When you’ve decided to seek help, knowing what resources are available and where to start can be tricky. Use the decision map below to help you figure out your options. If you don’t find help where a path ends, try any of the resources in the gold boxes.

When to Get Help

Are you in a mental health crisis? (thinking about hurting yourself or someone else)

- Call 1-800-273-TALK (8255), go to your local Emergency Room or call 911 as soon as possible.

Are you a current or former member of the military, or a dependent (spouse or child) of one?

- MilitaryOne Source provides 12 free confidential counseling sessions for active duty and families. Military Chaplains are mental health service providers. TRICARE has a 24/7 Nurse Advice Line at 1-800-874-2273.

Are you a student?

- Your school’s guidance counselor can help you find resources or additional help. Teens can also text “START” to 741-741 for 24/7 confidential crisis text services.

Do you have insurance through a government program, like Medicaid or Medicare?

- Eligible veterans can get care through the V.A. Visit www.va.gov/health or call 1-877-222-8387.

Do you have health insurance?

- Your EAP may provide a counseling benefit for a limited number of services or referrals to other physicians. Ask HR for more info.

Do you work for an employer who offers an Employee Assistance Program (EAP)?

- Your local MHA Affiliate Find an MHA in your area and contact the organization by phone or email. They know the local community. Many of them can put you in touch with peer support from other people who have experienced similar things.

Are you a current or former member of the military, or a dependent (spouse or child) of one?

- Veterans Eligible veterans can get care through the V.A. Visit www.va.gov/health or call 1-877-222-8387.

Do you have insurance through a government program, like Medicaid or Medicare?

- Medicaid Providers who accept Medicaid may be listed by your state Medicaid office, which you can find by using the map at medicaiddirectories.org.

- Medicare A list of participating doctors can be found at medicare.gov (Click on “Find Doctors”).

Are you active in your faith community?

- Churches and Houses of Worship Local churches may have either health ministries or a religious leader who has a counseling certification. It can be a comforting place to start.

Local Mental Health Centers

The names vary from state to state, but local mental health departments or community organizations provide free or low-cost treatment and services on a sliding scale, so qualifying people pay based on their income.

Primary Care Physician (PCP)

Your regular or family doctor can provide referrals to specialists or prescribe care in the meantime.

Your Insurance Company

Your insurance company has a database of providers in your network, which can result in lower costs; check to see who is taking new patients and ask about wait times. Most companies also have a Nurse hotline.

EAPs

Your EAP may provide a counseling benefit for a limited number of services or referrals to other physicians. Ask HR for more info.

Your local MHA Affiliate

Find an MHA in your area and contact the organization by phone or email. They know the local community. Many of them can put you in touch with peer support from other people who have experienced similar things.