

Behavioral Health Resources



For more information, visit
sdgirlscouts.org/ymhfa

Helplines

Suicide and Crisis Lifeline

Call 988

24 hours a day, 7 days a week.

988lifeline.org

A national network of local crisis centers that provides free and confidential emotional support to people in suicidal, mental health, and/or substance use crisis.

The San Diego Access and Crisis Line

888-724-7240

TTY for hearing impaired: 619-641-6992

24 hours a day, 7 days a week.

sandiegocounty.gov/content/sdc/hhsa/programs

Offers crisis support and helps facilitate connections to behavioral health resources within the San Diego County area code. Language interpreter services are available in over 200 languages.

National Suicide Prevention Lifeline

800-273-8255

A national hotline that provides free and confidential crisis intervention and emotional support.

California Youth Crisis Line

800-843-5200

The California Youth Crisis Line (CYCL) operates 24 hours a day, seven days a week as the statewide emergency response system for youth (ages 12-24) and families in crisis.

National Domestic Violence Hotline

800-799-7233

24 hours a day, 7 days a week.

thehotline.org

Provides support and resources for people experiencing domestic violence or families and friends of suspected victims of domestic violence.

California Child Abuse Hotline

800-344-6000

24 hours a day, 7 days a week.

sandiegocounty.gov/content/sdc/hhsa/programs

Hotline to report suspected child abuse or neglect if you:

- are concerned about a child's safety,
- are a parent afraid you may harm your child,
- are a child or youth who believes you are being abused, call the Hotline. We can provide resources for additional help.
- are a Mandated Reporter (as identified by law), you must contact authorities if you suspect or are told about child abuse

RAINN's National Sexual Assault Hotline

800-656-4673

24 hours a day, 7 days a week.

rainn.org/resources

A referral service that can put you in contact with your local rape crisis center.

The Warmline

619-295-1055

3:30-11 p.m., 7 days a week,
except major holidays.

namisandiego.org/warmline

The Warmline is a non-crisis phone service that provides callers with information, referrals, support, and empathy from trained Peer Support Specialists who have experience or personal knowledge of mental health issues, recovery and services.

Crisis Text Line

Text HOME to 741741

24 hours a day, 7 days a week.

crisistextline.org

Free, confidential text line staffed by trained volunteer Crisis Counselors who can provide support, but not

medical advice. Can provide you with a referral for further help. A conversation usually lasts anywhere from 15-45 minutes.

SmartCare Behavioral Health Consultation Services

858-956-5901

Monday-Friday, 8:30 a.m.-4:30 p.m.

vistahill.org/programs-services

Provides consultation and assistance to families needing support in accessing care and understanding the impact of behavioral health symptoms. No cost.

Acute/Emergency Services

Psychiatric Emergency Response Team (PERT)

Call 911 or your local police department

24 hours a day, 7 days a week.

sandiegocounty.gov/content/sdc/hhsa/programs

Specially trained police officers and deputies paired with licensed mental health professionals who respond on-scene to situations involving a mental health related crisis.

San Diego County Emergency Screening Unit

619-876-4502

TTY for hearing impaired:

619-591-4321

4309 Third Ave.

San Diego, CA 92103

24 hours a day, 7 days a week.

sandiegocounty.gov/content/sdc/hhsa/programs

Provides psychiatric crisis stabilization for children and adolescents under age 18 who are experiencing a mental health emergency. Services are contracted through New Alternatives Inc. and are for Medi-Cal beneficiaries.

San Diego Mobile Crisis Response Team (MCRT)

Call 988 OR 888-724-7240 and request MCRT.
telecarecorp.com/telecare-mcrt

MCRT provides emergency mental health and substance use crisis intervention for people of all ages in San Diego County, 24 hours a day, 7 days a week. Responses involve a licensed clinician, a case manager, and a Peer Specialist. This is a non-law-enforcement response to behavioral health emergencies. MCRT will link individuals to mental health and substance use services as needed.

New Alternatives, Inc. Crisis Action and Connection (CAC)

619-591-5740

A crisis intervention and stabilization program for youth ages 5 to 18 that provides in-home mental health and intensive management services for children and their families throughout San Diego County. Medi-Cal insurance only.

