

ADDITIONAL RESOURCES

24/7 TOOLS:

MHA Screening: Online screening at mhascreening.org is one of the quickest and easiest ways to determine if you're experiencing symptoms of a mental health condition. Our screens are free, confidential, and scientifically validated.

988 Suicide & Crisis Lifeline: The 988 Lifeline provides 24/7, free, and confidential support to people in distress – you don't need to be suicidal to reach out. Call 988 to be connected with a crisis counselor. Crisis counselors who speak Spanish are available by calling 988 and pressing 2.

Texting the 988 Lifeline: When you text 988, you will complete a short survey letting the crisis counselor know a little about your situation. You will be connected with a trained crisis counselor in a crisis center who will answer the text, provide support, and share resources if needed.

Crisis Text Line: Text HELLO to 741-741 to be connected with a crisis counselor who will help you get through your big emotions.

Warmlines: Warmlines are staffed by trained peers who have been through their own mental health struggles and know what it's like to need someone to talk to. For more information on warmlines, visit screening.mhanational.org/content/need-talk-someone-warmlines

BlackLine: BlackLine provides a space for peer support and counseling, while witnessing and affirming the lived experiences of folx who are most impacted by systematic oppression with an LGBTQ+ Black femme lens. Call 1-800-604- 5841. Note: This resource is divested from the police.

Caregiver Help Desk: Contact Caregiver Action Network's Care Support Team by dialing 855-227-3640. Staffed by caregiving experts, the Help Desk helps you find the right information you need to help you navigate your complex caregiving challenges. Caregiving experts are available 8 a.m. – 7 p.m. EST.

Childhelp National Child Abuse Hotline: If you or a child you know is being hurt or doesn't feel safe at home, you can call or text 1-800-4-ACHILD (1-800-422-4453) or start an online chat at childhelp.org to reach a crisis counselor. They can help you figure out next steps to work through what is happening and stay safe.

Disaster Distress Helpline: A crisis line that individuals can contact when natural or man-made traumatic events occur, such as floods, earthquakes, and terrorist acts. The Helpline will provide information, support, and counseling. Call 1-800-985-5990.

Domestic Violence Hotline: If you're experiencing domestic violence, looking for resources or information, or are questioning unhealthy aspects of your relationship, call 1-800-799-7233 or go to thehotline.org to virtually chat with an advocate.

NAMI Helpline: A free, nationwide peer support service providing information, resource referrals, and support to people living with a mental health condition, their family members and caregivers, mental health providers, and the public. Call 1-800-950-NAMI (6264), weekdays from 10 a.m. – 10 p.m. EST.

StrongHearts Native Helpline: Call 1-844-762-8483. The StrongHearts Native Helpline is a confidential and anonymous culturally appropriate domestic violence and dating violence helpline for Native Americans, available every day from 7 a.m. – 10 p.m. CST.

The Trevor Project: The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to LGBTQ+ youth. Trained counselors are available 24/7 to youth in crisis, feeling suicidal, or in need of a safe, judgment-free person to talk to. Call 1-866-488-7386, text START to 678-678, or start an online chat at thetrevorproject.org/get-help.

Trans Lifeline: Dial 877-565-8860 for U.S. support and 877-330-6366 in Canada. Trans Lifeline's hotline is a peer support service run by trans people, for trans and questioning callers.

Veterans Crisis Line: Veterans Crisis Line connects veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Open 24/7, call 1-800-273-8255.

MHA RESOURCES:

LEARN *how modern life affects your mental health with resources to navigate our changing world.*

Where to start:

- [MHA's "Where to Start" book](#)
- [Finding help](#)
- [How do I know if I have a mental illness?](#)
- [I'm looking for mental health help for myself](#)
- [I'm looking for mental health help for someone else](#)
- [Finding therapy](#)
- [I need more emotional support](#)
- [Conquering recovery](#)
- [Mental health conditions](#)
- [How do I ask my friends and family for help?](#)
- [Should I go to therapy?](#)

Loneliness:

- [Connecting with your community](#)
- [Connect with others](#)
- [Feeling lonely in a crowd](#)
- [Find support groups](#)
- [How can connecting with others help my mental health?](#)
- [I feel isolated](#)
- [Is loneliness making my mental health struggles harder?](#)
- [Is your child lonely?](#)
- [I'm feeling lonely](#)
- [Loneliness is hard \(for kids\)](#)
- [Social belonging and confidence](#)
- [Social support: getting and staying connected](#)

Technology:

- [8 best meditation apps](#)
- [Can an app help my mental health problems?](#)
- [How does online therapy work?](#)
- [How to find healthy online communities](#)
- [Online behavior and mental health](#)
- [Protecting your child's mental health online](#)
- [Social media, youth, and comparison](#)
- [The do's of social media](#)
- [Tips to help youth avoid social comparison](#)
- [What are the best apps for anxiety?](#)
- [What are the best apps for depression?](#)
- [What should I look for in a mental health app?](#)
- [Why do I compare myself to others online?](#)

