

# MENTAL HEALTH RESOURCES

National Suicide Prevention Lifeline - 1-800-273-8255

Substance Abuse and Mental Health Services Administration (SAMHSA)  
Treatment Referral Helpline- 1-800-662-HELP (4357)

Anxiety and Depression Association of America: <https://adaa.org>

Depression and Bipolar Alliance: [www.dbsalliance.org](http://www.dbsalliance.org)

Mental Health America: <http://www.mentalhealthamerica.net>

National Alliance on Mental Illness: <https://www.nami.org>

Help for service members and their families: <http://www.mentalhealth.gov/get-help/veterans/index.html>.

Mental Health Website: <https://www.mentalhealth.gov>

Find a therapist/psychologist/psychiatrist: <https://www.psychologytoday.com/us>

National Domestic Violence Hotline: 1-800-799-7233 or <http://www.thehotline.org>

International OCD Foundation: 617-973-5801

Schizophrenia and Related Disorders Alliance of America: 240-423-9432

TARA (Treatment and Research Advancements for Borderline Personality Disorder): 1-888-482-7227

Top 25 contacts for Mental Health Help: <https://www.nami.org/Find-Support/NAMI-HelpLine/Top-25-HelpLine-Resources>

[www.mindbodycomplete.com/surrender](http://www.mindbodycomplete.com/surrender)