Non-Emergent Services

Back to Play: Child & Family Therapy

Krystle Briese, LMFT, RPT-S

Telephone: 619-759-9648

E-mail: krystle@backtoplaytherapy.net

564 Brockton St, El Cajon, CA 92020

<https://www.backtoplaytherapy.net>

Krystle works with children ages 10 and under, adolescents 11 and up, and their parents using play therapy to treat mental health challenges associated with ADHD, anxiety, depression, separation anxiety, Oppositional Defiant Disorder/Conduct Disorder, grief/loss, abuse, behavior problems, parental divorce/separation, and relational problems (peer interactions, sibling interactions, parent/child problems). Accepts the following insurances throughout the state of

California: Aetna, Anthem Blue Cross California, Cigna, and Blue Shield of California, in addition to providing out-of-network care. Initial intake session is \$150, ongoing individual sessions are \$140.

California Children's Services

dhcs.ca.gov/services/ccs

CCS is a State program for children with certain diseases or health problems. Through this program, children up to 21 years old can get the health care and services they need. CCS will connect you with doctors and trained health care people who know how to care for your child with special health care needs.

Center for Discovery Eating Disorder Treatment*

844-469-4578

18872 McArthur Blvd., Suite 400

Irvine, CA 92612

centerfordiscovery.com/locations/irvine

Center for Discovery Irvine is an outpatient eating disorder treatment center for patients of all genders and all ages. Treatment modalities offered include cognitive behavioral therapy (CBT), exposure and response prevention (ERP) and dialectical behavior therapy (DBT). This treatment center emphasizes a body-positive approach and Health at Every Size® (HAES®). Insurances accepted include but are not limited to Beacon Health Strategies, Cigna/ Great West, Halcyon, Magellan of CA HAI and UHA. Accepted insurances change frequently, but insurance team can verify your coverage.

Family Health Centers of San Diego

619-515-2300

Multiple clinic locations.

fhcsd.org

Provides individual counseling, adult and child psychiatry, and psychological testing for children. Accepts private insurance, Covered California, Medi-Cal and includes a sliding fee scale.

* Girl Scouts San Diego behavioral health partner.

Harmonium Community Behavioral Health Counseling Program

858-684-3080

Multiple locations.

harmoniumsd.org

Provides counseling and therapy to children and youth up to 25 years of age and their families to address mental health needs. Free services when referred by Child's Primary Care Medical Group (CPCMG). CPCMG accepts most HMO, PPO, EPO, indemnity, fee-for-service and Medi-Cal health plans. You only pay your copay or co-insurance.

Read about CPCMG: cpcmg.net/about

Home Start

Telephone: 619-692-0727 ext. 118

home-start.org

Behavioral Health Services at Home Start provides individual and family therapy services to children under 18 years of age across San Diego County. Services may be provided in the child's home, school, or via telehealth video as well as at one of our two Home Start locations (Mission Valley or El Cajon). These services are free of charge to child survivors of abuse, crime, or other traumatic events. Services in English and Spanish are available. Home Start therapists are trained in providing Parent-Child Interaction Therapy, Trauma-Focused Cognitive Behavior Therapy, and Play Therapy.

Please note: The intake line is not a live line but is a voicemail. Leave your **name, contact number, best times to contact you, the type of service** in which you are interested, and if you are comfortable with **a voicemail** being left if you are unavailable.

Jewish Family Service

Telephone: 858-637-3210

jfssd.org/our-services/adults-families/

Jewish Family Service is a people-centered, impact-driven organization working to create a stronger, healthier community where everyone can thrive. JFS is considered one of San Diego's most impactful nonprofit human services agencies, providing compassionate care and supportive services to more than 70,000 people every year. JFS offers several mental wellness and behavioral health programs.

La Maestra Community Health Centers

619-779-7900

Anonymous Youth Telephone: 619-510-4644

lamaestra.org

4060 Fairmount Avenue, San Diego, CA 92105
Wellness Clinic offers outpatient behavioral health, substance use disorder and co-occurring support services. Provides personalized, evidence-based care to children, adults, and families. Medi-Cal and sliding fee scale.

