



## MENTAL HEALTH RESOURCES

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### HOTLINES AND CRISIS INTERVENTION

#### NATIONAL SUICIDE PREVENTION LIFELINE

<https://suicidepreventionlifeline.org/>

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professional through a national network of local crisis centers.

- **1-800-273-TALK** (8255) for English
- **1-888-628-9454** for Spanish
- Chat available at <https://suicidepreventionlifeline.org/chat/>

#### CRISIS TEXT LINE

<https://www.crisistextline.org/>

- Text "HOME" to 741741 to connect with a Crisis Counselor

#### NATIONAL ALLIANCE ON MENTAL HEALTH (NAMI) HELPLINE

<https://www.nami.org/help>

The NAMI Helpline is a free, nationwide peer-support service providing information, resource referrals, and support to people living with mental health conditions, their family members and caregivers, mental health providers, and the public

- **1-800-950-NAMI** (6264) (M-F 10AM-6PM ET)
- Email [info@nami.org](mailto:info@nami.org)
- Text NAMI to 741-741.

#### SAMHSA’S NATIONAL HELPLINE

<https://www.samhsa.gov/find-help/national-helpline>

Treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders

- **1-800-662-HELP (4357)**

### MY3 APP

<https://my3app.org/>

MY3 helps you define your network and your plan to stay safe so you can be prepared to help yourself and reach out to others when you are having thoughts of suicide. If you think you may have a medical emergency or are contemplating acting upon thoughts of suicide, call 911 or the National Suicide Prevention Lifeline (1-800-273-8255) immediately.

### BE THE 1 TO

<https://www.bethe1to.com/bethe1to-steps-evidence/>

#BeThe1To is the National Suicide Prevention Lifeline's message about actions we can all take to prevent suicide, promote healing, and give hope. Learn about each step and why the steps are effective.

### SEIZE THE AWKWARD

<https://seizetheawkward.org/>

Having a conversation about mental health might be uncomfortable, but it can make all the difference. Check out these tools – from conversation guides to tips –that can help you help those in need.

- Text SEIZE to 741-741
- **1-800-273-8255**

### THE TREVOR PROJECT

<https://www.thetrevorproject.org/>

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to LGBTQ young people under 25.

- **1-866-488-7386** TrevorLifeline 24/7
- Text START to 678-678
- or text TREVOR to 1-202-304-1200
- Chat at [thetrevorproject.org](https://www.thetrevorproject.org/)

### THE LGBT NATIONAL HOTLINE

Provides telephone, online private one-to-one chat and email peer-support, as well as factual information and local resources.

- **1-888-843-4564** (M-F 4PM-12AM ET / SAT 12PM-5PM ET)
- Email [help@LGBThotline.org](mailto:help@LGBThotline.org)

### TRANS LIFELINE

<https://translifeline.org/>

Support for transgender people, by transgender people

- **1-877-565-8860**

### SAGE LGBT ELDER HOTLINE

<https://www.sageusa.org/what-we-do/sage-national-lgbt-elder-hotline/>

Peer support and local resources for older adults, translation available

- **1-888-234-SAGE**

## DISASTER DISTRESS HELPLINE

<https://www.samhsa.gov/disaster-preparedness>

The Disaster Distress Helpline is open to everyone, including survivors of disasters; loved ones of victims; first responders; rescue, recovery, and relief workers; clergy; and parents and caregivers. You may call for yourself or on behalf of someone else.

- **1-800-985-5990** (press 2 for Spanish)
- Text TalkWithUs for English to 66746
- Text Hablanos for Spanish
- Text Hablanos to 1-787-339-2663S if you are a Spanish speaker from Puerto Rico

## NATIONAL DOMESTIC VIOLENCE HOTLINE

Advocates are available 24/7 speaking more than 200 languages. All calls are free and confidential.

<https://www.thehotline.org/>

Click the X button or the Esc key twice to leave the website quickly.

