

WELL BEINGS



Indiana 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/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 Greater Indianapolis region. 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 Indianapolis area.

ASPIRE INDIANA

aspireindiana.org

800-560-4038

Offers outpatient services for addiction, behavioral, and primary care in order to help Hoosiers overcome physical and mental illness and experience an improved quality of life.

ADULT & CHILD HEALTH

adultandchild.org

877-882-5122

Delivering evidence-based practices to clients of all ages who experience serious mental illness. Programs are delivered by multidisciplinary treatment teams that are specifically trained to offer the very best person-centered recovery supports in the behavioral health industry. Adult & Child Health serves Central Indiana.

BE WELL INDIANA

bewellindiana.com

211

A collection of resources compiled by the Indiana Division of Mental Health and Addiction designed to help Hoosiers stay connected and maintain their well-being. Resources include a crisis helpline, mental health, wellness, substance abuse, recovery, COVID-19 and assistance resources.

BROOKE'S PLACE FOR GRIEVING YOUNG PEOPLE

brookesplace.org

317-705-9650

Support groups for young people ages 3 - 20s, who have experienced the death of someone significant. Adult groups are provided for parents/guardians and run concurrently. The peer support groups are offered at no charge to families.

CHANGE THE FREQUENCY CAMPAIGN

changethefrequency.today

A mental health awareness and stigma reduction campaign developed through Indiana's Project AWARE – a collaborative initiative between the Indiana Department of Education and the Indiana Division of Mental Health and Addiction. Visit the "Stronger Together" page for information on their commitment to normalize the conversation around mental health—so we have the power, opportunity, and means to make a difference.

COMMUNITY HEALTH NETWORK AND GALLAHUE MENTAL HEALTH CENTER

ecomunity.com/services/mental-behavioral-health

317-621-5700

Comprehensive behavioral healthcare system in Indiana - including inpatient and outpatient services for youth (ages 5-18), adults and seniors.

CONNECTIONS, INC.

connections-inc.net

877-423-1002

Behavioral health care & youth mentoring services provider featuring parent education & support, case management, youth mentoring, psychological evaluations, day treatment & tutoring services.

FAMILIES FIRST

familiesfirstindiana.org

info@familiesfirstindiana.org

317-634-6341

Helping individuals, couples, and families who struggle with life's challenges and changes - for over 180 years. Providing education, support, and counseling for those who need care, hope, and guidance - for everyday life or in times of crisis.

INDIANA DIVISION OF MENTAL HEALTH AND ADDICTION

in.gov/fssa/dmha/find-a-local-service-provider

800-901-1133

Listing of 25 Community Mental Health Centers' locations that offer outpatient mental health services and are certified by the Indiana Division of Mental Health and Addiction.

INDIANA SYSTEM OF CARE

in.gov/fssa/dmha/youthservices

dmhayouthservices@fssa.in.gov

317-232-7800

Part of the Indiana Division of Mental Health and Addiction, with a mission to support the mental wellness of young people in the interest of building resilience and hope for families. Provides local care coordinators and information on youth and family services, programs, public notifications, resources and events.

INDIANA FAMILY TO FAMILY (INF2F)

Inf2f.org

info@inf2f.org | 844-323-INFO

A family-to-family health information center that offers support, resources, training and information to families, caregivers and professionals caring for children and youth who require additional health and education support.

INDIANA YOUTH GROUP

indianayouthgroup.org

cpaulsen@indianayouthgroup.org

317-541-8726

Programming revolves around building community, developing leadership qualities, and increasing self-esteem and self-efficacy. Through this programming, IYG hopes to lessen the impact of stressors most commonly faced by LGBTQ+ youth.

INDIANA YOUTH SERVICES ASSOCIATION

indysb.org

317-238-6955

Supporting youth, youth workers, and nonprofit agencies through the delivery of community-based programming across 70 Hoosier counties. Focused on juvenile delinquency prevention, information and referral services, community education, and advocacy for youth.

LOOK UP INDIANA

lookupindiana.org

877-257-0208

A comprehensive online resource that includes information, support and providers for anyone wanting to find help, locate information, or help others on their path to mental wellness.

MENTAL HEALTH AMERICA OF INDIANA

mhai.net

info@mhai.net | 317-638-3501

A comprehensive online resource that includes information, support and providers for anyone wanting to find help, locate information, or help others on their path to mental wellness.