Lightfully Behavioral Health*

916-299-5709

Multiple locations.

lightfully.com/locations/san-diego

Provides primary mental health care for teens and adults with depression and mood disorders, anxiety disorders, personality disorders, trauma-related disorders, suicidality, and self-harm behaviors utilizing residential treatment, partial hospitalization, and virtual or in-person intensive outpatient programs. Works with all commercial insurance plans.

Mindpath Health

Multiple locations throughout San Diego.

mindpath.com/location/san-diego

A clinician-led mental health organization that provides comprehensive mental healthcare services. Private insurance.

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Neighborhood Healthcare

833-867-4642

Multiple locations.

nhcare.org

Provides integrated behavioral health care that includes counseling, therapy, psychiatry, and medically assisted drug treatment services. Accepts most insurance plans, including Medi-Cal and Medicare.

New Alternatives Inc.

Therapeutic Behavioral Services (TBS)

858-256-2180

tbsinfo@newalternatives.org

sandiegocounty.gov/content/sdc/hhsa/programs

Provides short-term, intensive, in-home behavioral coaching services for youth up to age 21 utilizing strength-based, trauma-informed treatment to stabilize youth.

North County Lifeline – Behavioral Health

760-842-6214 or 760-726-4900

lifelinecs.org/behavioral-health

Lifeline's Behavioral Health programs work with youth and adults who are struggling with mental health issues, emotional trauma, substance abuse, and thoughts of suicide. Assists clients on Medi-Cal, or who are uninsured or under-insured.

Novell and Novell Counseling Services

951-252-9911

29748 Rancho California Rd.

Temecula, CA 92591

novellcounseling.org

A multidisciplinary team of mental health professionals that provide outpatient mental health services to the Temecula area. Accepts most insurances, including private, IEHP, and Medi-Cal.

Nueva Vista Family Services

619-585-7686

1161 Bay Blvd., Suite B

Chula Vista, CA 91911

crfbehavioralhealthcare.org/programs

Provides crisis intervention, individual, family, and group therapy, as well as rehab and substance abuse treatment. Accepts Medi-Cal and uninsured only.

Palomar Family Counseling

Main Office:

760-741-2660

1002 E. Grand Ave.

Escondido, CA 92025

Fallbrook:

760-731-3235

120 W. Hawthorne

Fallbrook, CA 92028

Vista:

760-630-3505

945 Vale Terrace Dr.

Vista, CA 92084

palomarfamilycounseling.com

Provides comprehensive family counseling services for children, youth, adults, couples and families across all of Escondido and North San Diego County. School-based, sliding fee scale, low cost.

Partners with the following school districts:

- Escondido Union High School District
- Escondido Union School District
- Fallbrook Union Elementary School District
- Fallbrook Union High School District
- Oceanside Unified School District
- Pacific View Charter School
- San Marcos Unified School District
- Valley Center -- Pauma Unified School District
- Vista Unified School District

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**Rady Children's Hospital of San Diego
KidSTART***

San Diego: 858-576-1700
Oceanside: 760-967-7082
Chula Vista: 619-420-5611
Multiple locations.
rchsd.org/programs-services/kidstart

A program for children under 6 years old with complex needs in multiple areas of daily life, which includes intensive family support services. To refer your own child to KidSTART, call 858-966-5990. Accepts private insurance and Medi-Cal, as well as CCS.

**Rady Children's Hospital
Outpatient Psychiatry***

Central (San Diego):
858-966-5832
3665 Kearny Villa Rd., Suite 101
San Diego, CA 92123
North Inland (Escondido):
760-294-9270
2125 Citracado Pkwy., Suite 200
Escondido, CA 92029
North Coastal (Oceanside):
760-758-1480
3605 Vista Wy., Suite 258
Oceanside, CA 92056
rchsd.org/programs-services/behavioral-health

Programs designed for children, youth and families to address challenges related to depression and suicidality, mood problems, anxiety, traumatic stress, attention deficits, hyperactivity, disruptive behavior, eating disorders, substance-related mental health problems and other mental health concerns. Medi-Cal and uninsured only.

