

# WELL BEINGS



## Greater Washington D.C. Mental Health Resource Toolkit

**WETA**



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](http://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 Greater Washington D.C 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 Washington D.C. area. The following local resources section is organized by Washington D.C., Maryland and Virginia.

## WASHINGTON D.C.

### BLACK SWAN ACADEMY

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

Empowers Black youth in under-served communities through civic leadership and engagement, giving them the tools needed to succeed in life.

### BOYS TOWN WASHINGTON DC

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

Offering a wide range of outpatient services for children of all ages. Individual therapy, family therapy and psychological evaluations are available for children and young adults (up to age 22) who are experiencing any of a wide variety of problems, including ADHD, school difficulties, emotional issues, noncompliance and relationship concerns.

### COMMUNITY CONNECTIONS

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

Committed to innovative and compassionate mental health services, addiction treatment, and residential care for the District of Columbia's most vulnerable citizens.

### DEPARTMENT OF BEHAVIORAL HEALTH

888-793-4357 / Access Helpline

The Access Helpline is the easiest way to get connected to services provided by the Department of Behavioral Health and its certified behavioral health care providers. This 24-hour, seven-day-a-week telephone line is staffed by behavioral health professionals who can refer a caller to immediate help or ongoing care.

### HURDLE HEALTH

[hurdle.health](http://hurdle.health)

Provides culturally sensitive self-care support and teletherapy for African American men and their families. Currently available only to residents in the DC metropolitan area.

### LA CLÍNICA DEL PUEBLO

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

La Clínica del Pueblo is a bilingual, bicultural, community health center that provides comprehensive care to the Latino community.

### LATIN AMERICAN YOUTH CENTER

[layc-dc.org/health-and-wellness](http://layc-dc.org/health-and-wellness)

877-423-1002

LAYC's health and wellness programs address the complex health needs of low-income youth providing services in a bilingual and culturally appropriate environment. Services include free mental health and substance use counseling, and STI, HIV, and pregnancy testing.

### MARY'S CENTER

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

Specializes in helping people who have experienced trauma and those struggling with anxiety, depression, post-traumatic stress disorder, substance abuse and other mental health concerns.

### MINDRIGHT

[mindright.io](http://mindright.io)

Provides free mental health support by text to DC youth between the age 13-20 with a mental health coach. Gives youth, especially those from a low-income community and especially people of color, a safe, private space to work through their challenges.

## **NAMI DC**

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

NAMI DC is the District of Columbia chapter of the National Alliance on Mental Illness, the nation's largest grassroots mental health organization providing advocacy, education, support, & public awareness.

## **ONE COMMON UNITY**

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

Builds resilience, compassionate young leaders, empowering them to break the cycle of violence and become positive forces for change – including after-school workshops, weekend field trips, city wide art showcases and more – to build participants' social and emotional competencies.

## **PROJECT CREATE**

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

Provides opportunities for creative youth development through accessible, multidisciplinary arts education to empower young people and amplify their voices. An inclusive and supportive community where art is healing and transformative.

## **RISA FUND**

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

The organization seeks to enhance the well-being of underserved youth in Washington, DC through the arts and athletic enrichment and improved access to mental health services.

## **SMYAL CLINICAL SERVICES DEPARTMENT**

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

Offers support and empowerment for LGBTQ youth in the DC metro area. The organization offers one-on-one therapy, group counseling, or case management support.

## **WORDS, BEATS & LIFE**

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

The non-profit organization transforms individual lives and communities through Hip-Hop culture in all its forms. In the last year, Words, Beats & Life has engaged more than 30,000 youth and young adults through in person and virtual programming designed to educate and inspire.

## **YMCA METROPOLITAN WASHINGTON**

[yfs.ymcadc.org](http://yfs.ymcadc.org)

202-603-0952

Provides school and community-based prevention and early intervention services to at-risk and under-served children and families in the region.

## **MARYLAND**

### **ASIAN AMERICAN HEALTH INITIATIVE (AAHI)**

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

An initiative of Maryland's Montgomery County Department of Health and Human Services, its website is available in four languages: Traditional Chinese, Hindi, Korean and Vietnamese.

### **CHILDREN'S MENTAL HEALTH MATTERS**

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

Bringing together nonprofits, schools, and other agencies with the following goals: raising public awareness of the importance of children's mental health and substance use, reducing stigma of mental health, and connecting children and families with resources for prevention and support of mental health conditions.

## **CREATE ARTS CENTER**

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

Provides high quality, affordable programs using an eclectic array of mediums from collage to cartooning. Licensed art therapists offer hope and healing to people living with severe mental health challenges.

