

NAMI Information HelpLine
1-800-950-6264 and info@nami.org

Alphabetical Listing

Assertive Community Treatment (PACT):

- 1) Refer to State Mental Health Authority: directory can be found at www.nasmhpd.org
- 2) Assertive Community Treatment Association: www.actassociation.org
Promotes, develops, and support high quality assertive community treatment services that help improve the lives of people diagnosed with serious and persistent mental illness.

ADHD:

- 1) [NAMI fact sheet on ADHD \(Attention Deficit Hyperactivity Disorder\)](#)
- 2) CHADD: (800) 233-4050 www.chadd.org
Provide info on AD/HD, including local support groups.

Advance Directives:

- 1) National Resource Center for Psychiatric Advance Directives (NRC-PAD), <http://www.nrc-pad.org/>
Used to direct psychiatric care, in the event an individual w/ MI can no longer give/withhold consent to treatment during acute episode.

Alternative Treatments:

- 1) National Center for Complementary & Alternative Medicine: (888) 644-6226 www.nccam.nih.gov
Offers info on various CAM options that have been studied, online at Health A-Z section or by phone.

Alzheimer's:

- 1) Alzheimer's Assn: (800) 272-3900/ www.alz.org; 24/7 info & referral on Alzheimer's/dementia; local offices provide support groups.
- 2) ADEAR (Alz. Disease Education & Referral Center): (800) 438-4380; www.nia.nih.gov/alzheimers
Federal agency providing info and referrals re: Alzheimer's disease and caregiving concerns.

Anosognosia:

- 1) Book: ***I am Not Sick; I Don't Need Help*** by Xavier Amador (*Best way to order is through the NAMI Store's link to Amazon as NAMI gets a small donation this way.*)
- 2) www.leapinstitute.org:
Site maintained by Dr. Amador has information and videos on using his methods
- 3) [NAMI fact sheet on Anosognosia](#)
- 4) NAMI Family-to-Family course

Anxiety Disorders:

- 1) [NAMI fact sheet on Anxiety Disorders](#)
- 2) Anxiety and Depression Assn. of America: (240) 485-1001/ www.adaa.org
Provides info on prevention, treatment, & cure of anxiety, depression & related disorders.

Autism/Asperger Syndrome:

- 1) [NAMI fact sheet on Autism](#)
- 2) National Autism Assn.: (877) 622-2884; www.nationalautismassociation.org
Responds to needs of the autism community w/ education, support, and tools.
- 3) Autism Society of America: (800) 328-8476/ www.autism-society.org
Info & Referral to services and supports nationwide. Encourage callers to contact the local chapters as they are most knowledgeable about local resources.
- 4) US Autism and Asperger Association: (888)928-8476/ www.usautism.org
Provides education and support and research.

Bipolar:

- 1) [NAMI fact sheet on Bipolar Disorder](#)
- 2) DBSA (Depression & Bipolar Support Alliance): (800) 826-3632/ www.dbsalliance.org *Provides information on Bipolar and Depression; offers in-person and online support groups, forums.*
- 3) Book: *Surviving Manic Depression* by E. Fuller Torrey
Comprehensive, up-to-date book on the disorder

Borderline Personality Disorder:

- 1) [NAMI fact sheet on BPD \(Borderline Personality Disorder\)](#)
- 2) BPD Resource Center: (888) 694-2273/ www.bpdresourcecenter.org
Resources and info on BPD; including referrals to clinicians and treatment centers
- 3) TARA (treatment/research advancements for BPD & APD): (888) 482-7227/ www.tara4bpd.org
Offers referral center for info, support, education, treatment, etc.
- 4) BPD Central: www.bpdcentral.com
Resources and info on BPD and narcissistic personality disorder
- 5) National Education Alliance for BPD www.borderlinepersonalitydisorder.com
Provides information and family support programs around BPD

Brain:

- 1) Brain Injury Assn: (800) 444-6443/ www.biausa.org
Works to improve quality of life for people w/ brain injury; has network of local offices w/ support and education programs.
- 2) Brain donation: Harvard Brain Tissue Resource Center: (800) 272-4622/ www.brainbank.mclean.org
Centralized resource for collection/distribution of human brains for research; info about donations on website.

Canadian Support Groups:

- 1) Canadian Mental Health Assn: www.cmha.ca
Branches across Canada provide a wide range of services and supports to people who

are experiencing mental illness and their families. Use website to connect caller to provincial office.

- 2) Family-2-Family Ontario: (613) 737-7791/ www.f2fontario.ca
Provides the NAMI education course in Ontario area
- 3) Action on Mental Illness (AMI Quebec): (877) 303-0264 / amiquebec.org/
Helps families manage the effects of mental illness through support, education, guidance, and advocacy.

Children and Teens:

- 1) NAMI Child & Adolescent Action Center www.nami.org/caac
NAMI brochures/fact sheets, literature on children teens; offers downloadable C&A resource guide.
- 2) NAMI Basics program
Education program for parents and other caregivers of children and adolescents living with mental illnesses; refer to affiliate for schedule and details.
- 3) Strength of Us website www.strengthofus.org
NAMI's social networking site for adolescents
- 4) www.ok2talk.org: (NAMI program) an online community for teens and young adults struggling with mental health problems and encourage them to talk and connect with one another.
- 5) The Balanced Mind Parent Network (formerly the Child & Adolescent Bipolar Foundation): (847) 256-8525/ www.thebalancedmind.org
Offers resources for families w/ children living w/ mood disorders, including support groups, referrals, etc.
- 6) SSI for children: contact SSA (800) 772-1213/ www.ssa.gov
- 7) Children & Adults with Attention Deficit Disorder (CHADD) www.chadd.org/ (800) 233-4050
Info & referrals on AD/HD, including local support groups
- 8) www.kidshealth.org; / physician-reviewed information and advice on children's health and parenting issues.
- 9) www.siblingsupport.org / Effort dedicated to the life-long concerns of brothers and sisters of people who have special health, developmental, or mental health concerns

Clubhouses or Drop in Centers:

- 1) International Center for Clubhouse Development: (212) 582-0343/ www.iccd.org
Site offers a directory of clubhouses nationally. Clubhouses provide opportunities for education, employment and social activities.

Complaints:

- 1) State Protection & Advocacy: National Disability Rights Network: www.ndrn.org
Protects the civil rights of individuals with disabilities (particularly is hospitals and STATE prison systems)
*Use website to locate state specific #
- 2) ADA National Network: (800) 949-4232 or www.adata.org
Provides technical assistance on Americans w/ Disabilities Act (ADA)
- 3) EEOC: (800) 669-4000/ www.eeoc.gov;
Investigates and works to settle employment discrimination claims; must file report prior to taking legal action.
- 4) Hospital / Facility: Ombudsman/Administrator/Patient Advocate Department
- 5) Joint Commission: (800) 994-6610; www.jointcommission.org/report_a_complaint.aspx

Quality of healthcare related complaints for hospital and other inpatient settings.