NAMI INDIANA

namiindiana.org/home

info@namiindiana.org | 800-677-6442

Through a network of 15 local affiliates across the state, NAMI Indiana facilitates education, support and advocacy programs to improve the quality of life for people living with serious mental illnesses, their families, and their friends. NAMI programs are research-based and peer-led.

OK2TALK

ok2talk.org

1-800-273-TALK

An online community for teens and young adults struggling with mental health problems who want to share their experiences.

REACH FOR YOUTH

reachforyouth.org

rhy@reachforyouth.org

317-920-5900

Quality mental health and youth services programming to Central Indiana youth and their families. Mental health and clinical services address managing depression, anxiety, trauma, academic and school success, sexual acting out behaviors and substance abuse.

SANDRA ESKENAZI MENTAL HEALTH CENTER

eskenazihealth.edu/mental-health

317-880-8491

Comprehensive care for all types of emotional and behavioral problems, including severe mental illness and substance abuse. Offers both inpatient and outpatient services in multiple locations throughout Indianapolis.

STRENGTH OF US

notalone.nami.org

An online community designed to inspire young adults impacted by mental health issues to think positive, stay strong and achieve their goals through peer support and resource sharing.

VALLE VISTA HEALTH SYSTEM

vallevistahospital.com

317-887-1348

Inpatient and outpatient behavioral health and addiction care to adults and children ages 12 and older who need a therapeutic environment to start their journey toward mental wellness. Licensed by the state and fully accredited. Programs include: adolescent and adult inpatient acute psychiatric care, adolescent girls residential treatment center, adult inpatient chemical detox, adolescent and adult IOP, and medication assisted treatment.

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.

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 AND BIPOLAR SUPPORT ALLIANCE

DBSAlliance.org

info@dbsalliance.org

1-800-826-3632

The Depression and Bipolar Support Alliance (DBSA) is a leading national organization focusing on mood disorders including depression and bipolar disorder, which affect over 21 million Americans, account for over 50% of the nation's suicides every year, and cost \$23 billion in lost workdays and other workplace losses.

DETOXREHABS.NET

DetoxRehabs.net

888-859-4403

At DetoxRehabs.net, the overall goal is to provide trusted resources, relevant information, and referral services for addicted individuals and their families.

DMAX FOUNDATION

dmaxfoundation.org

info@dmaxfoundation.org

DMAX Foundation is helping expand mental health resources on college campuses through its student-led, mental health-focused DMAX Clubs where students get together and talk about how they are doing, how their friends are doing, and how they can help each other. The Clubs provide an environment for students to talk about whatever is on their minds. DMAX Clubs, which are for all students, foster the mission of DMAX Foundation – “Creating connections and conversations that matter to strengthen mental health and emotional well-being for young people.”

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.

EQUIP

equip.health

join@equip.health | 855-387-4378

Equip makes gold-standard eating disorder care accessible to all people through Family-Based Treatment (FBT) delivered at home with a dedicated five-person care team including a therapist, dietitian, physician, and peer & family mentor.

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

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

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.

NATIONAL RESOURCES

[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.

[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.

NATIONAL RESOURCES

KAISER PERMANENTE THRIVING SCHOOLS

[FindYourWords.org](https://www.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](https://www.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](https://www.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 Illness](https://www.nami.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](https://www.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](https://www.nami.org/nami-basics).

NATIONAL RESOURCES

Nami Basics OnDemand (Continued)

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.

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.

PROJECT HEAL

www.theprojectheal.org

contact@theprojectheal.org

Text HEALING to 741741 for

immediate support in crisis

Project HEAL is a direct-service nonprofit creating equitable access to eating disorder treatment for those who the system is failing. We provide live-saving support through free treatment placements, free insurance navigation help, free assessments, and cash assistance grants.

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.

NATIONAL RESOURCES

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.

TEENS4TEENSHelp

www.teens4teenshelp.org

#teens4teenshelp

info@teens4teenshelp.org

Teens4TeensHelp provides teens who struggle with mental health issues with a trusted online platform in partnership with schools, counselors, and professionals. T4TH features peer stories of recovery, informational videos, extensive resources, providing hope, help, and inspiration...reducing stigma and saving lives.

TEENLINE

TeenLine.org

Text: "TEEN" to 839863

6 PM - 9 PM PST Every Night

Call 800-852-8336 nationwide

6 PM - 10 PM PST Every Night

Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

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.

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

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.

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