



ADDITIONAL RESOURCES

*Website links in this PDF will bring you directly
to each organization's website.*

TREATMENT RESOURCE INFORMATION

US Department of Health and Human Services Treatment Locator

www.findtreatment.samhsa.gov

800-662-HELP (4357) Referral Helpline

English and Spanish

Searchable directory of drug and alcohol treatment programs. The website and toll-free hotline show the location of U.S. facilities that treat alcoholism, alcohol abuse and drug abuse problems.

The National Domestic Violence Hotline- Texas Council on Family Violence

www.ndvh.org

800-799-SAFE (7233) The National Domestic Violence Hotline

800-787-3224 (TTY)

English, Spanish, and over 140 additional languages

Hotline advocates provide support and assistance to anyone involved in a domestic violence situation, including those in same-sex relationships, male survivors, those with disabilities and immigrant victims.

Mental Health America

www.mentalhealthamerica.net

800-969-6642

800-433-5959 (TTY)

English and Spanish

Mental Health America is a nonprofit dedicated to helping people live mentally healthier lives Website provides mental health topics searchable by audience and issue. Includes affiliate contact information and a database for finding help and paying for care.

National Center for Trauma-Informed Care

www.mentalhealth.samhsa.gov/nctic/

866-254-4819

Part of the Center for Mental Health Services, the NCTIC offers information about free and low-cost trauma training/technical assistance, the NCTIC Speakers Bureau, healing from trauma, and a training and event calendar. Also includes case studies, resources, and links.

National Alliance on Mental Illness

www.nami.org

800-950-NAMI (6264) NAMI Information Helpline

Call NAMI Information Helpline for information, referrals and support as well as referrals to support groups for both individuals and families of adults with serious mental illnesses. Website contains fact sheets, information about medications, prescriptions assistance programs, listing of state affiliates, and Family to Family Education program.

National Institute of Mental Health

www.nimh.nih.gov

866-615-6464

866-415-8051 (TTY)

800-411-1222 (Clinical Trials)

866-411-1010 (Clinical Trials TTY)

English and Spanish

Comprehensive mental health information, including symptoms, diagnosis, medication and other treatment options as well as research and statistics. Service locator and publications available; however, NIMH does not make referrals.

American Psychiatric Association

www.psych.org
www.healthyminds.org
888-357-7924

English and Spanish

Contact the APA for a referral or to speak with an Answer Center Coordinator. Fact sheets regarding mental illnesses and how they relate to different demographic groups are also available on the American Psychiatric Association's Healthy Minds Website.

American Psychological Association

www.apa.org
800-964-2000

This site includes a psychologist referral service, as well as general psychological resources, research and information.

Substance Abuse and Mental Health Services Administration

www.samhsa.gov
www.mentalhealth.samhsa.gov/databases/default.asp
240-276-1310 Center for Mental Health Services
877-SAMHSA-7 (726472) Publications
800-487-4889 (TTY)

English and Spanish

SAMHSA is the largest federal source of public domain information about mental health research and treatment. A service locator provides referrals to various treatment options, including inpatient, outpatient, and residential varieties, as well as comprehensive information about mental health resources. Includes a wide range of searchable topics, other government agencies and web pages for U.S. Territories.

National Association of Social Workers

www.helpstartshere.org

A source for professional advice and a social worker directory. Site also includes mental health trends, options, tip sheets, real-life stories and resources.

Therapist Referral Network

www.1-800-therapist.com
800-843-7274

Site offers referrals to treatment professionals in private practice. Call is automatically routed to TRN office closest to the caller's area.

National Clearinghouse on Alcohol & Drug Information

www.ncadi.samhsa.gov
800-729-6686
800-487-4889 (TTY)
877-767-8432 (Spanish)

Website provides referrals to inpatient, outpatient, and residential alcohol/substance abuse and dual diagnosis programs (both public and private program information available.) Also includes fact sheets, publications, multimedia resources and links.

ANXIETY DISORDERS

Anxiety Disorders Association of America

www.adaa.org
240-485-1001

Website hosts a referral service/ provider locator as well as posts literature and support group information.

Freedom From Fear

www.freedomfromfear.org
718-351-1717 (ext 19)
888-442-2022 Automated Referral Line
English and Spanish

Freedom From Fear is a national not-for-profit mental health advocacy association that promotes education, research and community support. Information about anxiety and depression, a referral service, and patient educational materials can be found on FFF's website.

DEPRESSION/BIPOLAR DISORDERS

Depression and Bipolar Support Alliance

www.dbsalliance.org
800-826-3632

The Depression and Bipolar Support Alliance, founded in 1985, sponsors research to develop more effective and tolerable treatments and works to ensure equitable treatment for peoples living with mood disorders.

The Alliance is a patient-directed national organization focused on the most prevalent mental illnesses.

The website provides symptom information, steps to find support after diagnosis, and advice for recovery.

Research as well as educational programs and events are also listed.