- **1-800-799-SAFE** (7233)
- TTY 1-800-787-3224.
- Text "LOVEIS" to 22522 to text with a trained volunteer
- Chat Now button on [thehotline.org](https://www.thehotline.org/)

## CHILDHELP NATIONAL CHILD ABUSE HOTLINE

<https://www.childhelp.org/hotline/>

The hotline offers crisis intervention, information, and referrals to thousands of emergency, social service, and support resources. All calls are confidential and staffed 24/7 with professional crisis counselors who can use interpreters for 170 languages.

- **1-800-4AChild** (1-800-422-4453)
- text 1-800-422-4453

## NATIONAL SEXUAL ASSAULT HOTLINE

<https://rainn.org/>

- **1-800-656-HOPE** (4673)
- Chat at <https://hotline.rainn.org/online>

## NATIONAL EATING DISORDERS ASSOCIATION

- **1-800-931-2237**
- Chat at [myneda.org](https://myneda.org)

## ELDERCARE LOCATOR

<https://eldercare.acl.gov>

A public service of the U.S. Administration on Aging connecting you to services for older adults and their families.

- **1-800-677-1116**

## VETERAN'S CRISIS LINE

<https://www.veteranscrisisline.net/>

Confidential 24/7 support for all veterans, service members, National Guard and Reserve, family and friends.

- **1-800-273-8255**
- Deaf and hard of hearing **1-800-799-4889**
- Text to 838255
- Chat online at <https://www.veteranscrisisline.net/get-help/chat>

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## BLEEDING DISORDER ORGANIZATION RESOURCES

### HFA MENTAL HEALTH YOUTUBE CHANNEL

[https://www.youtube.com/playlist?list=PLxsqr33d\\_i5-x8kN49OHHQMKriKxaObb9](https://www.youtube.com/playlist?list=PLxsqr33d_i5-x8kN49OHHQMKriKxaObb9)

HFA's team of licensed Social Workers has assembled a toolbox of great information and resources to share with community members.

HFA Mental Health Check-In: Practicing Self-Care

<https://www.youtube.com/watch?v=BDmKNz-qxHs&feature=youtu.be>

Self-care is a great way for us to pay attention to our needs and engage in activities that feel comforting—but it doesn't have to be just bubble baths and binge watching tv shows! This video breaks down the different types of self-care which include physical, emotional, spiritual, relationships, and professional/workplace types of self-care.

HFA Mental Health Check-In: Accessing Mental Health Services

<https://www.youtube.com/watch?v=xdjTBeC5bkw&feature=youtu.be>

Not sure where to start? This video provides helpful tips and resources for accessing mental health services.

HFA Mental Health Check-In: 5-4-3-2-1 Grounding Technique

<https://www.youtube.com/watch?v=vMc6sdK6BLo&feature=youtu.be>

Anxiety can feel overwhelming and can send us into a spiral of 'future thinking.' This video walks you through the 5-4-3-2-1 grounding technique to bring you back to the present moment and can help you feel more connected to your body. This simple exercise involves focusing on all five of your senses and can be done anywhere.

HFA Mental Health Check-In: Cultivating A Gratitude Practice

<https://www.youtube.com/watch?v=TK6Wx8ahInY&feature=youtu.be>

During times of stress and anxiety, it can be helpful to remind ourselves of the things in our lives that we're grateful for and that we appreciate. This video walks you through how to incorporate gratitude into your daily routine with space to make it unique to you.

HFA Mental Health Check-In: Five Ways To Support Your Mental Health

[https://www.youtube.com/watch?v=Zhu0\\_Q6Km10&feature=youtu.be](https://www.youtube.com/watch?v=Zhu0_Q6Km10&feature=youtu.be)

Focusing on our mental health is important for our body, mind, and spirit. However, it may seem daunting to know where to begin. In this video, we introduce five ways you can better support your mental health.

## HFA UNDERSTANDING BLEEDING DISORDERS: EMOTIONAL AND PSYCHOLOGICAL CHALLENGES

<https://www.hemophiliafed.org/understanding-bleeding-disorders/challenges/emotional-and-psychological/>

Being diagnosed with a chronic condition or learning that your child has a chronic condition may make a person feel stressed, sad, and sometimes depressed. It's important to know that these feelings are normal, and when to seek help if you feel overwhelmed with emotions.