## **EVERYMIND**

[every-mind.org](http://every-mind.org)

Identifying and addressing the needs of at-risk children and their families and following up with more intensive case management and counseling when needed.

## **MARYLAND COALITION OF FAMILIES CENTRAL OFFICE**

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

410-730-8267

A state-wide nonprofit dedicated to connecting, supporting and empowering families who are experiencing behavioral health challenges.

## **MARYLAND EARLY INTERVENTION PROGRAM**

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

877-277-6347

Offering specialized programs with expertise in the early identification, evaluation, and comprehensive psychiatric treatment of adolescents and young adults at risk for, or in the early stages of, a mental illness with psychosis.

## **NAMI MARYLAND**

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

NAMI Maryland is dedicated to improving the lives of children and adults living with serious mental illnesses, and their families. Mental health impacts millions of Americans; NAMI Maryland offers resources and educational materials focused on children and adolescents living with mental illness.

## **PRINCE GEORGE'S COUNTY COUNCIL RESOURCES**

[pgccouncil.us/758/mental-health-resources](http://pgccouncil.us/758/mental-health-resources)

A listing of a variety of mental health services available to those living in Prince George's County.

## **VIRGINIA**

### **MENTAL HEALTH AMERICA OF VIRGINIA**

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

A not-for-profit organization working with recovery, wellness and healing as the foundational tenets behind its educational peer-run programs.

### **NAMI VIRGINIA**

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

Serving as a source of support and information for youth and young adults with mental health needs and their families, including fact sheets and webinars that provide information on topics and services that are relevant to youth, young adults and parents who have children and youth with mental health needs.

## **NORTHERN VIRGINIA MENTAL HEALTH INSTITUTION**

[nvmhi.dbhds.virginia.gov](http://nvmhi.dbhds.virginia.gov)

703-207-7100

Northern Virginia Mental Health Institute provides inpatient psychiatric treatment to individuals by offering therapy, medication and case management services. We provide the care and services needed to help individuals stabilize and return to their communities.

### **PRS CRISISLINK HOTLINE**

800-273-8255 or text "CONNECT" to 855-11

24/7 Crisis & Suicide Prevention Hotline and Textline—offers crisis intervention, suicide prevention, and support to individuals in order to foster self-sufficiency by providing problem-solving skills and help cope with emotional trauma, personal and family crises.

### **TURNING POINT**

[fairfaxcounty.gov/community-services-board/services/turning-point](http://fairfaxcounty.gov/community-services-board/services/turning-point)

703-559-3000

Coordinated services for young people having or at risk of a first psychotic episode, launched by the Fairfax-Falls Church Community Services Board with funding from the Virginia Department of Behavioral Health and Developmental Services.

## **VIRGINIA HOME FOR BOYS AND GIRLS**

[vhbg.org/about/mission](http://vhbg.org/about/mission)

A nonprofit organization that provides transitional living services, specialized education, and therapeutic resources to youth with emotional and behavioral health concerns.

# 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://www.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://www.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://www.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](#).

## **ATHLETES FOR HOPE**

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

[contact@athletesforhope.org](mailto:contact@athletesforhope.org)

Through education, storytelling, convening and advocacy, the Whole Being Athlete Program from Athletes for Hope unites and empowers athletes of all levels and backgrounds to end the stigma of mental health in and out of sports.

## **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.

## **CENTER FOR NATIVE AMERICAN YOUTH**

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

An education and advocacy organization that works alongside Native youth—ages 24 and under—on reservations in rural villages and urban spaces across the country to improve their health, safety and overall well-being.

## **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.

# NATIONAL RESOURCES

## **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.

## **DEPRESSION AND BIPOLAR SUPPORT ALLIANCE**

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

[info@dbsalliance.org](mailto: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](http://DetoxRehabs.net)

888-859-4403

At [DetoxRehabs.net](http://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](http://dmaxfoundation.org)

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

## **FIND YOUR ANCHOR**

[findyouranchor.us](http://findyouranchor.us)

[findyouranchor@gmail.com](mailto:findyouranchor@gmail.com)

Find Your Anchor is a grassroots movement aimed at suicide prevention, awareness, and education. With creativity and a personal touch, Find Your anchor aims to support those who may be struggling and de-stigmatize conversations surrounding suicide and mental health. Are you struggling? Request a Find Your Anchor box with resources to support you.

## **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](http://hopesquad.com) #hopesquads

[support@hopesquad.com](mailto: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.