**Rady Children's Hospital
Outpatient Psychiatry – Torrey Hills***

858-793-9591
11752 El Camino Real, Suite 100

San Diego, CA 92130
rchsd.org/locations/satellite-locations

Provides counseling services, medication evaluation and treatment, and psychological testing. Private insurance and self-pay.

Rogers Behavioral Health*

800-767-4411
17140 Bernardo Center Dr., Suite 300
San Diego, CA 92128
rogersbh.org/locations/san-diego-ca

Offers personalized intensive outpatient (IOP) and partial hospitalization (PHP) care for adults, adolescents, and children in need of treatment for OCD, anxiety, depression, and other mood disorders. All patients have access to a board-certified psychiatrist and a multidisciplinary team of mental health experts with proven outcomes from their treatment programs. Has an insurance pricing calculator to assist in estimating out-of-pocket costs based on your coverage.

San Diego Center for Children

858-277-9550
3002 Armstrong St.
San Diego, CA 92111
centerforchildren.org

Empowers children and families through transformative mental health care and educational services. Offers free, confidential initial screening if you are unsure what may be needed.

San Diego Youth Services

Telephone: 619-241-0608
3255 Wing Street, San Diego, CA 92110
sdyouthservices.org/services/get-help/

San Diego Youth Services is a nonprofit that believes every child deserves to reach their full potential. They offer mental health services for youth and their families, as well as case management and psychiatry,

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available at no-cost or accessible through Medi-Cal based insurance. To get help or a referral for any services, call or text (619) 241-0608 Monday – Friday, 10 a.m. – 6 p.m.

San Ysidro Health Center

619-662-4100
syhealth.org/services

A non-profit organization committed to providing high quality, compassionate, accessible and affordable health care services for the entire family, including patient-centered care dedicated to improving mental health and well-being. Payment is based on a sliding fee scale.

South Bay Community Services (SBCS)

Office: 619-420-3620
24 Hour Hotline: 800-640-2933
430 F St.
Chula Vista, CA 91910
sbcssandiego.org/our-services

A community-based nonprofit organization providing a comprehensive range of services for children, youth, and families in San Diego County. Offers some free services, as well as affordable programs, housing, classes and drop-in centers.

UCSD Integrated Behavioral Health Care*

858-657-7000
Multiple locations.
health.ucsd.edu/care/primary-care/integrated

Primary care and behavioral health providers work together to address both your physical and mental health concerns to provide comprehensive and cohesive care. Integrated behavioral health care services are open to people of all ages, but you must be a UC San Diego Health primary care patient to request a referral to the services. These services include eating-disorder specific treatment programs for children, adolescents, and adults.

Patients must have a referral from primary care provider (PCP) to receive integrated behavioral health care. Most insurance plans typically cover integrated behavioral health sessions.

Vista Community Clinic – Behavioral Health Services

844-308-5003
1000 Vale Terrace Dr., Vista, CA 92084
134 Grapevine Rd., Vista, CA 92083
4700 North River Rd., Oceanside, CA 92057
818 Pier View Wy., Oceanside, CA 92054
517 N. Horne St., Oceanside, CA 92054
vistacommunityclinic.org/health-services

VCC offers a range of programs and services to help patients think and feel better, including counseling, therapy, psychiatry services, and referrals. Accepts Medi-Cal, Covered California, and can help people without insurance through no-cost programs and sliding fee scales.

Vista Hill Center for Child and Youth Psychiatry (VH-CCYP)

858-571-1964
8825 Aero Dr., Suite 305
San Diego, CA 92123
vistahillccyp.org

Provides ready access to board-certified child and adolescent psychiatrists for psychiatric evaluations and provide follow-up care for youth up to age 21. Medi-Cal only.

Vetted/Preferred San Diego Providers from Lightfully Behavioral Health

Therapists

Julia Rosengren Psychologist, Inc.

Dr. Julia Rosengren
858-432-3919
5252 Balboa Ave. Suite 803
San Diego, CA 92117
drjuliarosengren.com

"While my main specialties are addiction, depression, and anxiety, I am also able to treat an expansive range of emotional issues. I have extensive experience in working with individuals who are suicidal and am also skilled at working with unmotivated adolescents."