- 6) Medicare Rights Center: (800) 333-4114/ www.medicarerights.org
Offers helpline for Medicare issues; information on coverage, eligibility, enrollment, costs, etc.
- 7) Psychiatrist: State Medical Board
- 8) Community Mental Health Center:
Follow grievance process dictated by the Department of Mental Health

Coping Strategies for Families:

- 1) NAMI Family-to-Family course and Affiliate support groups
- 2) NAMI fact sheet: "Coping Tips for Siblings and Adult Children of Persons with MI" (*search NAMI website for 'coping tips for siblings'*)
- 3) *I am not Sick; I do not Need Help* by Xavier Amador, www.leapinstitute.org
Offers a communication strategy to help a person seek mental healthcare when they lack insight into illness.

Crisis Lines: See **Suicide & Crisis Lines**

Depression:

- 1) [NAMI fact sheet on Depression](#)
- 2) Depression and Bipolar Support Alliance (DBSA): (800) 826-3632/ www.dbsalliance.org
Provide info on depression & bipolar disorder, online tools, & support group referrals.
- 3) Anxiety & Depression Association of America: (240) 485-1001/ www.adaa.org
Provides info on prevention, treatment, and cure of anxiety, depression & related disorders

Dissociative Disorders :

- 1) [NAMI fact sheet on Dissociative Disorders](#)

Doctors and Treatment Referrals

(Finding Professional Help: doctors, therapy, hospitals, social services, etc):

- 1) NAMI Affiliate
May keep provider referral list; likely can provide referrals to community mental health.
- 2) Psychology Today: <http://www.psychologytoday.com/>
Offers a find a therapist link on the site. Can also use the link to locate residential treatment options.
- 3) LOW COST: local or county Community Mental Health Center
State department of mental health may have Access Line
- 4) Insurance company
- 5) Local teaching hospital / medical school
- 6) Psychiatric hospitals ranked by *US News and World Report magazine*: <http://health.usnews.com/best-hospitals/rankings/psychiatry>

Professional Associations:

- 1) Assn. for Behavioral & Cognitive Therapies (ABCT): (212) 647-1890 www.abct.org
Offers find a therapist section on website.
- 2) American Academy of Child and Adolescent Psychiatry: www.aacap.org
Online resources for info on pediatric mental illness; offers child and adolescent psychiatrist finder.
- 3) American Residential Treatment Association: www.artausa.org
Offers information about residential treatment facilities throughout the country; not an exhaustive list.
- 4) American Psychological Assn (APA) www.apa.org; (800) 964-2000
Offers find a therapist section on website.
- 5) National Association of Social Workers (NASW):
- 6) www.naswdc.org
Offers a find a clinician feature on website; includes area of expertise, fees, insurance coverage.
- 7) American Society of Clinical Psychopharmacology: www.ascpp.org
Offers a psychopharmacology database on website
- 8) American Association of Christian Counselors: www.aacc.net
Offers a find a Christian counselor feature on website.

Dual Diagnosis/Substance Abuse:

- 1) [NAMI fact sheet on Dual Diagnosis](#)
- 2) Dual Trouble in Recovery: www.draonline.org
12 step program for recovery from chemical dependency & psychiatric illness; focus on relapse prevention; has link on website to locate a meeting in one's community.
- 3) SAMHSA Treatment Locator (Substance Abuse Mental Health Services Administration): 1 (800) 662-4357 or <http://www.findtreatment.samhsa.gov>
Provides referrals to low cost/sliding scale mental healthcare, substance abuse and dual diagnosis treatment.
- 4) Alcoholics Anonymous: www.aa.org
12-step group for individuals who believe that they have a drinking problem; non-professional, peer support based. Website offers find a meeting feature; search via zip code.
- 5) Narcotics Anonymous: www.na.org
Offers recovery from the effects of addiction through twelve-step program, including regular attendance at group meetings. Website offers find a meeting feature; search via zip code.
- 6) Al-Anon/Al-Ateen: www.al-anon.alateen.org/
Offers support and hope for family and friends of individuals abusing alcohol. Website offers find a meeting feature; search via zip code.
- 7) Nar-Anon: www.nar-anon.org/naranon
Designed to help relatives/friends of addicts recover from the effects of coping with an addicted relative or friend. Website offers find a meeting feature; search via zip code.

Eating Disorders:

- 1) [NAMI fact sheet on Eating Disorders](#); NAMI website: Binge eating, EDNOS, Healthy Eating, & other resources.
- 2) National Eating Disorders Assn: (800) 931-2237/ www.nationaleatingdisorders.org
Offers info & referral helpline for treatment and support groups
- 3) National Association of Anorexia Nervosa & Associated Disorders: (630) 577-1330/ www.anad.org
Provides referrals to treatment and support groups

Education Issues (IEP, IDEA, etc.):

- 1) NAMI program: "Parents & Teachers as Allies"
In-service program focuses on helping school professionals and families within the school community better understand the early warning signs of mental illnesses; contact affiliate to have training done in a particular school.
- 2) NAMI Child & Adolescent Action Center (CAAC) website: www.nami.org/caac
Offers IEP tips, resource guides, etc.
- 3) National Disability Rights Network (Protection & Advocacy) www.ndrn.org
Protects the civil rights of individuals with disabilities
**Use website to locate state specific #*

Eldercare & Issues:

- 1) Eldercare locator: (800) 677-1116/ www.eldercare.gov
Connects older Americans and their caregivers with information on senior services in their community.
- 2) Info: www.elderlawanswers.com
Information about estate planning, long-term care, Medicaid, medical directives and nursing home issues. Attorney referrals nationwide.
- 3) American Assn. of Geriatric Psychiatrists (AAGP): www.gmhfonline.org/gmhf/find.asp
Offers find a clinician section on website.

Employment:**Accommodation**

- 1) NAMI Report: "Road to Recovery: Employment and Mental Illness"
- 2) Information and Technical Assistance on the Americans with Disabilities Act: 1 (800) 514-0301/
www.ada.gov
- 3) Job Accommodation Network: 1(800) 526-7234/www.askjan.org
Resource on employment related ADA info, accommodations database.
- 4) ADA National Network: (800) 949-4232/ www.adata.org;
Provides technical assistance on Americans w/ Disabilities Act (ADA)
- 5) Employment: EEOC: (800) 669-4000; www.eeoc.gov
Investigates and works to settle discrimination claims; must file report prior to taking legal action.

Job Training

- 1) State Vocational Rehabilitation Office
Gov't agency assisting those with disabilities to gain and maintain employment. Listing of State agency in "less frequently used resource notebook".
- 2) International Center for Clubhouse Development: (212) 582-0343. www.iccd.org
National database; may offer transitional/independent employment programs; must locate a clubhouse in the community where the caller resides.

Discrimination

- 1) State Protection & Advocacy: National Disability Rights Network: www.ndrn.org
Protects the civil rights of individuals with disabilities (particularly in hospitals and STATE prison systems)
**Use website to locate state specific #*

Financial Assistance:**Prescriptions:**

- 1) Partnership for Prescription Assistance: www.pparx.org
Helps qualifying patients w/out rx drug coverage get the medications they need.
- 2) www.needymeds.com: Helpline can be reached at (800) 503-6897
Info source on patient assistance programs. Info is free and updated regularly.
- 3) RX Assist: www.rxassist.org
Provides up-to-date directory of all patient assistance programs offered nationwide.
- 4) Prescription Drug Assistance programs: NAMI website lists medication specific assistance programs;
Click on Treatments; scroll to link labeled Prescription Drug Assistance
- 5) RX Hope: 1 (877) 267-0519/ www.rxhope.com
Advocates/facilitates in getting meds at low or no cost.

