

WELL BEINGS



Nebraska 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/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 Nebraska residents. 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 Nebraska.

BLUE VALLEY BEHAVIORAL HEALTH

www.bvbh.net

402-228-3386

After Hours Crisis: 877-409-6600

Provides outpatient mental and substance abuse treatment to adults and children in Southeast Nebraska.

BOYS TOWN NATIONAL HOTLINE

<https://boystown.org/hotline>

hotline@boystown.org

800-448-3000

Text VOICE to 20121

This 24-hour crisis line is staffed by trained counselors and accredited by the American Association of Suicidology. Spanish-speaking counselors and translation services for over 100 languages are available.

BRYAN HEALTH MEDICAL CENTER

<https://screening.mentalhealthscreening.org/bryanhealth>

402-481-1111

Provides confidential, online mental health screening and information about the medical center's services.

CENTER POINTE, INC.

<https://centerpointe.org>

402-475-8717

Crisis Line: 402-475-6695

Provides holistic care for people suffering from mental health and substance abuse disorders. Includes treatment, rehabilitation and housing, particularly for homeless and low-income individuals.

CHARLES DREW HEALTH CENTER

<https://charlesdrew.com>

402-451-3553

Provides healthcare and behavioral health services for individuals and families living in Douglas County.

CHI HEALTH - BEHAVIORAL CARE

<https://www.chihealth.com/en/services/behavioral-care.html>

402-717-4673

Distributes research and news from the mental health field; experts are available for questions regarding non-urgent mental health questions.

CIRRUS HOUSE

www.cirrushouse.org

308-635-1488

Provides support for people living with mental illness in the Nebraska Panhandle through advocacy, housing, employment, and education services.

CHOICES COUNSELING

<https://choicescounseling-hypnosis.com>

choices@choices4hope.com

402-533-3680

Counsels on emotional health and substance abuse problems in and around Blair, Nebraska. Services include classes, support groups, and outpatient treatment for individuals and families, youth and adults.

COMMUNITY ALLIANCE

<https://community-alliance.org>

402-341-5128

Focuses on providing adults with mental illness and substance abuse disorders opportunities to develop the skills to manage their condition.

DOUGLAS COUNTY COMMUNITY MENTAL HEALTH CENTER

<https://cmhc.douglascounty-ne.gov>

402-444-7905

Provides comprehensive mental health and substance abuse care for the underserved of Douglas County.

ENCOUNTER TELEPSYCHIATRY

<https://www.encounter.health>

info@encounter.health

844-485-3041

Addresses the shortage of mental health providers, including rural communities, by bringing the provider directly to the patient via telehealth. Patients receive high quality, evidence-based healthcare.

FAMILIES CENTER FOR ADVOCACY, RESOURCE, & EDUCATION (CARE)

<https://familiescare.org>

308-237-1102

Provides support in Central Nebraska to parents with children who have emotional, behavioral, or mental health challenges.

LOCAL RESOURCES

FAMILIES INSPIRING FAMILIES

<https://familiesinspiringfamilies.org>

402-441-4369

Provides resources and a forum of support and encouragement for families with youth who have emotional, behavioral, or mental health issues.

FRIENDSHIP HOUSE

www.thefriendshiphouse.net

admin@thefriendshiphouse.net

308-675-3345

Offering evaluation and evidence-based treatment for issues related to mental health and substance abuse, the Friendship House provides outpatient counseling and halfway house residential treatment services.

HEARTLAND FAMILY SERVICES

<https://www.heartlandfamilyservice.org>

info@HeartlandFamilyService.org

402-552-7400

Strengthens individuals and families through education, counseling, and support.

HOPESPOKE

www.hopespoke.org

info@hopespoke.org

402-475-7666

Inspiring families through comprehensive behavioral and mental health services.

THE KIM FOUNDATION

<https://thekimfoundation.org>

info@thekimfoundation.org

402-891-6911

Focused on increasing awareness and continued education related to mental illness and suicide. Striving to break down the stigma often associated with seeking mental health care.

MENTAL HEALTH ASSOCIATION OF NEBRASKA

www.mha-ne.org

info@mha-ne.org

402-441-4371

A non-profit, peer-operated and participant-driven organization, dedicated to serving and providing alternative programs to those who struggle with mental health and/or substance and addiction issues.

MID-PLAINS CENTER FOR BEHAVIORAL HEALTHCARE SERVICES

www.midplainscenter.org

308-385-5250

Provides quality, affordable, behavioral health services for Central Nebraskans including prevention, treatment, crisis intervention and aftercare services.

NAMI NEBRASKA

<https://naminebraska.org>

info@naminebraska.org

402-345-8101

NAMI Nebraska provides education and support services to those whose lives are impacted by mental illness along with their families. Through our signature programs: Connections, Family Support group Family to Family Class, Provider seminar and Ending the Silence you'll find support and shared understanding.