Provides 50-minute therapy sessions at \$200/hr. Currently, not in-network with insurance, but provides superbills for out-of-network reimbursement.

Jill Maher, LMFT

619-363-2976
5230 Carroll Canyon Rd., Suite 316
San Diego, California 92121
jillmaherlmft.com

"I have been working with individuals and families impacted by trauma for 18 years across a variety of environments. I specialize in women's trauma, and I have a passion for working with survivors of domestic violence and sexual assault. Additionally, I offer strategies and support for people coping with co-occurring issues."

\$210 - \$225/session. Does not accept insurance, however, can provide a superbill upon request.

Limited sliding scale spots available.

Healthy Connections Counseling Center

858-268-9800
4909 Murphy Canyon Rd., Suite 300
San Diego, CA 92123
healthyconnectionsounseling.com

Provides in-person and telehealth counseling, psychological testing and evaluations for anger management, trauma, grief and loss, depression and anxiety disorders, learning disorders, attention-deficit disorders, and substance use disorders for patients of all ages. Accepts most major insurances. Along with most standard HMO plans, can bill all out-of-network PPO insurances.

Freedom Within Therapy and Wellness Center

619-363-1920
2650 Camino del Rio N, Suite 305
San Diego, CA 92108
freedomwithincenter.com

Provides psychotherapy (counseling) to treat anxiety, depression, panic attacks, peri- and postnatal issues, PTSD, relationship issues, sexual abuse, and trauma. Has therapists who are in network with Aetna, Cigna, Lyra, KP, Tricare and Triwest/VA CCN. If you have insurance outside of these options, can provide a superbill.

Ann-Marie Avanni, EdM, MA, LMFT

619-786-0181
amavannitherapy.com

Works with clients locally and across California via Telehealth Video Sessions. Offers a 20-minute complimentary consultation. Assists with Trauma and PTSD, Anxiety, Adoption Related Issues, Childhood Trauma, Disturbing Memories, Divorce Related Issues, Depression, Emotional Abuse, Grief and Loss, Military Life Issues, Relationship Issues, Self Esteem Issues, Sexual Trauma, Stress, Life Transitions, Obsessive-Compulsive Disorder,

Painful Events, and Physical Abuse. Does not accept insurance but can provide a superbill.

Strong Sense of Self Counseling

Vanessa Cardin, LMFT

949-930-9993

3110 Camino Del Rio S, Suite 220, Office 3

San Diego, 92116

strongsenseofselfcounseling.com

Works with individuals, couples, families and teens. Uses an eclectic therapy approach including attachment, psychodynamic, and internal family systems, and EMDR therapy to address anxiety, depression, PTSD and phase of life issues. Telehealth and in-person counseling. Individual Sessions \$165, offers sliding scale: apply if you may be eligible.

Thrive Therapy Studio

858-324-1304

5230 Carroll Canyon Rd. #110

San Diego, CA 92121

thrivetherapystudio.com

Offers therapy for children, adults, and teens to address Depression, Trauma/PTSD, Life Transitions/Changes, LGBTQIA+, Anxiety, Self-Esteem Issues, Grief and Loss, Parenting, Relationship Issues, ADHD, Autism and Neurodiversity, School and Social Issues using Cognitive Behavioral Therapy (CBT), Interpersonal Therapy, Client Centered Psychotherapy, Acceptance and Commitment Therapy (ACT), SPACE (Supportive Parenting for Anxious Childhood Emotions), Process Oriented Psychotherapy, Exposure and Response Prevention (ERP), and Play and Art Based Therapy. \$150-\$275 per session depending on licensure and experience. Some Thrive therapists accept Cigna. Reduced fee services available on a limited basis.

La Jolla Therapy Center

858-224-3317

3252 Holiday Ct., Suite 209

La Jolla, CA 92037

lajollatherapycenter.com

Treats Anxiety/OCD, Depression, Trauma, Behavioral issues, Eating disorders, Alcohol and/or Substance use, Life transitions, Family conflict, Self-esteem, Relationships, Stress, and Parenting, with a specialty in child and adolescent mental health. Offers in-person and telehealth appointments. Ages four to adult. \$200/session. Does not accept insurance, can provide a superbill. Sliding scale appointments available.