Medical Care / Hospital bills:

- 6) The Assistance Fund: 1 (855) 845-3663/ www.theassistancefund.org
Financial assistance for co-payments, deductibles, premiums, medical expenses.
- 7) Hospital bills: call billing office and work out a reasonable plan

General financial needs:

- 8) Needhelppayingbills.com
Info on assistance programs, charity organizations, and resources that provide help paying bills, mortgage and debt relief
- 9) 211: www.211.org
Dial number from local phone or use website to search for contact info by zip code; service can refer callers to appropriate agencies/community organizations that offer emergency financial assistance; available in most areas.

Hoarding:

- 1) Anxiety and Depression Assn. of America: (240) 485-1001/ www.adaa.org
Provides general information on hoarding.
- 2) International OC Foundation - Hoarding Center: (617) 973-5801
www.hoarding.iocdf.org
Information and referral on hoarding resources and education

Homeless / Missing:

- 1) Call police and file missing report; *Usually 3-day delay may be lowered for person w/ MI; ask to have person placed on endangered adult list.*
- 2) NAMI Missing Person Support website
- 3) NAMI Affiliate for local missing or homeless resources
- 4) Salvation Army (if person has been missing 6 mos. or more)
www.salvationarmy.org *Refer callers to the Missing Persons regional office. Find # by searching "Salvation Army missing persons locator"*

Housing:

- 1) NAMI Affiliate
- 2) Section 8 Housing: www.HUD.gov
Assists very low-income families, elderly and disabled to afford housing; voucher ensures that one pays no more than 30% of income toward rent.
- 3) HUD Housing Counseling Agencies: Call interactive voice system @ (800) 569-4287
For location of nearby housing counseling agency that provides free or low cost advice on renting, credit issues, buying a home, default, foreclosure avoidance, reverse mortgages
- 4) Centers for Independent Living: <http://www.ilru.org/html/publications/directory/index.html>
CIL's may offer referrals to home sharing programs; use website to find local CIL.
- 5) Public Housing and Resource Center: (800) 955-2232
Provides information and guidance for Section 8 voucher holders and public housing residents.

Insurance (Health, Medicare/Medicaid):

- 1) State Social Security Offices: (800) 772-1213
For individuals applying for SSDI, Medicare benefits begin 24 months after approval.
- 2) Medicare Rights Center: (800) 333-4114/ www.medicarerights.org
Helpline responds to questions about Medicare rights, benefits, and income based premium assistance.
- 3) ACA Health Insurance Marketplace: www.healthcare.gov/ (800) 318-2596
Provides specific information about coverage options in one's state, includes private options, high risk pools, other public programs.
- 4) National Assn. of Insurance Commissioners: www.naic.org
Can connect you with state insurance boards for general information regarding insurance laws; complaints, etc. Click on State and Jurisdiction map link.

International

- 1) U.S. Dept. of State Office of Overseas Citizens Services (OCS): U.S./Canada: Call (888) 407-4747
Abroad: Call (202) 501-4444
Contact OCS if you need help with an emergency or a non-emergency situation affecting Americans abroad. Can assist in locating appropriate medical services.

Legal:

- 1) NAMI Legal Resource Service, NAMI Information HelpLine – 1-800-90-6264.
- 2) Local Bar Assns.:
Can provide local legal referrals, may require small payment for assessment of the case and referral.
- 3) Legal Services Corporation: www.lsc.gov
Civil legal aid for low-income Americans; click on local programs link for referrals to community legal aid programs.
- 4) National Organization of Social Security Claimants Representatives (NOSSCR): (800) 431-2804/
www.nosscr.org
Provides referrals to representation for persons seeking SSI & SSDI
- 5) National Association of Disability Representatives (NADR): (800)747-6131/www.nadr.org
Offers a referral services for lawyers and non-lawyer representatives who can assist in accessing SSI/SSDI.

LGBT Issues:

- 1) GLBT National Help Center: (888) 843-4564/ <http://www.glnh.org/>
Will be connected to a skilled peer counselor. Can provide support and resources.
- 2) NAMI fact sheet: Multicultural Action Center's (MAC) "Gay, Lesbian, Bisexual and Transgender (GLBT) Mental Health Resources"
- 3) Parents, Families and Friends of Lesbian & Gays (PFLAG): (202) 467-8180 / www.pflag.org
Supports the families and friends of LGBT people, and LGBT people; provides PFLAG chapter helplines, support group meetings and resources.
- 4) Trevor Lifeline: (866) 488-7386/ www.thetrevorproject.org
24/7 hotline; Provides crisis intervention, and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

Life/Long term Care/Private Disability Insurance:

- 1) Ask knowledgeable insurance agent;
Generally insurers will not cover any individual with a chronic illness. This is currently legal; is not considered discrimination.

Medications:**Information:**

- 1) Specific drug info on NAMI website and fact sheets
- 2) National Institute of Mental Health (NIMH): (866) 615-6464 / www.nimh.nih.gov
- 3) Ask psychiatrist or pharmacist
- 4) FDA: (855) 543-3784;
<http://www.fda.gov/Drugs/GuidanceComplianceRegulatoryInformation/Surveillance/AdverseDrugEffects/default.htm>
For adverse event reports relating to medications.

Paying for:

- 5) www.NeedyMeds.com / (800) 503-6897 to reach the Helpline.
Info source on patient assistance programs. Info is free and updated regularly.
- 6) Partnership for Prescription Assistance: www.pparx.org;
Helps qualifying patients w/out prescription drug coverage get meds they need.
- 7) www.theassistancefund.org / (855) 845-3663
Financial assistance for copays, premiums, and medical expenses
- 9) RX Hope: (877) 267-0519/ www.rxhope.com
Advocates/facilities getting meds for free or at small copay.
- 10) RX Assist: www.rxassist.org
Provides up-to-date directory of all patient assistance programs offered nationwide

Membership (NAMI):

- 1) nami.org
- 2) Contact local Affiliate / State organization; local affiliate offers \$3.00 Open Door membership.
- 3) Give address changes to Kate or Dawn; ask for old and new address information.
- 4) Amanda Roberts x7991

