

EMERGENCY CONTACT INFORMATION FOR MENTAL HEALTH & PSYCHOSOCIAL SUPPORT:

These resources below are not intended for individuals in an emergency. If you are in a life-threatening situation please immediately dial your country's emergency number or go to your nearest Accident and Emergency Department:

[Suicide Hotline International](#)

[Mental Health Hotline Numbers & Referral Resources](#) **United States**

[Mental Health Hotline Canada](#)

[Mental Health Hotline Africa](#)

Mental Health Hotline Southeast Asia

- [China](#)
- [India](#)
- [Philippines](#)
- [Thailand](#)

[Mental Health Hotline Australia](#)

[Mental Health Hotline New Zealand](#)

[Mental Health Hotlines Europe & Eurasia](#)

- [Russia](#)

[Mental Health contacts Middle East](#)

[Mental Health Hotline Latin America & the Caribbean](#)

- [Brazil](#)

NON-IMMEDIATE RESOURCES ON MENTAL HEALTH & PSYCHOSOCIAL SUPPORT:

US-BASED RESOURCES:

- **MentalHealth.gov**
- **4-H National Headquarters/National Institute of Food and Agriculture (NIFA)/USDA**
- **American Academy of Child & Adolescent Psychiatry**
- **The Jed Foundation**
 - [JedCampus](#) helps schools create a framework for a campus community where emotional well-being is nurtured and protected.

- o [Half of Us](#) highlights stories of students and high-profile artists to increase awareness about mental health problems and the importance of getting help.
- o [Uline](#) is an online resource offering campus-specific resources for getting help and an anonymous screening tool.
- o [LawLifeline](#) is an anonymous, confidential, online resource center, where law school students can be comfortable searching for the information they need and want regarding emotional health.
- o [Transition Year](#) helps campuses, parents and students navigate the transition into college with a focus on emotional health.
- o [Love is Louder](#) is a social networking campaign and grassroots movement that helps students and campuses create connectedness and encourage help-seeking.
- **National Child Traumatic Stress Network (NCCTS)**
- **National Federation of Families for Children's Mental Health**
- **Youth M.O.V.E. National**
- **American Bar Association**
- **American Psychiatric Association (APA)**
- **American Psychiatric Nurses Association**
- **Association for Behavioral Health & Wellness (ABHW)**
- **Community Anti-Drug Coalitions of America (CADCA)**
- **National Association of County Behavioral Health and Developmental Disability Directors (NACBHDD)**
- **National Association of State Mental Health Program Directors (NASMHD)**
- **National Council for Community Behavioral Healthcare**
- **National Coalition for Mental Health Recovery**
- **YWCA USA**
- **Aspire Counseling**
- **American Foundation for Suicide Prevention**
- **Mental Health America**
 - o [Screening tools](#)—Quick and easy “tests” to determine if you are experiencing symptoms of a mental illness. Results include detailed information, resources, and tools to discuss with a mental health provider.
 - o [Local affiliates](#)—You can provide your zip code and MHA will show you their local affiliates where you can access support and referrals.

- o [Programs and advocacy work](#)—Information on everything from [back to school](#) to [workplace wellness](#). MHA also advocates for legislation that affects the lives of people with mental health conditions and their families.
- o [Access to help](#)—MHA offers information on how to access help for yourself or a loved one, including valuable resources about the types of [available treatments and support](#), how to [work with a mental health provider](#), and tools for [recovery and support](#).

INTERNATIONAL RESOURCES

Generic Mental Health:

- [National Alliance on Mental Illness](#)
- [Child Mind Institute](#)
- [The National Council for Behavioral Health](#)
- [Brain and Behavior Research Foundation](#)
- [Anxiety and Depression Association of America](#)
- [International Medical Corps](#)
- [Active Minds](#)
- [This is My Brave](#)
- [National Institute for Mental Health](#)
- [Taking Action Against Mental Health Stigma](#)
- [Mental Health America](#)

Mental Health Support (Network/Recovery/Therapy/Treatment):

- [Treatment Advocacy Center](#)
- [To Write Love On Her Arms treatment & recovery](#)
- [National Coalition for Mental Health Recovery](#)
- [Big White Wall mental health community network](#)
- [International Medical Corps](#)
- [This is My Brave](#)
- [Depression and Bipolar Support Alliance](#) -- Balanced Mind Parent Network, as well

Mental Health Advocacy/Policy:

- [The National Council for Behavioral Health](#)
- [International Medical Corps](#)
- [Taking Action Against Mental Health Stigma](#)

Mental Health Research:

- [Brain and Behavior Research Foundation](#)
- [Anxiety and Depression Association of America](#)
- [National Institute on Mental Health](#)

Anxiety:

- [Anxiety and Depression Association of America](#)

Depression:

- [To Write Love On Her Arms](#)
- [Depression and Bipolar Support Alliance](#)
- [Anxiety and Depression Association of America](#)
- [National Alliance on Mental Illness](#)
- [Suicide Prevention Lifeline](#)
- [National Institute on Mental Health, Depression in Women](#)
- [Women'sHealth.gov](#)
- **Post-Partum Depression:**
 - [American Psychological Association](#)
 - [Postpartum Support International](#)
 - [Center for Disease Control, Reproductive Health & Depression](#)

Addiction:

- [To Write Love On Her Arms](#)

Self-Harm:

- [To Write Love On Her Arms](#)

Bipolar Disorder:

- [Depression and Bipolar Support Alliance](#)

Suicide Prevention:

- [American Foundation for Suicide Prevention](#)
- [Man Therapy](#)
- [International Association for Suicide Prevention](#)
- [To Write Love On Her Arms](#)
- [This is My Brave](#)

- [Suicide Prevention Lifeline](#)
- [Suicide Hotline International](#)

Mental Health in Schools:

- [Active Minds](#)
- [Taking Action Against Mental Health Stigma](#)

Mental Health in Young Women

- [Postpartum Support International](#)
- [American Psychological Association](#)
- [Center for Disease Control, Reproductive Health & Depression](#)
- [National Institute of Child Health and Human Development
National Child & Maternal Health Education Program](#)
- [National Institute on Mental Health, Depression in Women](#)
- [Women'sHealth.gov](#)

Mental Health in Young Men:

- [Man Therapy](#)

Mental Health & Gender:

- [The Trevor Project](#)
- [Trans Lifeline](#)
- [Project Semicolon](#)
- [RAD Remedy](#)