Postpartum Support International

www.postpartum.net
800-994-4PPD (773) PSI Postpartum Depression Hotline
Multiple Languages

Postpartum Support International advocates, educates, and provides support for maternal mental health in every community, worldwide. Website features a support and resources locator, as well as information and testimonies of people affected by postpartum depression.

Mental Health Research Association (NARSD)

www.narsad.org
800-829-8289

Site includes downloadable and hard-copy pamphlets on various mental health disorders and anti-psychotic medications, as well as referrals to support groups.

Families for Depression Awareness

www.familyaware.org
781-890-0220

Families for Depression Awareness helps families recognize and manage various forms of depression and mood disorders. Website lists community outreach programs, family profiles for all ages, including adolescents and children, and electronic and hard-copy brochures (available for order).

POSTTRAUMATIC STRESS DISORDER

International Society for Traumatic Stress Studies (ISTSS)

www.istss.org
847-480-9028

ISTSS offers public education pamphlets that provide a readily accessible introduction to important trauma-related issues.

U.S. Department of Veterans Affairs National Center for PTSD

www.ncptsd.va.gov
802-296-6300 PTSD Information Line

The National Center for PTSD aims to advance the clinical care and social welfare of U.S. Veterans through research, education and training on PTSD and stress-related disorders. Website posts fact sheets and videos, as well as educational resources on PTSD and traumatic stress for veterans and mental health care providers.

Trauma Center at JRI

www.traumacenter.org
(617) 232 - 1303

The Trauma Center provides comprehensive services to traumatized children and adults and their families at the main office in Brookline, MA. The Trauma Center also offers training, consultation, and educational programming for post-graduate mental health professionals. The Certificate Program in Traumatic Stress Studies has state-of-the-art seminars, lectures and supervision groups. Their Weekly Lecture Series is open to all mental health professionals.

SUICIDE

American Association of Suicidology (AAS)

www.suicidology.org
202-237-2280

AAS advances scientific and programmatic efforts in suicide prevention through research, education and training, the development of standards and resources, and survivor support services. Site contains referrals to crisis centers that operate suicide hotlines, fact sheets and statistics. It also lists support groups for families who have lost a loved one to suicide.

Suicide and Mental Health Association International (SMHAI)

www.suicideandmentalhealthassociationinternational.org

SMHAI is dedicated to the prevention of suicidal behavior and to relieve its effects. Links to multiple support groups and provides information for mental and public health professionals, researchers, medical doctors, crisis workers, volunteers, caretakers, suicide prevention and crisis intervention staff, school districts, and suicide survivors.

American Foundation for Suicide Prevention (AFSP)

www.afsp.org
888-333-AFSP (2377)

The AFSP is an organization invested in research, educational campaigns, innovative demonstration programs, critical policy work, and support for families coping with suicide. Site provides information on suicide, surviving a suicide, and resources for survivors and professionals.

Suicide Prevention Resource Center (SPRC)

www.sprc.org
877-GET-SPRC (438-7772)

Provides prevention support, training, and resources to assist organizations and individuals to develop prevention programs, interventions, policies, and advance the National Strategy for Suicide Prevention. Prevention specialists are available to assist the efforts of state suicide prevention coalitions and other agencies and organizations. Consultations available by telephone and email. Searchable library is available on SPRC website.

CHILDREN'S MENTAL HEALTH

American Academy of Child and Adolescent Psychiatry

www.aacap.org
202-966-7300

This membership organization supports and advances child and adolescent psychiatry and those it serves. The Academy website provides up-to-date information on issues affecting children, teenagers, and their families. Facts for families include information on children and psychiatric medication, a glossary of symptoms, and an online search tool for child/adolescent psychiatrists.

Children's Hospital, Boston

www.childrenshospital.org
617-355-6000

Children's Hospital is one of the largest pediatric medical centers in the U.S. and the world's largest research enterprise based at a pediatric medical center. William Beardslee, Academic Chair for the Department of Psychiatry at Children's Hospital, is the principal investigator of a long-term study that has studied the lives of 275 children from 143 families in which parents had depression or risk factors for depression.

Child and Adolescent Bipolar Foundation

www.bpkids.org

The CABF educates families, professionals, and the public about pediatric bipolar disorder. It connects families with resources and support, advocates for and empowers affected families, and supports research on pediatric bipolar disorder and its cure. Site contains fact sheets, printed materials, and an online physician search.

Families for Depression Awareness

www.familyaware.org
781-890-0220

Families for Depression Awareness helps families recognize and manage various forms of depression and mood disorders. Website lists community outreach programs, family profiles for all ages, including adolescents and children, and electronic and hard-copy brochures (available for order).

Child-Help USA

www.childhelp.org
800-422-4453

Child-help runs a crisis line staffed by professional crisis counselors that assists both child and adult survivors of abuse (including sexual abuse). Child-help's programs and services also include residential treatment services; children's advocacy centers; therapeutic foster care; group homes; child abuse prevention, education and training; and the National Day of Hope®.

