



MENTAL HEALTH RESOURCES LIST

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FOR HOW WE
LIVE TODAY





When suffering from a mental illness, it's easy to feel hopeless. You may feel alone, like you have nowhere or nobody to turn to. However, this is absolutely not the case! There are so many resources out there that exist solely to help you. **Here's the ultimate guide for everything from facts and statistics to financial assistance information to help you get by.**





Organizations

Anxiety and Depression Association of America: 240-485-1001

The ADAA is a nonprofit that focuses primarily on anxiety disorders and depression. Its mission is to improve the quality of life for people who suffer from these disorders, providing research, facts, and resources.

American Psychiatric Association: 703-907-7300

The American Psychiatric Association is the leading psychiatric association in the world, represented by members in over 100 countries. All of the psychiatrists in the association strive to advance the world of psychiatry and provide the highest level of care to mental illness sufferers.

American Psychological Association: 800-374-2721

This organization is made up of over 115,000 members who strive to advance the science of psychology. The doctoral level psychologists range from ones who work with children to those who work with people serving in the armed forces.

Centers for Disease Control and Prevention: Division of Mental Health: 800-232-4636

The CDC is the United States' health protection agency. It conducts research and provides educational information to the nation and beyond to protect and save lives. It takes "a public health approach to mental health" to study and prevent mental illness.

Hope For Depression Research Foundation: 212-676-3200

HDRF is a non-profit that focuses on depression and related mood disorders. The foundation uses neuroscience research to study depression, its causes, new treatments, and methods of prevention. It also aims to eliminate the stigma surrounding depression.

National Alliance on Mental Illness (NAMI): 800-950-6264

NAMI is the United States' biggest grassroots mental health organization. It educates the population on mental illness with its education programs across the country. The alliance advocates mental health and runs the [NAMI HelpLine](#).

National Institute of Mental Health: 866-615-6464

The NIMH is a federal agency (an offshoot of the National Institutes of health) that researches mental disorders. Its mission is to conduct research that will better the understanding of mental illnesses, thereby "paving the way for prevention, recovery, and cure."

World Health Organization:

With offices in 150 countries, the WHO has a not-so-simple goal of creating a healthier future for the world. It aims to fight all illnesses—from mental illness to HIV to cancer—and secure necessities like food and clean, drinkable water for those in need.

Financial Support

Mental Health America:

Mental Health America has an extensive list with a variety of options as well as tips and tricks to help pay for treatment of mental illness. The organization aims to meet needs of mental illness sufferers—and it knows how expensive treatment can be.

NeedyMeds: 800-503-6897

NeedyMeds is a national nonprofit that helps people obtain affordable care. It provides drug discount cards that can be used for both prescription and over the counter drugs. It maintains a database of assistance programs, free clinics, and drug coupons.

Partnership for Prescription Assistance:

PPA is a free service that helps match patients with assistance programs that they may be eligible for to get discounted treatment. It also has a database of free and low cost clinics so patients can find one in their area.

Pfizer Rx Pathway: 844-989-7284

Pfizer is a biopharmaceutical company that wants to make safe treatment more affordable—specifically Pfizer drugs. It provides assistance programs to help with insurance, doctor co-pays, and prescription costs. It can even provide free prescriptions in certain instances.

Social Security Administration:

Social Security is a government system that helps provide economic stability for Americans. Those who qualify for Medicare can get “Extra Help” with their prescriptions if they have an income below a specified point. It can help with premiums, deductibles, and prescription costs.

Together Rx Access: 800-503-6897

Together Rx offers an access card that offers savings on prescriptions—both brand name and generic. It also provides resources that help people learn about different coverage options that are available to people depending on their income.

Advocacy & Support

Anxiety and Depression Association of America:

Support Groups

American Foundation for Suicide Prevention: 800-273-TALK (1-800-273-8255)

The AFSP prevents suicide and provides support to those who have lost (or almost lost) someone to suicide. It has chapters in each of the 50 states, and aims to be an advocate for life and “to take action against this leading cause of death.”



The Anxiety Network:

The Anxiety Network focuses on panic disorder, generalized anxiety disorder, and social anxiety disorder. It provides facts, information, and personal blog posts surrounding the three disorders which inspire people to overcome their mental illness.

Born This Way Foundation:

The Born This Way Foundation advocates mental wellness and empowerment. It targets young people, specifically, as the foundation knows that the creative and diverse young people of today are the future. Its mission is “to create a kinder and braver world.”

Depression and Bipolar Support Alliance: 800-826-3632

The DBSA is unique in that it was made for people with mood disorders and is run by people with mood disorders. Its vision is “wellness for people living with depression and bipolar disorder.” There are many DBSA chapters that have peer run support groups.

Families for Depression Awareness: 781-890-0220

This organization aims to help families understand depression and bipolar disorder to better grasp the concept of mental illness and cope with it. It holds workshops as well as free webinars to educate people and firsthand stories from families on their experiences with mental illness.

International OCD Foundation: 617-973-5801

This foundation’s mission is to help OCD sufferers live full lives despite their condition and to end the stigma surrounding obsessive compulsive disorder. It provides resources and facilitates treatment for those who need it. There’s a variety of online and phone support groups with specific topics across the board.

Mental Health America: 703 684-7722**To Write Love On Her Arms:** 800-273-8255

TWLOHA is a nonprofit that wants to give hope to people suffering from depression, addiction, and self-harm. It educates and inspires people across the world while also donating funds for treatment and recovery. It wants mental illness sufferers to know, “Hope is real and help is real.”

