

# Mental Health Resources



## WHO WE ARE

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

What started as a small group of families gathered around a kitchen table in 1979 has blossomed into the nation's leading voice on mental health. Today, we are an association of hundreds of local affiliates, state organizations and volunteers who work in your community to raise awareness and provide support and education that was not previously available to those in need.

## WHAT WE DO

NAMI relies on gifts and contributions to support our important work:

**We educate.** Offered in thousands of communities across the United States through NAMI State Organizations and NAMI Affiliates, our education programs ensure hundreds of thousands of families, individuals and educators get the support and information they need.

**We advocate.** NAMI shapes national public policy for people with mental illness and their families and provides volunteer leaders with the tools, resources and skills necessary to save mental health in all states.

**We listen.** Our toll-free NAMI HelpLine allows us to respond personally to hundreds of thousands of requests each year, providing free referral, information and support—a much-needed lifeline for many.

**We lead.** Public awareness events and activities, including Mental Illness Awareness Week and NAMIWalks, successfully fight stigma and encourage understanding. NAMI works with reporters on a daily basis to make sure our country understands how important mental health is.

To learn more about NAMI, please visit: <https://www.nami.org/>

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The **National Council for Behavioral Health** is the unifying voice of America's health care organizations that deliver mental health and addictions treatment and services. Together with our 2,900 member organizations serving over 10 million adults, children and families living with mental illnesses and addictions, the National Council is committed to all Americans having access to comprehensive, high-quality care that affords every opportunity for recovery. The National Council introduced Mental Health First Aid USA and more than 1 million Americans have been trained.

A not-for-profit 501(c)(3) association, the National Council for Behavioral Health's mission is to advance our members' ability to deliver integrated health care.

For more information about the National Council for Behavioral Health, please visit: <https://www.thenationalcouncil.org/>

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## WHAT IS MENTAL HEALTH FIRST AID?

Mental Health First Aid is an 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

## WHO WE'VE REACHED

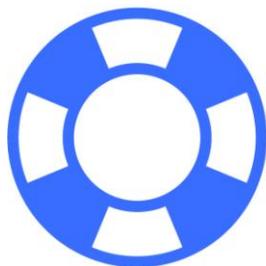
More than 1 million people across the United States have been trained in Mental Health First Aid by a dedicated base of more than 12,000 Instructors.

For more information about Mental Health First Aid, please visit <https://www.mentalhealthfirstaid.org/>



The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

For more information about SAMHSA, please visit <https://www.samhsa.gov/find-help/national-helpline>



**American  
Foundation  
*for* Suicide  
Prevention**

AFSP raises awareness, funds scientific research and provides resources and aid to those affected by suicide. [Learn more about AFSP's mission and history](#) or select one of the items below to discover how we accomplish our work.

## **FINDING BETTER WAYS TO PREVENT SUICIDE**

We fund research to improve interventions, train clinicians in suicide prevention, and advocate for policy that will save lives.

## **CREATING A CULTURE THAT'S SMART ABOUT MENTAL HEALTH**

Too many people at risk for suicide do not seek help. We need to find better ways to reach those who suffer, and encourage schools, workplaces, and communities to make mental health a priority.

## **BRINGING HOPE TO THOSE AFFECTED BY SUICIDE**

Whether you've lost someone or are struggling with suicidal thinking—you are not alone. We bring people who have been affected by suicide out of the darkness, and give them opportunities to help others.

For more information about the American Foundation for Suicide Prevention, please visit <https://afsp.org/>

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The National Eating Disorders Association (NEDA) is the largest nonprofit organization dedicated to supporting individuals and families affected by eating disorders.

In the United States, 20 million women and 10 million men will suffer from an eating disorder at some point in their lives. Eating disorders are serious, life-threatening illnesses that affect all kinds of people, regardless of gender, ethnicity, size, age, or background. In fact, eating disorders have the highest mortality rate of any mental health concern.

Eating disorders are widely misunderstood illnesses and support options are often inaccessible. As a result, too many people are left feeling helpless, hopeless, and frightened. Through our programs and services, NEDA raises awareness, builds communities of support and recovery, funds research, and puts life-saving resources into the hands of those in need.

## **OUR MISSION**

NEDA supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care.

## **OUR VISION**

NEDA envisions a world without eating disorders.

## **PROGRAMS AND SERVICES**

Whether you have been personally affected by an eating disorder or care about someone who has, NEDA's programs and services are designed to help you find the help and support you need. Recovery is possible and we're here to support you!

### **Find out more about NEDA's programs and services:**

- [Get Screened for an Eating Disorder](#)
- [Contact the Helpline](#)
- [Find Treatment](#)
- [Support Groups & Research Studies](#)
- [NEDA Walks](#)
- [National Eating Disorders Awareness Week](#)
- [Legislative Advocacy](#)
- [The Body Project](#)
- [Feeding Hope Fund for Clinical Training](#)

## **NEDA ANNUAL REPORTS**

- [2017 Annual Report](#)
- [2016 Annual Report](#)
- [2015 Annual Report](#)

## **CORPORATE GOVERNANCE**

- [Conflict of Interest Policy](#)
- [Gift Acceptance Policy](#)
- [Non-Discrimination Policy](#)
- [Whistleblower Policy](#)

For more information about NEDA, please visit <https://www.nationaleatingdisorders.org/>

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We believe in the power of stories, the strength of communities and the beauty of the human spirit. *BeMighty*, and Join Us!

To learn more, please visit <https://themighty.com/>

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**Healthyplace.com** is the largest consumer mental health site on the net. We provide authoritative information and support to people with mental health concerns, along with their family members and other loved ones.

At **HealthyPlace.com**, you'll find comprehensive, authoritative information on psychological disorders, psychiatric medications, and other mental health treatments. We also have online psychological tests, breaking mental health news, and more.

We believe the most important thing in a person's life is "peace of mind".

And at **HealthyPlace.com**, we help bring that to you by providing mental health information from experts, as well as everyday people who are dealing with psychological disorders.

Unless otherwise noted, the information presented on the HealthyPlace.com website (not including the social network and chat) is produced by writers employed by HealthyPlace.com. These employees are

journalists who specialize in writing health articles and content. They are not doctors, therapists, or medical professionals of any type. Those articles are reviewed for medical – mental health accuracy by our Medical Director, Dr. Harry Croft.

Here, at **HealthyPlace.com**, we want you to know you are not alone. One in five Americans has some form of mental illness in any given six months. That means between 30 million and 45 million people, possibly your friends, family members and co-workers, suffer from symptoms that cause distress in their lives, but that can be effectively treated.

We feel information is a very powerful tool. With the proper information, you can find out what you, a loved one or friend is dealing with, and then make the appropriate choices.

And with the proper support, you can weather the ups and downs of life and move forward to a positive spot that you feel good about.

Welcome home to **HealthyPlace.com**.

For more information, please visit <https://www.healthyplace.com/>