## HFA MENTAL HEALTH HANDOUT

[https://www.hemophiliafed.org/uploads/mental\\_health\\_handout\\_v2-1.pdf](https://www.hemophiliafed.org/uploads/mental_health_handout_v2-1.pdf)

Includes information about warning signs that may indicate someone is in crisis, common warning signs of suicide, and what to do or say if someone is in crisis/at risk of suicide.

## HEMOPHILIA FOUNDATION OF MICHIGAN – MENTAL HEALTH

<https://hfmich.org/mental-health/#>

This website includes links to resources, videos, helplines, handouts and articles that will be helpful for individuals with hemophilia. Mental health care matters. It's important to invest in our mental wellness as we would in our physical wellness. Having resources and tools to support your mental health can help you maintain your overall health.

## HEMAWARE MAGAZINE

PUTTING THE SPOTLIGHT ON MENTAL HEALTH

<https://hemaware.org/mind-body/putting-spotlight-mental-health-and-bleeding-disorders>

If you or someone you love is struggling with mental health issues, you're not alone. Help is available both in the bleeding disorders community and beyond. Discusses benefits of HTC's, stress and the bleeding disorder community, getting help, and access.

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## COVID-19 SPECIFIC MENTAL HEALTH RESOURCES

### CDC: COPING WITH STRESS

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

You may experience increased stress during this pandemic. Coping with stress in a healthy way will make you, the people you care about, and your community stronger.

### WHO: MENTAL HEALTH AND PSYCHOSOCIAL CONSIDERATIONS DURING THE COVID-19 OUTBREAK

<https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>

This document presents considerations that have been developed by the WHO Department of Mental Health and Substance Use as a series of messages that can be used in communications to support mental and psychosocial well-being in different target groups during the outbreak.

### WHO: COPING WITH STRESS DURING THE 2019-NCOV OUTBREAK

<https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf>

Handout created by the WHO outlining coping skills that can help in response to feeling sad, stressed, confused, scared, or angry during a crisis.

### CREAKY JOINTS: PREVENTING CORONAVIRUS LONELINESS FROM SOCIAL ISOLATION: ADVICE FOR CHRONIC ILLNESS PATIENTS

<https://creakyjoints.org/living-with-arthritis/coronavirus-isolation-loneliness-chronic-illness-patients/>

As immunocompromised and high-risk patients are being advised to stay home as much as possible, here is advice from therapists on how to navigate feelings of isolation and distress that may arise from extended time at home.

### GLOBAL HEALTHY LIVING FOUNDATION: FREE COVID-19 SUPPORT PROGRAM FOR CHRONIC DISEASE PATIENTS AND THEIR FAMILIES

<https://www.ghlf.org/coronavirus-patient-support/>

The coronavirus pandemic is especially stressful for people with chronic diseases. The Global Healthy Living Foundation (GHLF) has developed a FREE program for patients and their families to access updated information, community support, and other resources tailored specifically to your health and safety.

### HFA LET'S TALK MENTAL HEALTH IN TIMES OF CRISES

<https://www.youtube.com/watch?v=saYEnJowR8M&feature=youtu.be>

How does it feel to be a person with a bleeding disorder during a global pandemic? Dr. Gary McClain, LMHC, CEAP, shares how best to mentally prepare and properly cope with the unique feelings the bleeding disorders community may face during a crisis.