Missing Persons Support: <i>See Homeless/Missing Section</i>	
NAMI:	1) NAMI Information HelpLine: 1 (800) 950-6264 ; open 10:00am – 6:00pm, EST Address: 3803 N. Fairfax Drive, Suite 100, Arlington, VA 22203 General phone: (703) 524-7600; Fax (703) 524-9094
OCD:	1) NAMI fact sheet on OCD (Obsessive-compulsive Disorder) 2) International Obsessive-Compulsive Foundation (IOCDF): (617)973-5801/ www.iocdf.org ; <i>Provides info on OCD, including treatment referrals.</i> 3) Anxiety and Depression Assn of America: (240) 485-1001 / www.adaa.org <i>Provides info on prevention, treatment, & cure of anxiety, depression & related disorders.</i>
Panic Attacks:	1) Anxiety and Depression Assn of America: (240) 485-1001 / www.adaa.org <i>Provides info on prevention, treatment, & cure of anxiety, depression & related disorders.</i>
Prescriptions, Paying for: See Medications Section	
Psychiatric Advance Directives: See Advance Directives	
PTSD:	1) NAMI fact sheet on PTSD (Posttraumatic Stress Disorder) 2) National Center for PTSD: www.ptsd.va.gov <i>Provides info on combat and noncombat related PTSD.</i> 3) The Sidran Institute: 410-825-8888 / www.sidran.org <i>Helps people understand, manage, treat trauma and dissociation; has helpline for info and referral.</i> 4) Anxiety and Depression Assn. of America: (240) 485-1001 / www.adaa.org <i>Provides info on prevention, treatment, & cure of anxiety, depression & related disorders.</i>
Psychosis:	1) NAMI fact sheet on Psychosis
Research:	<ul style="list-style-type: none"> • Brain donation <ul style="list-style-type: none"> 1) Harvard Brain Tissue Resource Center: (800) 272-4622/ www.brainbank.mclean.org <i>Resource for collection/distribution of human brains for research; info on donations on website.</i> • Information from research centers <ul style="list-style-type: none"> 1) National Institute of Mental Health: (866) 615-6464/ www.nimh.nih.gov Gov't agency responsible for research on MI causes and treatments. Also offers general info about MI 2) National Center for Complementary and Integrative Health (NCCIH): (888) 644-6226/ www.nccih.nih.gov <i>Offers info on various CAM options that have been studied. Search topics in Health A-Z section or info specialists can answer questions about current research.</i> 3) www.clinicaltrials.gov <i>Registry and results database of publicly and privately supported clinical studies of human participants</i> • Research funders <ul style="list-style-type: none"> 1) Stanley Medical Research Institute: (301) 571-0760 www.stanleyresearch.org <i>Nonprofit org supporting research on cause of and treatment for schizophrenia and bipolar disorder.</i>

- 2) Brain and Behavior Research Foundation: (800) 829-8289/ www.bbrfoundation.org
Offers grants to entities conducting research on mental health issues; is a nonprofit org.

Rights/ Rights Violations: See *Discrimination*

Schizophrenia:

- 1) [NAMI fact sheet on Schizophrenia](#)
- 2) Book: Surviving Schizophrenia by E. Fuller Torrey (for families)
- 3) www.schizophrenia.com
Provides in-depth information, support and education related to schizophrenia and related disorders.
- 4) Schizophrenia and Related Disorders Alliance of America (SARDA): (240) 423-9432/
www.sardaa.org;
Maintains the Schizophrenia Anonymous programs which are now toll free teleconferences.

Schizoaffective Disorder:

- 1) [NAMI fact sheet on Schizoaffective Disorder](#)

Scholarships/grants: NAMI does not offer any.

- 1) Check with local/state NAMI
- 2) Heath Resource Center @ GW Univ. / <http://www.heath.gwu.edu/>
National clearinghouse for info on post-secondary education for individuals with disabilities; website has info on financial aid, scholarships and internships.
- 3) Baer Reintegration Scholarship: www.reintegration.com
Scholarships for individuals living with schizophrenia/bipolar, compliant with treatment plan, and engaged in high school/trade school.
- 4) InCight Education Scholarship: 971-244-0305/ www.incighteducation.org/scholarship
Awards multiple \$500-\$2500 scholarships to those that have a documented disability. Scholarships are renewable for 4 years.
- 5) American Association on Health and Disability Scholarship Program: (301) 545-6140
<http://www.aahd.us/initiatives/scholarship-program/>
Applicants must be pursuing undergrad or graduate work in public health, disability studies, health promotion or other field related to disability and health.
- 6) Scholarship databases:
www.fasweb.com; www.gocollege.com; www.scholarshipexperts.com; www.bestcolleges.com

Self-Harm/Injury:

- 1) [NAMI fact sheet on Self-harm](#)
- 2) The Self-Injury Foundation: (888) 962-6774/ www.selfinjuryfoundation.org
*Provides up-to-date information & resources on self-harm; referrals to support groups
And treatment options.*

- 3) The Adolescent Self-Injury Foundation: www.adolescentselfinjuryfoundation.com
Offers hope and information in the recovery process for the self-injurer and their families.
- 4) S.A.F.E Alternatives: (800) 366-8288/ www.selfinjury.com
Provides up-to-date information and resources on self-harm; referrals to treatment options.
- 5) Self-Injury Awareness Network, Inc.: www.selfinjuryalternatives.org
Education and advocating on behalf of self-injury survivors of all ages; based in CT, but has very Informative website.

Seniors:

- 1) American Association of Geriatric Psychiatrists: www.gmhfonline.org/gmhf/
Offers find a clinician section on website.
- 2) Eldercare locator: (800) 677-1116 / www.eldercare.gov
Connects older Americans and their caregivers with information on senior services.
- 3) Info: www.elderlawanswers.com
Information about estate planning, long-term care, Medicaid, medical directives and nursing home issues. Attorney referrals nationwide.

Sleep Disorders:

- 1) [NAMI fact sheet on Sleep Disorders](#)

Social Services:

- 1) 211: www.211.org
Dial number from local phone or use website to search for contact info by zip code; service can refer callers to appropriate agencies/community organizations that offer emergency financial assistance; available in most areas.
- 2) NAMI affiliate
Maybe able to provide contact information for social services, community service board, and other community mental health options.

Social Security Benefits:

- 1) Social Security Administration (SSA): (800) 772-1213/ www.ssa.gov
Agency that administers and manages social security application process. Applicants likely denied the first time; must file an appeal.
- 2) Allsup: (800) 279-4357 / www.allsup.com
Non-lawyer representation for applying for SSDI only.
- 3) National Organization of Social Security Claimants Representatives (NOSSCR): (800) 431-2804/ www.nosscr.org.
Provides referrals to representation for persons seeking SSDI & SSI.
- 4) National Association of Disability Representatives (NADR): (800) 747-6131/ www.nadr.org
Offers referral services for lawyers and non-lawyer representatives who can assist in accessing SSI/SSDI.
- 5) 211
Provides referrals to access to public benefits, including SSI: available in most areas.

Spanish:

- 1) Contact Kate or if she's not available transfer to Spanish voice mailbox 211 and let a staff member know
- 2) NAMI website en Español.
- 3) Use pink contact sheet for NAMI's Spanish brochures and fact sheets

Statistics

- 1) National Institute of Mental Health (NIMH): (866) 615-6464 / www.nimh.nih.gov/statistics/index.shtml
NAMI references NIMH statistics for our publications and other purposes.
- 2) National Center for Health Statistics: (800) 232-4636 / www.cdc.gov/nchs
- 3) NAMI fact sheet (general info. MI: facts & numbers)

Store, NAMI:

- 1) Order from website; otherwise contact Brandie (x0);

Substance Abuse : See Dual Diagnosis & Substance Abuse**Suicide Hotlines & Crisis Lines:**

- 1) National Suicide Prevention Lifeline: (800) 273-8255 (press 1 for veterans)
No website; 24-hour hotline; will be connected to skilled, trained counselor at local crisis center; Spanish 1(888)628-9454
- 2) National Domestic Violence Hotline: (800) 799-7233/ www.thehotline.org
24-hour support for victims; crisis intervention, safety planning; information and referrals
- 3) Rape, Abuse and Incest National Network (RAINN) (800) 656-4673/ www.rainn.org
24-hour, anonymous & confidential hotline for sexual assault/abuse.

