ADDITIONAL RESOURCES

24/7 RESOURCES

MHA Screening: Online screening is one of the quickest and easiest ways to determine if you're experiencing symptoms of a mental health condition. Our screens are free, confidential, and scientifically validated.

988 Suicide & Crisis Lifeline: The 988 Lifeline provides 24/7, free, and confidential support to people in distress – you don't need to be suicidal to reach out. Call 1-800-273-8255 to be connected with a crisis counselor. Crisis counselors who speak Spanish are available at 1-888-628-9454.

988 Textline: When you text 988, you will complete a short survey letting the crisis counselor know a little about your situation. You will be connected with a trained crisis counselor in a crisis center who will answer the text, provide support, and share resources if needed.

Crisis Text Line: If you prefer texting to talking on the phone, text MHA to 741-741 to be connected with a crisis counselor who will help you get through your emotions.

Warmlines: Warmlines are staffed by trained peers who have been through their own mental health struggles and know what it's like to need someone to talk to. Visit here for more information on warmlines.

RESOURCES FROM MHA:

REPORTS AND TOOLS

State of Mental Health in America Report 2023: The State of Mental Health in America report is intended to provide up-to-date data and information about disparities faced by individuals with mental health challenges and serve as a tool for change. Learn more about disparities in mental health treatment for youth of color by downloading the report.

MHA's Workplace Mental Health Toolkit: Creating a Culture of Support and Well-being: The Workplace Mental Health Toolkit provides information on how employers and people leaders can develop or improve workplace policies that uplift workers, ensure they are valued and heard, and improve an organization's overall culture of well-being. Download the report.

Mapping the Mental Health of Our Communities: For years, Mental Health America has provided free, anonymous, clinically validated mental health screens on our website, MHAScreening.org. Now, for the first time, our researchers and corporate partners at Lundbeck are geographically analyzing the results from millions of those mental health screens and showing you the data in near real time. This is the largest dataset of its kind, and now you can explore it at the state and county level on our powerful dashboard and in four comprehensive briefs.

Our Future in Mind Toolkit: If you want to become an advocate for mental health, the "How to become a mental health advocate in 7 steps" guide is for you. This toolkit is born from Our Future in Mind, a two-day mental health summit hosted by Mental Health America and IDONTMIND, featuring conversations from mental health experts and advocates highlighting their work and pathways to activism.

ONLINE ARTICLES

SAFE AND STABLE HOUSING

- Housing
- Social Determinants of Health
- When Home Life is Hard – Adults
- When Home Life is Hard – Youth
- Understanding Abuse
- My Family Members Are Abusive
- Eliminating Toxic Influences

HEALTHY HOME ENVIRONMENTS

- Working From Home with ADHD
- How Can I Manage My Mental Health While Working from Home?
- 5 Ways to Stay Focused When You Have No Dedicated Workspace
- How Do I Stay Clean and Sober While I'm Stuck at Home?
- Co-occurring: Mental Health and Substance Abuse
- Helping at Home – Tips for Parents
- How to Deal with Homesickness in College
- How to Deal with Roommate Problems
- I Can't Sleep!
- Sleep Complications in Recovery
- Get Enough Sleep
- Sleep Deprivation
- How Blue Light Affects Sleep
- Should I Kick out My Adult Child?
- Creating Healthy Routines

NEIGHBORHOODS AND TOWNS

- Rural Mental Health Crisis
- Talking to Kids About Fear and Violence
- How Can I Get Mental Health Help in a Small Town?
- Community Care
- How You Can Address Both Mental Health and Hunger in Your Community
- Social Support: Getting and Staying Connected
- We Build Our Community, and Then It Builds Us
- Feeling Lonely in a Crowd
- I Don't Feel Like I Belong Anywhere

THE OUTDOORS AND NATURE

- MHA Partnership to Prioritize the Power of Going Outside
- 18 Ways to Cope with Frustration

WEBINARS

- Safety Not Stigma – Reframing the Way We Talk About Guns and Violence
- Handling the Holidays in a Non-LGBTQ+ Affirming Environment
- Preventing and Healing from Child Abuse and Neglect
- Supporting LGBTQ+ Youth in Our Communities
- Workplace Mental Health: Employer Perspective
- The Rural Mental Health Crisis
- Providing Peer Support in a Rural Environment

EXTERNAL RESOURCES

Resources mentioned below come from MHA's network of trusted partners and supporters.

AAKOMA Project: AAKOMA works to build the consciousness of youth of color and their caregivers on the recognition and importance of mental health, empowering youth and their families to seek help and manage mental health, and influence systems and services to receive and address the needs of youth of color and their families.

Anxiety and Depression Association of America (ADAA): ADAA is an international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through the alignment of science, treatment, and education.

Caregiver Action Network (CAN): CAN is the nation's leading family caregiver organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. Individuals can reach out for guidance and support to their dedicated Caregiver Help Desk.

Center on Race, Poverty & the Environment (CRPE): CRPE is a national environmental justice organization providing legal, organizing, and technical assistance to grassroots groups in low-income communities and communities of color. Their work focuses on solutions involving climate justice, sustainable agriculture, and toxic-free communities. The CRPE believes social

change comes from the ground up and that low-income communities and communities of color most impacted by pollution need to define the problems and craft the solutions for their communities.

Faces and Voices of Recovery: Faces and Voices of Recovery works to change the way addiction and recovery are understood and embraced through advocacy, education, and leadership.

Health Equity Collaborative: The Health Equity Collaborative seeks to eliminate health disparities through the utilization of a holistic and intersectional approach to health care.

IDONTMIND: IDONTMIND is a mental health awareness campaign and lifestyle brand working to get people talking about their minds and to generate positive messaging about mental health. Check out their online journal for articles on all things mental health.

Lavender Phoenix: Lavender Phoenix builds queer and transgender Asian and Pacific Islander power to amplify voices and increase the visibility of the communities. Through organizing in the San Francisco Bay Area, they inspire and train grassroots leaders, transform values from scarcity to abundance, and partner with organizations to sustain a vibrant movement ecosystem.

L.L. Bean: Mental Health America and L.L. Bean have partnered to promote outdoor activity as a simple way to improve well-being. Learn more about the partnership here.

Mental Health Coalition (MHC): Formed to catalyze like-minded communities to work together to destigmatize mental health and empower access to vital resources and necessary support for all, the MHC connects individuals to a range of different resources from Coalition members.

The Mental Health Collaborative: The Mental Health Collaborative works to build resilient communities through mental health education and awareness, decreasing stigma, and opening the door to conversations about mental health. They train schools, organizations, and communities in mental health literacy – the foundational education that all of us need to promote our best mental health.

Rural Minds: Rural Minds serves as the informed voice for mental health in rural America and provides mental health information and resources.

Southern Echo: Southern Echo works to empower Black and low-income communities throughout Mississippi and the southern U.S. with the knowledge, skills, and resources needed to impact and demand accountability of the political, education, economic, and environmental systems to address the needs of communities through comprehensive organizing, leadership development, training, and technical assistance programs.

The Praxis Project: The Praxis Project is a national nonprofit that works in partnership with national, regional, state, and local partners to achieve health equity and justice for all communities.

wikiHow: wikiHow is an online community consisting of an extensive database of how-to guides. Check out their course, created in collaboration with MHA: *Boost Your Well-Being: wikiHow's Healthy Mind Masterclass*.