NEBRASKA ASSOCIATION OF BEHAVIORAL HEALTH ORGANIZATION (NABHO)

<https://www.nabho.org>

annette.dubas@outlook.com

308-550-0614

Promotes substance abuse and mental health services for Nebraskans, with representatives from various behavioral health organizations from around the state.

NEBRASKA DEPARTMENT OF HEALTH AND HUMAN SERVICES- BEHAVIORAL HEALTH

<http://dhhs.ne.gov/Pages/Behavioral-Health.aspx>

402-471-3121

Provides individuals, families, and agencies behavioral health resources, such as information about services, laws, and related news.

NEBRASKA FAMILY HELPLINE

<http://dhhs.ne.gov/Pages/Nebraska-Family-Helpline.aspx>

888-866-8660

Connects children and families in Nebraska to training counselors who can provide counseling and connect families to local behavioral health providers 24/7.

NEBRASKA FAMILY SUPPORT NETWORK (NFSN)

www.nefamilysupportnetwork.org

info@nefamilysupport.org

402-345-0791

Provides support and services to families of children with mental illness and behavioral disorders. Assists families in navigating the system to obtain care. Advocates for mental health system improvements.

NEBRASKA LOSS TEAM

<https://www.nebraskaloss.org>

Area phone numbers on website
Trained survivor and mental health professionals who bring immediate support to the survivors of suicide.

LOCAL RESOURCES

NEBRASKA MENTAL HEALTH

<https://nebraskamentalth.com>
info@nebraskamentalth.com

Provides knowledge, resources, and care related to mental health issues, including local and national links to mental health resources and assistance to those looking for a mental health provider.

NEBRASKA URBAN INDIAN HEALTH CENTER

www.nuihc.com
402-346-0902

Provides medical and behavioral health services targeting the urban American Indian and Alaska Native population in greater Omaha, Lincoln-Lancaster County area, and Sioux City, Iowa.

NEBRASKA YOUTH SUICIDE PREVENTION PARTNERSHIP

<http://youthsuicideprevention.nebraska.edu>
800-273-8255

Works to decrease the suicide rate among young people in Nebraska.

ONEWORLD COMMUNITY HEALTH CENTERS

www.oneworldomaha.org
402-734-4110

Provides culturally respectful medical and behavioral health services in the Omaha metropolitan area with majority bilingual and bicultural staff.

PARENT TO PARENT NETWORK

<https://www.parent-parent.org>
402-379-2268

Created for families in northeast Nebraska who are raising children with emotional and/or behavioral challenges.

UNIVERSITY OF NEBRASKA - LINCOLN

<https://caps.unl.edu>
402-472-7450

A team of psychologists and counselors that works with Nebraska students to help them explore their feelings and thoughts and learn ways to improve their mental, psychological and emotional well-being.

UNIVERSITY OF NEBRASKA - OMAHA

<https://www.unomaha.edu/student-life/wellness/counseling-and-psychological-services/index.php>
402-554-2409

Counseling services via phone and telehealth for students, all confidential and conducted by licensed mental health practitioners.

UNIVERSITY OF NEBRASKA - KEARNEY

https://www.unk.edu/offices/counseling_healthcare/counseling_care/mental-health-matters.php
308-865-8248

A mental health clinic for UNK students, providing professional mental health services, including counseling, substance use counseling, crisis intervention, outreach programming, and consultation.

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](#).

ATHLETES FOR HOPE

Athletesforhope.org

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/

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.

CENTER FOR NATIVE AMERICAN YOUTH

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/

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.

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

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.

FIND YOUR ANCHOR

findyouranchor.us

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/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.

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/

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.

LATINX THERAPY

latinxtherapy.com

A virtual directory of mental health providers in Latinx communities.

LGBT NATIONAL YOUTH TALKLINE

glbthotline.org

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/

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

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/

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

MENTAL WELLNESS COLLECTIVE

mentalwellnesscollective.com/

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

NATIONAL RESOURCES

MENTAL HEALTH AMERICA

MHAnational.org

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

MENTAL HEALTH FIRST AID TRAINING

mentalhealthfirstaid.org

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

MENTAL HEALTH SERVICES OVERSIGHT & ACCOUNTABILITY COMMISSION

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

#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) (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](#).

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.

NATIONAL RESOURCES

NATIONAL COUNCIL FOR MENTAL WELLBEING

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/

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

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.

NATIONAL RESOURCES

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.

WE Organization

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.

NATIONAL RESOURCES

WELL BEING TRUST

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.

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.

XQ INSTITUTE

xqsuperschool.org

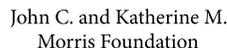
The XQ Institute works with communities throughout the country, with individual schools and entire school systems, to help them dream big about what high school could be, turn their innovative ideas into action, and create more rigorous and equitable schools and districts.

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, 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, Jackson Family Enterprises, John C. & Katherine M. Morris Foundation, The Arthur Vining Davis Foundations, and Pritzker Traubert Foundation.

Partners include One Mind, 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, Well Being Trust, Embark Behavioral Health, Peg's Foundation, and Inseparable.

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