News:

- [Coping with disaster](#)
- [How can I be okay when the world is terrible?](#)
- [I'm angry about the injustices I see around me](#)
- [Mental health during a global conflict](#)

Webinars from MHA:

- [Being more intentional about our mental health](#)
- [Community support: finding connection in new spaces](#)
- [Engaging youth in safe online spaces to address mental health concerns](#)
- [I don't know how to navigate my child's use of technology](#)
- [Is telehealth right for me?](#)
- [Managing mental health medications](#)
- [Navigating depression: early diagnosis and overcoming barriers](#)
- [Recovery is lonely](#)
- [Safe spaces: how digital environments can serve youth](#)
- [The distorted mirror: technology's impact on youth body image](#)
- [Where do I fit in?](#)

[Sign up to receive information about our monthly webinars.](#)

ACT by building your coping toolbox so you can manage stress, difficult emotions, and challenging situations.

- [Take a mental health screen](#)
- [Access DIY tools](#)
- [Dealing with change](#)
- [Dealing with the worst-case scenario](#)
- [Dealing with tough situations](#)
- [Guided weekly journal](#)
- [Helpful vs. harmful ways to manage your emotions](#)
- [Identifying feelings](#)
- [Keeping your mind grounded](#)
- [Looking for good: finding positives in a bad situation](#)
- [Managing frustration and anger](#)
- [Opening your mind to the outdoors](#)
- [Planning your routine](#)
- [Practicing radical acceptance](#)
- [Preparing to share: talking about hard topics](#)
- [Prioritizing self-care](#)
- [Processing trauma and stress](#)
- [Questions to help QTBIPOC find affirming mental health providers](#)
- [Self-care check up](#)
- [Shaping your home environment](#)
- [Social confidence and connections](#)
- [Starting a conversation with someone about their mental health](#)
- [Talking to your doctor about mental health](#)
- [Think ahead: mental health crisis plan](#)
- [Where to go when you've decided to seek help](#)

ADVOCATE to improve mental health for yourself, your friends and family, and your community.

- [Become a mental health advocate in 7 steps](#)
- [Join the MHA Advocacy Network to receive up-to-date information and action alerts](#)
- [Take action on MHA's latest alerts](#)
- [Ways to give to further mental health research, public education, and advocacy](#)

MHA reports and tools to help you make the case for mental health:

- [A framework for public health's role in mental health promotion and suicide prevention](#): This framework is a plain-language tool to help state health officials understand and actualize concrete, evidence-based public health strategies to prevent suicide and promote mental health, focusing on what works in disproportionately affected populations.
- The [State of Mental Health in America report](#) has up-to-date data and information about disparities faced by individuals with mental health challenges and ranks all of the states across a number of indicators. The report is a powerful tool for change.
- [Mapping the mental health of our communities](#): MHA is geographically analyzing the results from millions of screens taken at mhascreening.org and showing you the data in near real-time. This is the largest dataset of its kind, and now you can explore it at the state and county level.
- [MHA's workplace mental health toolkit: creating a culture of support and well-being](#) provides information on how employers and people leaders can develop or improve workplace policies that uplift workers, ensure they are valued and heard, and improve an organization's overall culture of well-being.
- [MHA's social drivers of mental health policy statement](#) discusses the ways in which social drivers have an effect on mental health and proposals for actions to address these factors.

EXTERNAL TRUSTED PARTNER RESOURCES:

AAKOMA Project: AAKOMA works to build the consciousness of youth of color and their caregivers regarding the recognition and importance of mental health. They also empower youth and their families to seek help and manage mental health, and influence systems and services to receive and address the needs of youth of color and their families.

Anxiety and Depression Association of America (ADAA): ADAA is an international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through the alignment of science, treatment, and education.

Caregiver Action Network (CAN): CAN is the nation's leading family caregiver organization working to improve quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. Individuals can reach out for guidance and support to their dedicated Caregiver Help Desk.

Faces and Voices of Recovery: Faces and Voices of Recovery works to change the way addiction and recovery are understood and embraced through advocacy, education, and leadership.

Health Equity Collaborative: The Health Equity Collaborative seeks to eliminate health disparities through the utilization of a holistic and intersectional approach to health care.

Mental Health Coalition (MHC): Formed to catalyze like-minded communities to work together to destigmatize mental health and empower access to vital resources and necessary support for all, the MHC connects individuals to a range of different resources from Coalition members.

The Mental Health Collaborative: The Mental Health Collaborative works to build resilient communities through mental health education and awareness, decreasing stigma, and opening the door to conversations about mental health. They train schools, organizations, and communities in mental health literacy – the foundational education that all of us need to promote our best mental health.

Rural Minds: Rural Minds serves as the informed voice for mental health in rural America and provides mental health information and resources.