# NATIONAL RESOURCES

## **HUMANEST CARE**

### [humanestcare.com](https://www.humanestcare.com)

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

## **THE JED FOUNDATION**

### [JED Voices](#)

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

### [Seize the Awkward](#)

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

### [Set to Go](#)

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

### [Love is Louder Action Center & COVID-19 Resource Guide](#)

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

### [Ulifeline](#)

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

### [Equity in Mental Health Framework](#)

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

### [JED's POV on Student Mental Health and Well-Being in Fall Campus Reopening](#)

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

### [Mental Health is Health](#)

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

### [Press Pause](#)

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

### [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/](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.

## **LATINX THERAPY**

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

A virtual directory of mental health providers in Latinx communities.

## **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.

## **MEADOWS MENTAL HEALTH POLICY INSTITUTE**

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

Launched in 2014, the Meadows Mental Health Policy Institute helps local, state, and national leaders identify equitable, systemic solutions to mental health needs and is a trusted source for data-driven mental health policy in Texas and beyond. The Institute works with state and national leaders to shift the focus of new investments towards early intervention, addressing the mental health crisis in our jails and emergency rooms, and helping all people with mental health needs recover and be well.

## **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.

# NATIONAL RESOURCES

## 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.

## MENTAL HEALTH SERVICES OVERSIGHT & ACCOUNTABILITY COMMISSION

[mhsoac.ca.gov](http://mhsoac.ca.gov)

The Commission works through partnerships to catalyze transformational changes across service systems so that everyone who needs mental health care in California has access to and receives effective and culturally competent care.

## 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](#).

## 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](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](#)

## 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

## **NATIONAL COUNCIL FOR MENTAL WELLBEING**

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

A membership organization that drives policy and social change on behalf of nearly 3,200 mental health and substance use treatment organizations and the more than 10 million children, adults and families they serve. Advocating to ensure equitable access to high-quality services, fighting for a stronger, better-funded, more integrated approach to mental health and substance use care by advocating for life-saving legislation, strengthening the substance use and mental health safety-net system, investing in provider capacity and increasing mental health literacy.

## **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**

[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.

# NATIONAL RESOURCES

## **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.

## **TEENS4TEENSHelp**

[www.teens4teenshelp.org](http://www.teens4teenshelp.org)

#teens4teenshelp

[info@teens4teenshelp.org](mailto: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](http://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](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.

## **THE TREVOR PROJECT**

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

#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](http://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.

## **WE Organization**

[we.org/en-US](http://we.org/en-US)

Through the WE Schools program, the WE Organization brings well-being through service-learning into the classroom. In collaboration with leading mental health professionals, our modules help youth and educators in Grades SK to 12 improve their own emotional, social, physical and mental well-being and the well-being of others. For resources and tools, including lesson plans and curriculum for educators, visit: [we.org/en-US/our-work/we-schools/well-being](http://we.org/en-US/our-work/we-schools/well-being).

# NATIONAL RESOURCES

## WELL BEING TRUST

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

Well Being Trust is an impact philanthropy dedicated to advancing the mental, social, and spiritual health of the United States. We believe the health of our mind is inseparable from the health of our body and spirit. Our goal is to save lives from deaths by overdose and suicide, and to increase equitable well-being for all. To realize these goals, we are committed to improving [systems of care, coverage, and community conditions](#). Alongside investing in infrastructure for the broad-based [US well-being movement](#), Well Being Trust and partners are advancing [StrengthIn.us](#) by equipping community residents and local organizations with skills and resources to help communities be their own first responders. Visit the Well Being Trust resource page for youth and young adults at: [wellbeingtrust.org/resources/youth-and-young-adults](http://wellbeingtrust.org/resources/youth-and-young-adults).

## WORK2BEWELL

[Work2BeWell.org](http://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.

## XQ INSTITUTE

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

The XQ Institute works with communities throughout the country, with individual schools and entire school systems, to help them dream big about what high school could be, turn their innovative ideas into action, and create more rigorous and equitable schools and districts.

# WELL BEINGS

Support for the Well Beings Youth Mental Health Project is 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, Meadows Mental Health Policy Institute, XQ Institute, John & Frances Von Schlegell, Sutter Health, Robina Riccitiello, and Jackson Family Enterprises.

Well Beings partners include CALL TO MIND at American Public Media, PBS NewsHour Student Reporting Labs, WE Organization, Forbes, PEOPLE, Mental Health America, National Council for Mental Wellbeing, The Steve Fund, The Jed Foundation, Athletes for Hope, Find Your Anchor, and Well Being Trust.

## SUPPORT PROVIDED BY



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