

# Where Can I Find Help for My Mental Health Condition?

This resource is provided to you as an educational resource. It is not intended as, nor is a replacement for, medical advice and treatment from your doctor.

## Find Support

Coping with a mental health condition is not easy. It takes work and time. If you or someone you know is struggling, there is help. You should seek help from a health care professional. Also, there are many organizations that offer support, resources, services, and treatment options that may help.

Organization	Contact Info
<b>National Suicide Prevention Lifeline</b> Trained crisis workers are available to talk 24/7	1-800-273-8255
<b>Crisis Text Line</b> Text free with a trained crisis counselor, 24/7 from anywhere in the US	Text HOME to 741741
<b>Mental Health America</b> Find information and resources to support mental health, including local services and housing assistance	<a href="http://www.mentalhealthamerica.net">www.mentalhealthamerica.net</a>
<b>National Alliance on Mental Illness (NAMI)</b> Staff and volunteers ready to answer your questions about mental health issues Find your local NAMI at <a href="https://www.nami.org/#">https://www.nami.org/#</a>	1-800-950-6264
<b>National Institute of Mental Health (NIMH) Information Resource Center</b> Mental health-related questions, requests for copies of publications, and inquiries concerning NIMH	1-866-615-6464
<b>PsychCentral</b> A mental health social network that provides a directory of online psychology and mental health resources for patients	<a href="http://www.psychcentral.com">www.psychcentral.com</a>
<b>Substance Abuse and Mental Health Services Administration (SAMHSA) Behavioral Health Treatment Services Locator</b> Confidential and anonymous source of information for persons seeking treatment facilities in the US or US territories for substance abuse and/or mental health problems	<a href="http://www.findtreatment.samhsa.gov/">www.findtreatment.samhsa.gov/</a>
<b>SAMHSA National Helpline</b> Free, confidential, 24/7, 365-days-a-year 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)

For information and resources on shared decision making, please visit the SAMHSA web site at [www.store.samhsa.gov](http://www.store.samhsa.gov).