Federation of Families for Children's Mental Health

www.ffcmh.org
240-403-1901

Family run organization dedicated exclusively to achieve a better quality of life for children with mental health needs and their families. Online search tool for state/local support groups, as well as fact sheets, books, and guides available (most publications are free or very low cost).

CHILD ABUSE/ SEXUAL ABUSE

Girls and Boys Town USA

www.girlsandboystown.org

800-448-3000 Boystown National Hotline

800-448-1833 (TTY)

Boystown services include: intensive residential treatment centers, group homes, intervention and assessment services, foster homes, in-home services, child and family support services, and research hospitals. Outreach efforts also include a 24-hour crisis, resource, and referral line, as well as training and consultation services for professionals. Parenting tips and publications available at www.parenting.org.

Rape, Abuse and Incest National Network (RAINN)

www.rainn.org

800-656-HOPE (4673) National Sexual Assault Hotline

RAINN is the nation's largest anti-sexual assault organization. Toll Free line connects callers with local crisis counseling centers trained for sexual assault/sexual abuse. Local crisis center locator, information, and National Sexual Assault Online hotline available on website.

OLDER ADULTS

Alzheimer's Disease Education & Referral Center (National Institute of Health)

www.nia.nih.gov/alzheimers

800-438-4380

English and Spanish

The Alzheimer's Disease Education and Referral Center Web site connects people with current, comprehensive Alzheimer's disease information and resources from the National Institute on Aging. Publications and referrals available on the website and over the phone.

Senior Citizens Bureau Elder Info Line National Hotline

www.seniorcitizensbureau.com

877-353-3755 Elder Info Line

English and Spanish

A web-based and telephone locator for organizations that serve older adults and their caregivers (throughout the US and Canada).

Geriatric Mental Health Foundation-American Association for Geriatric Psychiatry

www.gmhfonline.org

301-654-7850

Foundation website provides information for older adults, family members, caregivers and geriatric psychiatrists. Also online is a geriatric psychiatrist locator.

TARGETED AUDIENCES

The Association of Black Psychologists

www.abpsi.org
202-722-0808

Association's website offers cultural service guidelines for mental health providers as well as a service and referral locator. Call or go online for referral to local psychologists.

National Asian-American/Pacific Islander Mental Health Association

www.naapimha.org
303-298-7910

This organization advocates on behalf of AAPI mental health issues, serves as a forum for effective collaboration and networks among community based organizations, consumers, family members, service providers, program developers, researchers, evaluators and policy makers. NAAPIMHA works with direct service providers, such as nonprofit community-based organizations, and provides fact sheets in multiple languages.

National Indian Health Board

www.nihb.org
202-507-4070

The NIHB, a non-profit organization, provides a variety of services to tribes, Area Health Boards, Tribal organizations, federal agencies and private foundations. Services include: research, policy analysis, program assessment and development, national and regional meeting planning, training and technical assistance, and project management.

Culture Clues- Patient & Family Education Service, UWMC

<http://depts.washington.edu/pfes/CultureClues.htm>

Culture Clues™ are tip sheets for clinicians, designed to increase awareness about concepts and preferences of patients from the diverse cultures served by the University of Washington Medical Center.

National Women's Health Information Center: U.S. Department of Health and Human Services

www.4women.gov
800-994-9662
888-220-5446 (TTY)
English and Spanish

The NWHIC is one of the most reliable and current information resources on women's health through their call center and website. Statistics, publications, tools and general information on over 800 topics related to Women's Health available.

Jewish Family and Children's Services

www.jfcsboston.org/fcs/fcs_mental_health.cfm
781-647-JFCS (5327)

JFCS is a multidisciplinary team of social workers, psychologists and psychiatrists who provide assessment and treatment of a range of emotional problems for every stage of life.

Muslim Mental Health (MMH)

www.muslimmentalhealth.com

MMH provides a broad spectrum of multicultural health care services, research and educational activities to introduce Muslim mental health concepts and advance culturally sensitive therapeutic approaches. Website provides a clinical Directory of imam, counselor, social worker, psychologist, and psychiatrists sensitive to the Islamic tradition and culture.

Native American/Alaska Native Resources

www.tribalconnections.org/ehealthinfo/mentalhealth

206-543-8262

Website contains links and contact information for organizations that focus on issues specific to Native American and Alaska Native communities.

U.S. Department of Health and Human Services Office on Minority Health

www.omhrc.gov

800-444-6472

English and Spanish

Provides culturally specific information relating to health issues affecting minority populations. Statistics and training resources for clinicians, as well as English and Spanish fact sheets are available for download. Website provides links to other bilingual sites, and the hotline is staffed with bilingual health specialists who provide information and referrals.

National Alliance for Hispanic Health

www.hispanichealth.org

866-SU-FAMILIA (783-2645) The National Hispanic Family Health Helpline

800-504-7081 The National Hispanic Prenatal Helpline

English and Spanish

An action, advocacy, and research forum for Hispanic health and well being. The National Hispanic Family Health Helpline helps callers navigate the health care system, while the Prenatal Helpline provides consumers referrals to culturally and linguistically proficient prenatal care providers.