services

Dedicated to providing leading-edge health care and world-class resources that meet the needs of the lesbian, gay, bisexual, transgender, queer or questioning, intersex, and asexual or allied (LGBT/LGBTQIA+) community.

PFLAG NEW YORK CITY

pflagnyc.org

646-580-7045

Parents, Families and Friends of Lesbian, Gay, Bisexual and Transgender People - is the founding chapter of PFLAG, the nation's foremost family-based organization committed to the civil rights of LGBT people. Providing services to families, schools, corporations, and the larger community in order to increase understanding and acceptance of LGBT people.

PRIDE CENTER OF STATEN ISLAND

pridecentersi.org

SMO-info@pridecentersi.org

718-808-1360

Enhancing and sustaining the well-being of the LGBTQ and allied communities by providing programs and services that cultivate community; advocating for LGBTQ interests; educating and empowering; and providing social support.

TRINITY PLACE SHELTER

trinityplaceshelter.org

646-580-7045

Providing homeless LGBTQ youth with the basic support, shelter and skills necessary to make the transition to independent living, and making a positive difference for as many as possible in the midst of this crisis.

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

Learn about how your brain works and how to help keep it healthy on 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.

NATIONAL RESOURCES

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.

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.

ERIKA'S LIGHTHOUSE

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.

GAY, LESBIAN & STRAIGHT EDUCATION NETWORK

glsen.org

info@glsen.org | 212-727-0135

GLSEN was founded by a group of teachers in 1990 that knew educators play key roles in creating affirming learning environments for LGBTQ youth. GLSEN supports educators, conducts research, provides resources for schools and the community, and more. Every day GLSEN works to ensure that LGBTQ students are able to learn and grow in a school environment free from bullying and harassment. GLSEN coordinates a network of 43 chapters in 30 states across the nation.

GENDER SPECTRUM

genderspectrum.org

Working to create gender-sensitive and inclusive environments for all children and teens. Including online programs, resources, and information that young people, parents, and families can use to further their understanding of gender and learn the value of parental and adult support.

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.

NATIONAL RESOURCES

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.

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.

NATIONAL RESOURCES

[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.

LGBT NATIONAL YOUTH TALKLINE

glbthotline.org

help@glbthotline.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/

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.

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.

NATIONAL RESOURCES

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 Illness](http://TheNationalAllianceonMentalIllness.org) (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](#)

NARCOTICS ANONYMOUS

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.

ONE MIND PSYBERGUIDE

onemindpsyberguide.org/

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.

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.

TRANS LIFELINE

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

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.

UNDERSTANDING LGBTQ+ IDENTITY (PBS LEARNING MEDIA COLLECTION)

ny.pbslearningmedia.org/collection/lgbtq-identity

Understanding LGBTQ+ Identity: A Toolkit for Educators offers a series of digital media resources to help teachers, administrators, guidance counselors, and other educators understand and effectively address the complex and difficult issues faced by LGBTQ students.

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.

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