Teens & Youth:

- 1) Covenant House/National Runaway Safeline; www.1800runaway.org
1 (800) 746-2929 or 1 (800) RUNAWAY
24-hour crisis line for at risk teens and those considering running away from home; also offers message boards and Live Chat options.
- 2) Girls & Boys Town Nat'l Hotline: 1 (800) 448-3000/ www.boystown.org/hotline
24-hour crisis line for teens and families in need of help.
- 3) Trevor Lifeline: 1 (866) 488-7386/ www.thetrevorproject.org
24/7 hotline; Provides crisis intervention and suicide prevention services for LGBTQ youth ages 13-24..

Spanish Suicide Prevention:

- 1) 1 (800) SUICIDA: 1 (800) 784-2432
No website; 24-hour hotline; will be connected to skilled, trained counselor at local crisis center.

Suicide Information (non-crisis)

- 1) NAMI fact sheet [Suicide](#).
- 2) American Foundation for Suicide Prevention: (888) 333-2377/ www.afsp.org
Offers referrals to support groups and mental health professionals; offers resources on loss; suicide prevention information.
- 3) American Association of Suicidology: www.suicidology.org
National clearinghouse for survivor support groups and suicide information.

Support groups:

- 1) Local/state NAMI affiliates; www.nami.org/local
Offers NAMI Connections and ongoing family support groups
- 2) DBSA (800) 826-3632/ www.dbsalliance.org
Offers support groups for individuals living with bipolar and depression; no family member groups.
- 3) Self-Help Sourcebook: www.mentalhelp.net/selfhelp (other illnesses)
Provides a starting point for finding every type of national, international, and online self-help support group that is available.

- 4) Emotions Anonymous: www.emotionsanonymous.org
12-step program for the purpose of working toward recovery from emotional difficulties
- 5) Dual Trouble in Recovery: (877) 345-3357 (treatment admissions counselor)/ www.dualdiagnosis.org;
12-step program for recovery from chemical dependency & psychiatric illness; focus on relapse prevention.
- 6) Recovery International: (866) 221-0302/ <https://www.lowselfhelpsystems.org/>
Self-help groups using cognitive-behavioral techniques to cope with symptoms.

Treatment: See Doctors and Treatment Referrals

Veterans/Military:

- 1) Veterans Admin. Suicide Hotline: (800) 273-8255; option 1
- 2) Dept. of Veteran's Affairs: Health Care: (877) 222-8387; Benefits: (800) 827-1000
- 3) NAMI website: Veterans Resource Center
- 4) Code of Support: www.codeofsupport.org/ (571) 527-3240
Offers support and resources to individuals in the military and veterans. Resources on housing, education, financial assistance, mental health, family support, disability claims, legal help, and employment. Also offers care coordination services.
- 5) National Center for PTSD: www.ptsd.va.gov
Provides general info on combat and noncombat related PTSD.
- 6) Coaching Into Care: (888) 823-7458
A VA program that involves helping the caller figure out how to motivate their Veteran to seek services.
- 7) Wounded Warriors Project: (877) 832-6997/ www.woundedwarriorproject.org
Offers programs for combat stress recovery; also offers family support retreats.
- 8) Iraq & Afghanistan Veterans of America (IAVA)/ <http://iava.org> (202) 544-7692 or (212) 982-9699
Connects veterans w/ mental health support; offers online social network exclusively for Iraq & Afghan vets; also offers employment support.

Violence:

- 1) National Domestic Violence Hotline: (800) 799-7233 / www.thehotline.org
24-hour hotline offering crisis intervention, safety planning, information and referrals.
- 2) Rape, Abuse and Incest National Network (RAINN): (800) 656-4673; www.rainn.org
24-hour, anonymous & confidential hotline for sexual assault/abuse.
- 3) National Center for Victims of Crime: (202) 467-8700 / www.victimsofcrime.org
Online resources for local assistance, stalking resource center, victim's compensation, etc.

Volunteering:

- 1) Call local NAMI Affiliate
- 2) For volunteer opportunities at NAMI in Arlington, VA, e-mail dbrown@nami.org or visit .

Updated March, 2015



NAMI HelpLine Resource Directory

NAMI Information HelpLine

NAMI Information HelpLine

1-800-950-6264 and info@nami.org

Outside Referral Organizations

Categories:

- | | |
|--|---------------------------------------|
| 1) Crisis Lines | 12) International |
| 2) Benefits (Government) | 13) Legal |
| 3) Child & Adolescent Issues | 14) LGBT Issues |
| 4) Clubhouse/Drop-in Centers | 15) Medications |
| 5) Elder Issues | 16) Research |
| 6) Employment | 17) Scholarships/Grants for Education |
| 7) Financial Assistance | 18) Self-Harm/Injury |
| 8) Guardianship/Conservatorship/Long term planning | 19) Substance Abuse/Dual Diagnosis |
| 9) Homeless/Missing | 20) Suicide (Non-crisis) |
| 10) Housing | 21) Support Groups (Non-NAMI) |
| 11) Illnesses | 22) Treatment |
| | 23) Veterans/Military |

1) CRISIS LINES		
• SUICIDE PREVENTION		
1) National Suicide Prevention Lifeline	1 (800) 273-8255 (Veterans press 1) Spanish 1(888) 628-9454	http://www.suicidepreventionlifeline.org/ 24/7 hotline; will be connected to a skilled, trained counselor at a local crisis center.
2) Spanish Suicide Prevention Hotline	1 (800) 784-2432	No website. 24-hour hotline; will be connected to a skilled, trained counselor.
• YOUTH CRISIS LINES		
3) Covenant House/National Runaway Safeline (NRS)	1 (800) 1-800-RUNAWAY 1 (800) 746-2929	www.1800runaway.org 24-hour crisis line for at risk teens and those considering running away from home; also offers message boards and Live Chat options.
4) Girls and Boys Town National Hotline	1 (800) 448-3000	www.girlsandboystown.org 24-hour line for teens and families in need of help.
5) Trevor Lifeline	1 (866) 488-7386	http://www.thetrevorproject.org/ Crisis intervention and suicide prevention services to LGBTQ youth.
• OTHER CRISIS LINES		
6) National Domestic Violence Hotline	1 (800) 799-7233	www.thehotline.org 24-hour hotline offering crisis intervention, safety planning, information and referrals.
7) Rape, Abuse, & Incest National Network (RAINN)	1 (800) 656-HOPE (4673)	www.rainn.org 24-hour, anonymous & confidential