- A handout to go along with the webinar can be found here:  
[https://www.hemophiliafed.org/uploads/mental\\_health\\_webinar\\_handout\\_FINAL.pdf](https://www.hemophiliafed.org/uploads/mental_health_webinar_handout_FINAL.pdf)

### MENTAL HEALTH AMERICA – BACK TO SCHOOL

<https://mhanational.org/back-school>

Back to school resources and toolkits to help students, parents, and school personnel navigate the uncharted waters of COVID-19

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## NATIONAL MENTAL HEALTH RESOURCES

### NATIONAL ALLIANCE ON MENTAL HEALTH

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

<https://nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Latinx-Hispanic/La-salud-mental-en-la-comunidad-latina> En Español

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

NAMI Resource Guide for those experiencing a mental health emergency

<https://tinyurl.com/yyoqee7q>

Guide includes information on understanding mental illness, understanding mental health crises, what to do in a mental health crisis, what to expect from mental health treatment, advocating for treatment, other types of crises, preparing for a crisis, and other NAMI resources

All NAMI Infographics and Fact Sheets – Available in English and Spanish

<https://www.nami.org/About-Mental-Illness/Mental-Health-by-the-Numbers/Infographics-Fact-Sheets>

Access all Mental Health handouts created by NAMI—Spanish versions available.

Warning Signs of a Mental Health Crisis

<https://www.nami.org/NAMI/media/NAMI-Media/Infographics/crisis%20guide/INFO-Warning-Signs-of-Crisis-ENG.pdf>

2019 handout with basis steps and tips for responding to an individual experiencing a mental health crisis

Warning Signs of Suicide

<https://www.nami.org/NAMI/media/NAMI-Media/Infographics/crisis%20guide/INFO-Warning-Signs-of-Suicide-ENG.pdf>

2019 handout on what to look for and initial steps to take if you suspect someone you know is thinking about suicide

Preparing for a Crisis

<https://www.nami.org/NAMI/media/NAMI-Media/Infographics/crisis%20guide/INFO-Preparing-for-Crisis-ENG.pdf>

How to create a crisis plan and some common elements to include.

### MENTALHEALTH.GOV

<https://www.mentalhealth.gov/basics/what-is-mental-health>

Mental health includes our emotional, psychological, and social well-being. This website explores basics about mental health, warning signs, what to look for, and how to get help

### NATIONAL INSTITUTE FOR MENTAL HEALTH

<https://www.nimh.nih.gov/health/publications/5-action-steps-for-helping-someone-in-emotional-pain/index.shtml>

Five action steps for helping someone in emotional pain

## MENTAL HEALTH FIRST AID

<https://www.mentalhealthfirstaid.org/news-and-updates/>

Mental Health First Aid is a resource for those experiencing mental health symptoms, and those providing support. Their blog provides articles on many different mental health topics.

What to Look For: Signs and Symptoms of Depression

<https://www.mentalhealthfirstaid.org/2019/10/what-to-look-for-signs-and-symptoms-of-depression/>

Article written by Rubina Kapil on October 9, 2019 meant to help identify symptoms of depression in yourself or others.

Where to Seek Professional Mental Health Support

<https://www.mentalhealthfirstaid.org/2020/08/where-to-seek-professional-mental-health-support/>

Article written by Rubina Kapil on August 18, 2020. Professional help should be considered when mental health symptoms last for weeks and affect a person's functioning in daily life. Also provides links to other articles for more information.

## MENTAL HEALTH AMERICA

<https://mhanational.org/live-b4stage4>

Resources and articles about living mentally healthy, recovery and support, and tools for mental wellness.

BIPOC Mental Health

<https://mhanational.org/bipoc-mental-health>

BIPOC Mental Health statistics, general information, and resources.

BIPOC Mental Health Toolkit

<https://mhanational.org/BIPOC-mental-health-month>

Each year, MHA develops a public education campaign dedicated to addressing the needs of BIPOC. In 2020, they have developed a comprehensive toolkit that can be downloaded from this website.

## TO WRITE LOVE ON HER ARMS (TWLOHA)

<https://twloha.com/home/>

To Write Love on Her Arms is a non-profit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide. TWLOHA exists to encourage, inform, inspire, and also to invest directly into treatment and recovery.

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## MENTAL HEALTH FOR CAREGIVERS

### NATIONAL ALLIANCE ON MENTAL ILLNESS – TAKING CARE OF YOURSELF

<https://www.nami.org/Your-Journey/Family-Members-and-Caregivers/Taking-Care-of-Yourself>

To be able to care for the people you love, you must first take care of yourself. This article includes information on understanding how stress affects you, how to protect your physical health, how to recharge yourself, and practicing good mental habits.