Emerald Therapy Collective

619-848-6074

2214 Second Ave.

San Diego, CA 92101

emeraldtherapycollective.com

Provides individual, family, group, or couples therapy in person, virtually (to residents of California), or a hybrid format. Does not accept insurance but can provide superbills. \$100-\$225/session. Each clinician offers sliding scale pricing for therapy.

Psychiatrists

Dr. Esther Samadi

858-519-8045

esthersamadimd.com

Provides comprehensive evaluation and medication management for children, adolescents, and young adults for conditions such as Depression, Anxiety, Attention Deficit Hyperactive Disorder (ADHD), Tic Disorders (e.g. Tourette's), Conduct Disorder, Oppositional Deficit Disorder (ODD), Autism Spectrum

Disorder, Obsessive Compulsive Disorder (OCD), Psychosis (e.g. schizophrenia), Bipolar Disorder, Early Childhood Trauma, and Intellectual Disability. Does not accept insurance but can provide a superbill. Virtual sessions only. 90-minute initial consultation \$780, 30-minute medication follow-up \$260, \$60 for letters.

Yash Health

Dr. Yashwant Chaudhri
800-985-7580
yashhealth.com/home

Provides comprehensive and evidence-based treatment options for a range of mental health conditions, including depression, anxiety, PTSD, OCD, addiction and more. Accepts most major insurance providers.

Inpatient

Sharp Mesa Vista

858-836-8434
7850 Vista Hill Ave.
San Diego, CA 92123
sharp.com/locations/hospitals/sharp-mesa-vista

Offers both inpatient and outpatient mental health treatment programs. Inpatient programs include treatment for depression, anxiety, challenges with family or school, substance abuse and some developmental disabilities such as autism spectrum disorders. Accepts almost all health insurance plans.

Sharp Grossmont

619-740-4800
5555 Grossmont Center Dr.
La Mesa, CA 91942
sharp.com/locations/hospitals/sharp-grossmont

Offers both inpatient and outpatient mental health treatment programs. Inpatient programs include treatment for depression, anxiety, challenges with family or school, substance abuse and some developmental disabilities such as autism spectrum

disorders. Accepts almost all health insurance plans.

Paradise Valley Hospital:

Bayview Behavioral Health Campus

800-585-2767
330 Moss St.
Chula Vista 91911
paradisevalleyhospital.net/our-services

Provides comprehensive inpatient, outpatient, and partial hospitalization services with wide-ranging mental health programs, including thorough assessment by psychiatrist, psychology staff, medical staff and social work staff, case management services, dual-diagnosis program, inpatient hospitalization program, partial hospitalization program, outpatient services to allow the individual to remain at work or with family, psychiatrist meetings. Currently accepts almost all the insurances plans that are part of Covered California.

**Web-Based
Informational Resources**

Love is Respect

866-331-9474
loveisrespect.org

Provides information and support to young people about what is and is not healthy and acceptable in dating and relationships. Also has a 24/7 Helpline and an online chat feature for youth and adults potentially experiencing domestic abuse in need of support or resources.

**American Academy of Child and
Adolescent Psychiatry: Resource Centers**
aacap.org

AACAP Resource Centers empower consumers through patient education. Each AACAP Resource Center contains consumer-friendly definitions, answers

to frequently asked questions, clinical resources, expert videos, and abstracts from JAACAP, Scientific Proceedings and Facts for Families relevant to each disorder.

**American Academy of Family Physicians:
Care Resources**

aafp.org/family-physician/patient-care

Proven resources intended to help family physicians manage patient concerns and care for universal health issues or risks. While intended for use by physicians, there are many valuable educational resources available in the resource center to better understand treatment standards for health issues.

**American Psychiatric Association:
Patients and Families**

psychiatry.org/patients-families

Learn about common mental disorders, including symptoms, risk factors and treatment options. Find answers to common questions written by leading psychiatrists and links to additional resources.