		<u>hotline for sexual assault/abuse.</u> <u>Offers Live Chat option.</u>
2) BENEFITS (Government)		
• INCOME		
1) Social Security Administration	1 (800) 772-1213	www.ssa.gov For individuals interested in applying for SSDI. Typically denied first time, must file appeal.
2) Allsup	1 (800) 279-4357	www.allsup.com Non-lawyer representation for applying for SSDI.
3) 211	211	www.211.org Provides referrals to access public benefits, including SSI. Use website to find local number as needed.
• INSURANCE		
4) ACA Health Insurance Marketplace	1 (800) 318-2596	www.healthcare.gov Provides specific info about coverage options. Includes public programs and private options; info on subsidy eligibility.
5) Medicare Rights Center	1 (800) 333-4114	www.medicarerights.org Helpline responds to questions about Medicare rights, benefits, income based premium assistance.
3) CHILD AND ADOLESCENT ISSUES		
1) American Academy of Child and Adolescent Psychiatry		www.aacap.org Online resource center for info on pediatric mental illnesses.
2) The Balanced Mind Parent Network	(847) 256-8525	www.thebalancedmind.org Offers resources for families w/ children living with mood disorders, including support groups, referrals, etc.
3) Children & Adults with ADD (CHADD)	1 (800) 233-4050	www.chadd.org Info & referrals on AD/HD, including local support groups.
4) www.ok2talk.org (NAMI Program)		An online community for teens and young adults struggling with mental health problems; provides encouragement for them to talk and connect with one another.
5) www.kidshealth.org		Physician-reviewed information and advice on children's health and parenting issues.
6) www.siblingsupport.org		Effort dedicated to the concerns of siblings of people who have special health, developmental, or mental health concerns.
4) CLUBHOUSES/DROP-IN CENTERS		
1) International Center for Clubhouse Development	(212) 582-0343	www.iccd.org Site offers a directory of clubhouses

		nationally. Clubhouses provide opportunities for education, employment and social activities.
5) ELDER ISSUES		
1) American Association of Geriatric Psychiatrist (AAGP)		www.gmhfonline.org/gmhf/find.asp Offers find a clinician section on website.
2) www.elderlawanswers.com		Information about estate planning, long-term care, Medicaid, medical directives and nursing home issues.
3) Eldercare Locator	1 (800) 677-1116	www.eldercare.gov Connects older Americans and their caregivers with information on senior services in their community.
6) EMPLOYMENT		
• ACCOMODATIONS/ADA PROTECTION		
1) Information and Technical Assistance on the Americans with Disabilities Act	1 (800) 514-0301	www.ada.gov
2) Job Accommodation Network	1 (800) 526-7234	www.askjan.org Resource on ADA information; offers an accommodations database.
3) ADA National Network	1 (800) 949-4232	www.adata.org Provides technical assistance on ADA issues.
4) Equal Employment Opportunity Commission (EEOC)	1 (800) 669-4000	www.eeoc.gov Investigates and works to settle employment discrimination claims; must file a report prior to taking legal action.
5) National Disability Rights Network State Protection & Advocacy Offices		www.ndrn.org Protects the civil rights of individuals with disabilities (particularly those in hospitals and STATE prison systems). Use website to locate state specific #
• JOB TRAINING		
1) State Department of Vocational Rehabilitation		Gov't agency that assists individuals with a disability, gain and maintain employment.
7) FINANCIAL ASSISTANCE		
• PRESCRIPTION		
1) Partnership for Prescription Assistance		www.pparx.org Helps qualifying patients without prescription drug coverage get the medications they need.
2) Needy Meds	1 (800) 503-6897	www.needymeds.com Info source on patient assistance programs. Info is free and updated regularly.
3) RX Assist		www.rxassist.org Provides up-to-date directory of all patient assistance programs offered

		nationwide.
4) RX Hope	1 (877) 267-0519	www.rxhope.com Advocates/facilitates in getting meds at low or no cost.
• MEDICAL/HOSPITAL BILLS		
1) The Assistance Fund	1 (855) 845-2663	www.theassistancefund.org Financial assistance for co-payments, deductibles, premiums, medical expenses.
• GENERAL FINANCIAL NEEDS		
1) www.needhelppayingbills.com		www.needhelppayingbills.com Info on assistance programs, charitable organizations and resources that provide help paying bills, mortgage and debt relief.
2) 211		www.211.org Dial number from local phone or use website to search for contact info by zip code; service can refer callers to appropriate agencies/community organizations that offer emergency financial assistance; available in most areas
8) GUARDIANSHIP/CONSERVATORSHIP/LONG TERM PLANNING		
1) National Guardianship Association		www.guardianship.org Site offers basic information about guardianship. Has State affiliates.
2) Planned Lifetime Assistance Network (PLAN)		www.nationalplanalliance.org Helps families develop a future plan, establish resources for payment and identify the person/program to carry out that plan. PLAN programs are state based.
3) National Resource Center on Psychiatric Advanced Directives		www.nrc-pad.org Used to direct psychiatric care in the event an individual w/ MI can no longer give/withhold consent to treatment during acute episode.
4) Special Needs Alliance	(877) 572-8472	www.specialneedsalliance.org Provides legal referrals for attorneys practicing disability and public benefits law. Has particular expertise in special needs trust.
9) HOMELESS/MISSING		
1) Salvation Army		www.salvationarmy.org (only assists if person has been missing more than 6 months) Refer callers to the Missing Persons regional office. Find # by searching "Salvation Army missing persons"

		locator”
10) HOUSING		
1) Section 8 Housing		www.HUD.gov Assists very low-income families, elderly, and disabled afford housing; voucher ensure that on pays no more than about 30% of income toward rent.
2) HUD Housing Counseling Agencies	1 (800) 569-4287	Provides locations of nearby housing counseling agency that provides free/low cost advice on renting, credit issues, buying a home, default, foreclosure avoidance, and reverse mortgages.
3) Centers for Independent Living		www.ilru.org Some centers offer home sharing programs. Use website to find local CIL.
4) Public Housing and Resource Center	1 (800) 955-2232	Provides information and guidance for Section 8 voucher holders and public housing residents.
11) ILLNESSES		
• ADHD		
1) CHADD	1 (800) 233-4050	www.chadd.org Provides information on ADHD; including local support groups.
• ALZHEIMER’S DISEASE		
1) Alzheimer’s Association	1 (800) 272-3900	www.alz.org Info & referral on Alzheimer’s/dementia; local offices provide support groups.
2) ADEAR (Alz. Disease Education and Referral Center)	1 (800) 438-4380	www.nia.nih.gov/alzheimers Federal agency providing info & referral; especially around caregiving concerns.
• ANXIETY DISORDERS		
1) Anxiety and Depression Assn. of America	(240) 485-1001	www.adaa.org Provides info on prevention, treatment, and cure of anxiety, depression and related disorders.
• AUTISM SPECTRUM DISORDERS		
1) National Autism Association	1 (877) 622-2884	www.nationalautismassociation.org Provides education, support and tools for those affected by ASD.
2) Autism Society of America	1 (800) 328-8476	www.autism-society.org Info & referral services and supports nationwide. Encourage callers to contact local chapters.
3) US Autism and Asperger Association	1 (888) 928-8476	www.usautism.org Provides education and support and research.