### AARP LOCAL CAREGIVER RESOURCE GUIDES

<https://tinyurl.com/y6lr9abs>

AARP developed these resource guides with you—the caregiver—in mind as a starting point to help you find the services and support you need throughout your caregiving journey. Resource guides are available through links for each state.

### FAMILY CAREGIVER ALLIANCE

Caregiver Depression: A Silent Health Crisis

<https://www.caregiver.org/caregiver-depression-silent-health-crisis>

An article outlining symptoms and recommendations for caregivers experiencing depression.

Depression and Caregiving

<https://www.caregiver.org/depression-and-caregiving>

Discusses general overview of depression symptoms, but also looks at the unique impact on different types of caregivers

### OFFICE ON WOMEN'S HEALTH – CAREGIVER STRESS

<https://www.womenshealth.gov/a-z-topics/caregiver-stress>

Caregiving can be rewarding, but it can also be challenging. Stress from caregiving is common. Women especially are at risk for the harmful health effects of caregiver stress. These health problems may include depression or anxiety. There are ways to manage caregiver stress, and this website is a great starting point.

### CAREGIVER STRESSMETER

<https://www.caregiverstress.com/stress-management/signs-of-stress/caregiver-stressmeter/>

To help you determine what level of stress you may be experiencing in your role as a caregiver, a group of leading eldercare and caregiver stress experts have developed this brief survey. Once completed, an assessment of your responses will give you the resources to help you make your personal caregiving experience more rewarding and maintain your own health and spirits.

### ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA (ADAA) ONLINE SUPPORT GROUP

<https://adaa.org/adaa-online-support-group>

ADAA's anonymous peer-to-peer online anxiety and depression support group is a friendly, safe and supportive place for individuals and their families to share information and experiences.

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## SELF-CARE

### PSYCHCENTRAL – WHAT SELF-CARE IS—AND WHAT IT ISN'T

<https://psychcentral.com/blog/what-self-care-is-and-what-it-isnt-2/>

Article outlining where to start in defining self-care for yourself, and some ideas of what a self-care routine could include.

### BLACKCO – THE BEST SELF-CARE TOOLS

<https://www.blackco.black/the-best-self-care-tools/>

A blog post that provides an overview of many different self-care apps including meditation, self-improvement, habit forming, and proper hydration.

### HEARTMATH INSTITUTE – THE QUICK COHERENCE TECHNIQUE FOR ADULTS

<https://www.heartmath.org/resources/heartmath-tools/quick-coherence-technique-for-adults/>

Easily create a state of coherence in about 60 seconds by releasing stress and stopping draining emotions such as frustration, irritation, anxiety, and anger.

### GREATER GOOD IN ACTION – GRATITUDE JOURNAL

[https://ggia.berkeley.edu/practice/gratitude\\_journal](https://ggia.berkeley.edu/practice/gratitude_journal)

Nine tips to keeping a gratitude journal. Studies suggest that writing in a gratitude journal three times per week might have a greater impact on our happiness than journaling every day.

### CAREGIVER.ORG: TAKING CARE OF YOU, SELF-CARE FOR FAMILY CAREGIVERS

<https://www.caregiver.org/taking-care-you-self-care-family-caregivers>

Steps to identifying personal barriers to self-care and tools for implementing self-care and managing stress

### MENTAL HEALTH FIRST AID

Five Tips to Help you Practice Self-Love

<https://www.mentalhealthfirstaid.org/2020/06/five-tips-to-help-you-practice-self-love/>

Article written by Rubina Kapil on June 23, 2020. Taking small steps each day or week to take care of and love yourself can help you better manage daily challenges and put more passion into what you do.

How to Create Your Own Self-Care Plan

<https://www.mentalhealthfirstaid.org/2020/07/how-to-create-your-own-self-care-plan/>

Article written by Rubina Kapil on July 7, 2020. Steps and considerations for making a personalized self-care plan.

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for the latest news, events, and information.