American Psychological Association

apa.org

APA is the leading scientific and professional organization representing psychology in the United States, with more than 157,000 researchers, educators, clinicians, consultants, and students as its members. This site provides comprehensive resources, including peer-reviewed materials, about all topics related to psychology.

Child Welfare Information Gateway

childwelfare.gov

Provides connection to trusted resources on the child welfare continuum, including publications, research, and learning tools selected by experts to support thriving children, youth, families, and communities.

Georgetown University Center for Child and Human Development (GUCCHD): Resources

gucchd.georgetown.edu/resources.php

Provides guides, articles, toolkits, self-assessments, articles, and other resources relevant to a variety of mental health and childhood development topics.

Mental Health America: Get Help

mhanational.org/get-help

For people seeking help with mental health, crisis support, finding a warmline, navigating healthcare systems to work with providers, and finding support in your local community.

Mental Health America: Get Information

mhanational.org/get-information

For people wanting information about mental health facts and conditions, policy measures, and more, our research and reports, webinars, podcast, blog, and screening tools provide guiding resources and tools to help understand and improve your mental health.

**National Alliance on Mental Illness: About
Mental Illness**

nami.org/about-mental-illness

Learn more about mental illness. This section covers mental health conditions such as schizophrenia, PTSD, bipolar, borderline personality disorder, ADHD, OCD, depression, anxiety, eating disorders, suicide, addiction and others.

**National Alliance on Mental Illness:
Support and Education**

nami.org/support-education

Offers information on supports, services, and treatment options for those struggling with mental health challenges.

National Federation of Families for Children's Mental Health: Resources

ffcmh.org/resources

Provides a list of organized resources based on specific topics and roles in the community to help you find the information you're looking for quickly and easily.

National Institute of Mental Health: Mental Health Information

nimh.nih.gov/health

The National Institute of Mental Health (NIMH) offers authoritative information about mental disorders, a range of related topics, and the latest mental health research.

National Traumatic Stress Network: Resources

nctsn.org/resources

Provides various resources on child trauma, including informational sheets, trainings, public awareness and Spanish-language resources.

Depression and Bipolar Support Alliance

dbsalliance.org

DBSA provides education, resources, and in-person and online support groups to support people with depression and bipolar disorder.

Families for Depression Awareness

familyaware.org

Families for Depression Awareness helps families recognize and cope with depression and bipolar disorder to get people well and prevent suicides through online tests and tools, webinars, and publications.

Anxiety and Depression Association of America

adaa.org

ADAA provides evidence-based educational resources, professional practice, and scientific research for and about people with anxiety and depression. Their "Find Help" page links to many helpful resources, including a "Find Your Therapist" tool.

International OCD Foundation

ocfoundation.org

The IOCDF provides up-to-date education and resources, strengthens community engagement, delivers quality professional training, and advances groundbreaking research on obsessive compulsive disorder and other related disorders. Their "Find Help" page links to many helpful resources, including tools to find a therapist.

National Association of Anorexia Nervosa and Associated Disorders

anad.org

A free peer support community to help anyone struggling with an eating disorder through education, peer connections, and provision of resources. Their "Get Support" page includes a Treatment Directory of providers.

National Eating Disorders Association

nationaleatingdisorders.org

The National Eating Disorders Association (NEDA) works to advance research, build community, and raise awareness to support the nearly 30 million Americans who will experience an eating disorder in their lifetimes. The site includes a screening tool as well as a "Get Help" page to find eating disorder treatment providers near you.

Substance Abuse and Mental Health Services

Administration: Find Help

samhsa.gov/find-help

This page provides a list of links to resources for a variety of mental health and substance abuse treatment locating tools and helplines.

The Partnership at Drug Free.org

drugfree.org

Provides an appointment-based helpline service that connects the caller with a trained specialist that offers support to family members of a loved one struggling with addiction. Also provides personalized support and services upon completion of a survey.

Children and Adults with Attention Deficit/ Hyperactivity Disorder (CHADD)

chadd.org

CHADD empowers people affected by ADHD by providing evidence-based information, supporting individuals, their families, and professionals who assist them throughout their journeys; and advocating for equity, inclusion, and universal rights. The site has many educational tools as well as a Professional Directory for finding treatment providers.