<ul style="list-style-type: none"> BIPOLAR DISORDER 		
1) DBSA (Depression & Bipolar Support Alliance)	1 (800) 826-3632	www.dbsalliance.org Provides information on bipolar & depression; offers in-person and online support groups.
<ul style="list-style-type: none"> BORDERLINE PERSONALITY DISORDER 		
1) BPD Resource Center	1 (888) 694-2273	www.bpdresourcecenter.org Resources & info on BPD; including referrals to clinicians and treatment centers.
2) TARA (Treatment and Resource Advancements for BPD & APD)	1 (888) 482-7227	www.tara4bpd.org Offers referral center for info, support, education and treatment.
3) BPD Central		www.bpdcentral.com Resources and info on BPD and narcissistic personality disorder
4) National Education Alliance for BPD		www.borderlinepersonalitydisorder.com Provides information and family support programs around BPD.
<ul style="list-style-type: none"> DEPRESSION 		
1) DBSA (Depression & Bipolar Support Alliance)	1 (800) 826-3632	www.dbsalliance.org Provides information on bipolar & depression; offers in-person and online support groups.
2) Anxiety & Depression Association of America	(240) 485-1001	www.adaa.org Provides info on prevention, treatment and cure of anxiety, depression and related disorders.
<ul style="list-style-type: none"> EATING DISORDERS 		
1) National Eating Disorders Association	1 (800) 931-2237	www.nationaleatingdisorders.org Offers info & referral helpline for treatment and support groups.
2) National Association of Anorexia Nervosa & Associated Disorders	(630) 577-1330	www.anad.org Provides referrals to treatment and support groups.
<ul style="list-style-type: none"> HOARDING 		
1) Anxiety and Depression Association of America	(240) 485-1001	www.adaa.org Provides general information about hoarding.
2) International OC Foundation	(617) 973-5801	www.iocdf.org Information and referral on hoarding resources and education.
<ul style="list-style-type: none"> OCD 		
1) International Obsessive Compulsive Foundation	(617) 973-5801	www.iocdf.org Provides info on OCD, including treatment referrals.
2) Anxiety & Depression Association of America	(240) 485-1001	www.adaa.org Provides info on prevention, treatment and cure of anxiety, depression and related disorders.

<ul style="list-style-type: none"> • PTSD 		
1) The Sidran Institute	(410) 825-8888	www.sidran.org Helps people understand, manage, and treat trauma, dissociation; has helpline for info and referral.
2) National Center for PTSD		www.ptsd.va.gov Provides info on combat and noncombat related PTSD.
3) Anxiety & Depression Association of America	(240) 485-1001	www.adaa.org Provides info on prevention, treatment and cure of anxiety, depression and related disorders.
<ul style="list-style-type: none"> • SCHIZOPHRENIA 		
1) Schizophrenia.com		www.schizophrenia.com Provides in-depth information, support and education on schizophrenia and related disorders.
2) Schizophrenia and Related Disorders Alliance of America (SARDAA)	(240) 423- 9432	www.sardaa.org Maintains the Schizophrenia Anonymous programs which are now toll free teleconferences.
12) INTERNATIONAL		
<ul style="list-style-type: none"> • CANADIAN SUPPORT GROUPS 		
1) Canadian Mental Health Association		www.cmha.ca Branches across Canada provide a wide range of services and supports to people who are experiencing mental illness and their families. Use website to connect caller to provincial office.
2) Family-2-Family Ontario	(613) 737-7791	www.f2fontario.ca Provides the NAMI educational course in Ontario area.
3) Action on Mental Illness (AMI Quebec)	1 (877) 303-0264	www.amiquebec.org Helps families manage the effects of mental illness through support, education, guidance and advocacy.
<ul style="list-style-type: none"> • OVERSEAS EMERGENCY 		
1) US Dept. of State Office of Overseas Citizen Services	1 (888) 407-4747 Abroad call (202) 501-4444	Call if you need help with an emergency or non-emergency affecting Americans abroad. Can assist in locating appropriate medical services.
13) LEGAL		
<ul style="list-style-type: none"> • ATTORNEY REFERRALS 		
1) NAMI legal services: voice mail X 1224		
2) Local Bar Associations		Can provide local legal referrals, may require a small fee for assessment of case and referral.

<ul style="list-style-type: none"> LEGAL AID ORGANIZATIONS 		
1) Legal Services Corporation		www.lsc.gov Civil legal aid for low-income Americans; click on local programs link for referrals to community legal aid programs.
<ul style="list-style-type: none"> SOCIAL SECURITY ATTORNEY REFERRALS 		
1) National Organization of Social Security Claimants Representatives (NOSSCR)	1 (800) 431-2804	www.nosscr.org Provides referrals to representation for persons seeking SSI & SSDI.
2) National Association of Disability Representatives (NADR)	1 (800) 747-6131	www.nadr.org Offers a referral services for lawyers and non-lawyer representatives who can assist in accessing SSI/SSDI.
14) LGBT ISSUES		
1) GLBT National Help Center	1 (888) 843-4564	www.glnh.org Will be connected to a skilled peer counselor. Can provide support and resources.
2) Parents, Families & Friends of Lesbians and Gays (PFLAG)	(202) 467-8180	www.pflag.org Supports the LGBT population and their families and friends. Chapters offer helplines, support group meetings and resources.
3) Trevor Lifeline	1 (866) 488-7386	www.thetrevorproject.org 24/7 hotline; provides crisis intervention and suicide prevention services to LGBT young people ages 13-24.
15) MEDICATIONS		
1) National Institute on Mental Health	1 (866)615-6464	www.nimh.nih.gov Gov't agency responsible for research on MI causes and treatments. Also offers general info about MI.
2) Food and Drug Administration	1 (855) 543-3784	www.fda.gov Collects information about adverse events relating to medications.
<ul style="list-style-type: none"> PAYING FOR... 		
1) Needy Meds	1 (800) 543-3784	www.needymeds.com Info source on patient assistance programs. Info is free and updated regularly.
2) Partnership for Prescription Assistance		www.pparx.org Helps qualifying patients w/out prescription drug coverage get medications they need.

3) RX Hope	1 (877) 267-0519	www.rxhope.com Advocates/facilitates getting meds for free or at a small copay.
4) RX Assist		www.rxassist.org Provides up-to-date directory of all patient assistance programs offered nationwide.
5) The Assistance Fund	1 (855) 845-3663	www.theassistancefund.org Financial assistance program for copays, premiums, and medical expenses.
16) RESEARCH		
• BRAIN DONATION		
1) Harvard Brain Tissue Resource Center	1 (800) 272-4622	www.brainbank.mclean.org Centralized resource for collection/distribution of human brains for research; info about donations on website.
• INFORMATION ON...		
1) National Institute of Mental Health	1 (866) 615-6464	www.nimh.nih.gov Gov't agency responsible for research on MI causes and treatments. Also offers general info about MI
2) National Center for Complementary and Integrative Health (NCCIH)	1 (888) 644-6226	www.nccih.nih.gov Offers info on various CAM options that have been studied. Search topics in Health A-Z section or info specialists can answer questions about current research.
3) www.clinicaltrials.gov		www.clinicaltrials.gov Registry and results database of publicly and privately supported clinical studies of human participants
• RESEARCH FUNDERS		
1) Stanley Medical Research Institute	(301) 571-0760	www.stanleyresearch.org Nonprofit org. supporting research on cause of and treatment for schizophrenia and bipolar disorder.
2) Brain and Behavior Research Foundation (formerly NARSAD)	1 (800) 829-8289	www.bbrfoundation.org Organization that awards grants to research entities that study the treatment for and causes of mental illness.
17) SCHOLARSHIPS/GRANTS FOR EDUCATION		
1) Heath Resource Center		www.heath.gwu.edu National clearinghouse for info on post-secondary education for individuals w/ disabilities; site has info on financial aid, scholarships and internships
2) Baer Reintegration Scholarship		www.reintegration.com Scholarships for individuals living