Crisis Phone Hotlines

National Suicide Prevention Lifeline: 800-273-8255

This hotline is 24/7, free, and confidential. It has operators in over 160 crisis centers throughout the United States. The operators and leaders follow the best practices in risk assessment. There are also options for Spanish speakers and people who are hard of hearing.

National Hopeline Network: 800-442-4673**The Trevor Project:** 866-488-7386

The Trevor Project provides support to all in crisis, with a focus on the LGBTQ youth between the ages of 13 and 24. The Trevor Lifeline is available 24/7, and support by text and chat are available online, as well.

Support by Text or Chat

Crisis Chat:

This is an offshoot of the National Suicide Prevention Lifeline. Chat specialists assess suicide risk and help the visitor cope, come up with a safety plan, and figure out the next step. The chat specialists are trained in crisis and suicide intervention.

Crisis Text Line: Text 741-741

CTL offers free text support 24/7 for anyone in the United States. The crisis counselors take the texters from a “hot moment to a cool calm.” The crisis counselors undergo extensive training, and they are all supervised by staff with Masters’ or PhD’s in psychology or social work.

Facts and Statistics

Anxiety and Depression Association of America:

[Facts & Statistics](#)

Centers For Disease Control and Prevention:

[Anxiety Overview](#)

Centers For Disease Control and Prevention:

[Depression Overview](#)

Depression and Bipolar Support Alliance:

[Depression Statistics](#)

National Institute of Mental Health:

[Any Anxiety Disorder Among Adults](#)

National Institute of Mental Health:

[Major Depression Among Adults](#)

Depression Screening

Center for Epidemiologic Studies: [Depression Scale—Revised](#)

This depression scale has been used since the 1970’s and is still very widely used. The scale measures depression symptoms including sadness, loss of appetite, and suicidal ideation. It helps to assess whether or not someone is having a depressive episode.

Depression and Bipolar Support Alliance: [Screening for Depression](#)

Mental Health America: [Depression Screening](#)

Psychology Today: [Depression Test](#)

Psychology Today is a website and magazine that examines all things psychology with contributors who are specialized writers, psychologists, psychiatrists, and researchers. It also houses a big directory of mental health professionals and treatment facilities.

Anxiety Screening

Anxiety and Depression Association of America: [Screening for Generalized Anxiety Disorder \(GAD\)](#)

Mental Health America: [Anxiety Screening](#)

Psychology Today: [Anxiety Test](#)

Social Anxiety Institute: [Do I have Social Anxiety Disorder?](#)

The Social Anxiety Institute specializes solely on social anxiety, focusing all its energy on this one disorder. It also offers online therapy series, videos, and many educational information about social anxiety.

Patient Blogs

[Anxiety Guru:](#)

Anxiety Guru was created by licensed therapist Paul Dooley. He started the blog so that people with anxiety could read it and feel like they have somebody they can relate to. There are posts regarding self help tips and coping methods as well as a podcast!

[Anxiety-Schmanxiety:](#)

This blog covers a variety of anxiety disorders as well as phobias and PTSDs. There are posts with tips on everything from how to deal with panic attacks to

imposter syndrome and more. The 5 main contributors have personal experience with anxiety.

[Depression Marathon:](#)

In this blog, a runner with depression shares frequent posts with life updates about her health, fitness, and mental illness. Blog posts date all the way back to 2008, so you can really follow the blogger's journey and relate to her.

[Diary of a Social Phobic:](#)

A 20-something university student runs this blog in which she chronicles her social anxiety disorder and depression struggles. She shares many personal stories that make you feel like you are getting to know her.

[Lawyers With Depression:](#)

Even lawyers are not impervious to mental illness! This blog is meant to be a resource for law students, lawyers, and judges alike to feel less alone in their personal depression struggles.

[Postpartum Progress:](#)

This blog is a source of help, hope, and support for new mothers who are suffering from mental illness, including postpartum depression. It is home to many mothers' stories about their struggles with postpartum mental illness and offers peer support.



Time to Change:

Time to Change is a UK based blog that aims to share stories and break stigmas surrounding mental illness. It asserts that just like physical illness, mental illness is nothing to be ashamed of. Many authors share their stories on this blog.

Clinical Trials

Anxiety and Depression Association of America:

[Clinical Trials](#)

CenterWatch: [Anxiety Disorders Clinical Trials](#)

Centerwatch has clinical trial information for both researchers and patients. There are professional resources as well as lots of educational information on drugs and treatments. You can search for open clinical trials by condition and geographic location.

CenterWatch: [Depression Clinical Trials](#)**ClinicalTrials.gov:** <https://clinicaltrials.gov>

This site is provided by the U.S. National Library of Medicine and includes studies in all 50 states plus other countries. Researchers can submit studies to be considered, and patients can search the database of studies to participate in.

Columbia Psychiatry: [Clinical Trials](#)

The Columbia University Department of Psychiatry is a leader in the field. It conducts a lot of research and uses new technologies to investigate mental illnesses and organize innovative studies.

Mayo Clinic: [Depression Clinical Studies](#)

Mayo Clinic is a nonprofit that seeks to provide “whole-person care” by providing the best education on health and a multitude of resources. It has four campuses in the United States where clinical studies are conducted.

National Institute of Mental Health:

[Anxiety Disorders Featured Studies](#)

National Institute of Mental Health:

[Depression Featured Studies](#)



With this resource list, you will always be prepared to help others and/or yourself. You have a world of help at your fingertips! Keep this guide handy and be ready for anything.

**LOOKING FOR THE
ULTIMATE MENTAL
HEALTH RESOURCE?
GET STARTED WITH
TALKSPACE TODAY.**

LEARN MORE

