

## National Well-Being Resources

SAMHSA – Substance Abuse and Mental Health Services Administration

<https://www.samhsa.gov/>

This is a crisis hotline that can help with many issues, not just suicide. For example, anyone who feels sad, hopeless, or suicidal; family and friends who are concerned about a loved one; or anyone interested in mental health treatment referrals can call the Lifeline. Callers are connected with a professional nearby who will talk with them about what they are feeling or concerns for other family and friends. Call the toll-free Lifeline, 24 hours/day, 7 days a week.

SAMHSA Disaster Distress Helpline

1-800-985-5990

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

SAMHSA's Disaster Distress Helpline provides 24/7, 365-days/year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

SAMHSA Find a Provider Directory

<https://www.samhsa.gov/find-treatment>

SAMHSA provides information on mental health services and treatment centers through an online service locator. You can search by your location for services for youth, payment options (private insurance, cash or something else), all languages spoken, etc.

SAMHSA Opioid Overdose Prevention Toolkit

<https://www.samhsa.gov/resource/ebp/opioid-overdose-prevention-toolkit>

The toolkit offers strategies to health care providers, communities, and local governments for developing practices and policies to help prevent opioid-related overdoses and deaths.

Mental Health First Aid Training – National Council for Mental Wellbeing

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

Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use issues.

National Suicide Prevention Lifeline

1-800-273-8255

<https://suicidepreventionlifeline.org/>

We can all help prevent suicide. 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 professionals in the United States. Crisis Text Line

Text “MHFA” to 741741

Lifeline Crisis Chat

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

Chat online with crisis centers around the United States.

National Alliance on Mental Illness

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

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 American affected by mental illness.

Mental Health America

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

Mental Health American (MHA)'s work is driven by its commitment to promote mental health as a critical part of overall wellness, including prevention services for all; early identification and intervention for those at risk; integrated care, services and support for those who need them; with recovery as the goal.

National Council for Mental Well Being: Find a Provider

<https://www.thenationalcouncil.org/providers/>

Search for organizations that are committed to providing mental health services to anyone in the community who needs it regardless of their ability to pay.