		with schizophrenia/bipolar, compliant with treatment plan, and engaged in high school/trade school.
3) InCight Education Scholarship	(971) 244-0305	www.incighteducation.org/scholarship Multiple \$500-\$2500 scholarships renewable for 4 yrs. to those that have documented disability.
4) American Association on Health and Disability Scholarship Program	(301) 545-6140	www.aahd.us/initiatives/scholarship-program/ Applicants must be pursuing undergrad or graduate work in public health, disability studies, health promotion or other field related to disability & health.
5) Scholarship databases		www.fasweb.com ; www.gocollege.com ; www.scholarshipexperts.com
18) SELF-HARM/INJURY		
1) The Self-Injury Foundation	1 (888) 962-6774	www.selfinjuryfoundation.org Provides up-to-date information & resources on self-harm; referrals to support groups and treatment options.
2) The Adolescent Self-Injury Foundation		www.adolescentselfinjuryfoundation.com Offers hope and information in the recovery process for the self-injurer and their families.
3) S.A.F.E Alternatives	1 (800) 366-8288	www.selfinjury.com Provides up-to-date information and resources on self-harm; referrals to treatment options.
4) Self-Injury Awareness Network, Inc.		www.selfinjuryalternatives.org Education and advocacy on behalf of self-injury survivors of all ages, based in CT, but has very informative website.
19) SUBSTANCE ABUSE/DUAL DIAGNOSIS		
• TREATMENT REFERRALS		
1) SAMHSA Treatment Locator	1 (800) 662-4357	www.findtreatment.samhsa.gov Provides referrals to low cost/ sliding scale mental health, substance abuse, and dual diagnosis treatment options.
• SUPPORT		
1) Dual Diagnosis Recovery	1 (877) 345-3357 -treatment admissions counselor	www.dualdiagnosis.org 12-step program for recovery from chemical dependence & psychiatric illness; focus on relapse prevention; has link on website to locate a meeting.
2) Alcoholics Anonymous		www.aa.org 12-step group for individuals who

		believe they have a drinking problem; non-professional, peer support base. Website offers find a meeting feature; search via zip code.
3) Narcotics Anonymous		www.na.org Offers recovery from the effects of addiction through 12-step program, including regular attendance in group meeting. Website offers find a meeting feature; search via zip code.
4) Al-Anon/Al-Ateen		www.al-anon.alateen.org Offers support and hope for family and friends of individuals abusing alcohol. Website offers find a meeting feature; search via zip code.
5) Nar-Anon		www.nar-anon.org/naranon Designed to help relatives/friends of addicts recover from the effects of coping with a loved one's addiction. Website offers find a meeting feature; search via zip code.
20) SUICIDE (NON-CRISIS)		
1) American Foundation for Suicide Prevention	1 (888) 333-2377	www.afsp.org Offers referrals to support groups, mental health professional, resources on loss, suicide prevention.
2) American Association of Suicidology		www.suicidology.org National clearinghouse for survivor support groups and suicide information.
21) SUPPORT GROUPS		
1) Depression and Bipolar Support Alliance (DBSA)	1 (800) 826-3632	www.dbsalliance.org Offers support groups for individuals living with BP and depression; some virtual groups; no family member groups.
2) Self-Help Sourcebook		www.mentalhelp.net/selfhelp Provides a starting point for finding every type of national, international, and only self-help support group that is available.
3) Emotions Anonymous		www.emotionsanonymous.org 12-program for the purpose of working toward recovery from emotional difficulties.
4) Recovery International	1 (866) 221-0302	www.lowselfhelpsystems.org Self-help groups using cognitive-behavioral techniques to cope with symptoms.

22) PROFESSIONAL ORGANIZATIONS & WEBSITE OFFERING MENTAL HEALTH PROFESSIONAL REFERRALS

1) Association for Behavioral and Cognitive Therapies (ABCT)	(212) 647-1890	www.abct.org Offers a find a therapist feature on their website.
2) American Residential Treatment Association		www.artausa.org Offers info about residential treatment facilities throughout the country; not an exhaustive list.
3) American Psychological Association (APA)	1 (800) 964-2000	www.apa.org Offers a find a therapist feature on their website.
4) National Association of Social Workers (NASW)		www.naswdc.org Offers a find a clinician feature on website; includes info on area of expertise, fees and insurance coverage.
5) American Society of Clinical Psychopharmacology		www.ascpp.org Offers a psychopharmacology database on website.
6) American Association of Christian Counselors		www.aacc.net Offers a find a Christian counselor feature on their website.
7) Psychology Today		www.psychologytoday.com Offers a find a therapist link on website; also can be used to locate residential treatment options.
<ul style="list-style-type: none"> • COMPLAINTS ABOUT... 		
1) The Joint Commission	1 (800) 994-6610	www.jointcommission.org Collects quality of care related complains or hospitals and other inpatient settings.
<ul style="list-style-type: none"> • NONCOMPLIANCE/ANOSOGNOSIA 		
1) Book: <i>I am Not Sick; I Don't Need Help</i>		Written by Dr. Xavier Amador; helps family members learn how to communicate with their loved one who lacks insight into their illness.
2) www.leapinstitute.org		Website maintained by Dr. Amador; has information and videos on using his methods.
23) Treatments		
<ul style="list-style-type: none"> • ASSERTIVE COMMUNITY TREATMENT (ACT) 		
1) State Mental Health Department		www.nasmhpd.org Website provides a directory to contact information for MH departments.
2) Assertive Community Treatment Association		www.actassociation.org Promotes, develops and support high quality ACT services.

24) VETERANS/MILITARY		
• SUICIDE HOTLINE		
1) Veterans Admin. Suicide Hotline	1 (800) 273-8255; option 1	http://www.suicidepreventionlifeline.org/ 24/7 hotline; will be connected to a skilled, trained counselor at a local crisis center.
• BENEFITS		
1) Department of Veteran's Affairs	Healthcare: 1 (877) 222-8387 Other Benefits: 1 (800) 827-1000	
• SUPPORT ORGANIZATIONS		
1) Code of Support	(571) 527-3240	www.codeofsupport.org Offers support and resources to military and vets. Has info on housing, education, financial assistance, mental health, family support, disability claims, legal help and employment. Also offers care coordination services.
2) Coaching into Care	(888) 823-7458	A VA program that involves helping the caller figure out how to motivate their Veteran to seek mental health services.
3) Wounded Warriors Project	(877) 832-6997	www.woundedwarriorsproject.com Offers program for combat stress recovery; also offers family support retreats.
4) Iraq & Afghanistan Veterans of America (IAVA)	(202) 544-7692 or (212) 982-9699	www.iava.org Connects vets with mental health support; offers online support network exclusively for Iraq & Afghan vets; also offers employment support.

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NAMI HelpLine Fact Sheet Library

NAMI fact sheets contain clear, concise information on mental health topics. They are located in the Fact Sheet Library at www.nami.org/Learn-More or below as downloadable the PDFs.

Mental Health Conditions

[ADHD \(Attention Deficit Hyperactivity Disorder\)](#)

[Anxiety Disorders](#)

[Autism](#)

[Bipolar Disorder](#)

[BPD \(Borderline Personality Disorder\)](#)

[Depression](#)

[Dissociative Disorders](#)

[Eating Disorders](#)

[OCD \(Obsessive-compulsive Disorder\)](#)

[PTSD](#)

[Schizoaffective Disorder](#)

[Schizophrenia](#)

Related Conditions

[Anosognosia](#)

[Dual Diagnosis](#)

[Psychosis](#)

[Risk of Suicide](#)

[Self-harm](#)

[Sleep Disorders](#)