

Caring for the Mind: Mental Health Resources



MedlinePlus: Mental Health <https://medlineplus.gov/mentalhealth.html>

MedlinePlus is the National Institutes of Health's website for patients and their families and friends. MedlinePlus offers reliable, up-to-date health information, anytime, anywhere, for free. Check out the Mental Health topics page or read about thousands of other health topics.

National Alliance on Mental Illness www.nami.org

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI supports a mental health emergency helpline.

In a Crisis?

Call 800-950-6264

Text NAMI to 741741

National Center for PTSD <http://www.ptsd.va.gov>

The National Center for Posttraumatic Stress Disorder, from the US Department of Veteran Affairs, provides information for Veterans and the general public as well as researchers and providers. Resources include printable materials, videos, and a PTSD Mobile App to help manage symptoms and cope.

National Mental Health Information Center <https://findtreatment.samhsa.gov>

The Substance Abuse and Mental Health Services Administration (SAMHSA) offers a helpful site for information on substance abuse, mental illness and coping with disaster. Resources include help lines and a Behavioral Health Treatment Services Locator.

National Suicide Prevention Lifeline <https://suicidepreventionlifeline.org>

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Chat, En Español, for deaf & hard of hearing, and learning resources available.

1-800-273-8255 (TALK)

Pillbox <http://pillbox.nlm.nih.gov>

The Pillbox website was developed to aid in the identification of unknown pills. It combines images of pills with the appearance and other information to enable users to visually search for and identify oral solid dosage form medications.

Psychologist Locator <https://locator.apa.org>

American Psychological Association's tool for finding the right psychologist for you.