



Top 25 HelpLine Resources

Finding Treatment:

Psychology Today offers a national directory of therapists, psychiatrists, therapy groups and treatment facility options.

SAMHSA Treatment Locator provides referrals to low cost/sliding scale mental health care, substance abuse and dual diagnosis treatment. Phone: 800-662-4357

Suicide and Crisis:

The American Foundation for Suicide Prevention provides referrals to support groups, mental health professionals, resources on loss and suicide prevention information. Phone: 1-888-333-2377

The National Domestic Violence Hotline provides 24/7 crisis intervention, safety planning and information on domestic violence. Phone: 1-800-799-7233

The Suicide Prevention Lifeline connects callers to trained crisis counselors 24/7. They also provide a chat function on their website. Phone: 1-800-273-8255

Mental Health Conditions:

Anxiety and Depression Association of America (ADAA) provides information on prevention, treatment and symptoms of anxiety, depression and related conditions. Phone: 240-485-1001

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) provides information and referrals on ADHD, including local support groups. Phone: 800-233-4050

Depression and Bipolar Support Alliance (DBSA) provides information on bipolar disorder and depression, offers in-person and online support groups and forums. Phone: 1-800-826-3632

International OCD Foundation provides information on OCD and treatment referrals. Phone: 617-973-5801

Schizophrenia and Related Disorders Alliance of America (SARDAA) maintains the Schizophrenia Anonymous programs, which are self-help groups and are now available as toll free teleconferences. Phone: 240-423-9432

Sidran Institute helps people understand, manage and treat trauma and dissociation; maintains a helpline for information and referrals. Phone: 410-825-8888

TARA (Treatment and Research Advancements for Borderline Personality Disorder) offers a referral center for information, support, education, and treatment options for BPD. Phone: 1-888-482-7227

Research & Statistics

National Institute of Mental Health (NIMH) provides information on statistics, clinical trials and research. NAMI references NIMH statistics for our website and publications. Phone: 1-866-615-6464

Financial Assistance

Allsup provides non-attorney representation when applying for SSDI. Phone: 800-279-4357

HealthCare.gov provides specific information about coverage options in your state, includes private options, high risk pools and other public programs. Phone: 1-800-318-2596

Needhelppayingbills.com provides information on state and local assistance programs, charity organizations and resources that provide help paying bills, mortgage assistance, debt relief and more.

NeedyMeds provides information on available patient assistance programs. Phone: 1-800-503-6897

Partnership for Prescription Assistance helps qualifying individuals without prescription drug coverage get the medications they need.

Advocacy and Legal

Legal Services Corporation provides civil legal aid to low-income Americans. Use their website to find programs in individual states. Scroll to the bottom of their website to find locate legal aid near you.

National Bar Association provides a directory of state and local bar associations to help find legal representation.

National Disability Rights Network (State Protection and Advocacy Agencies) protects the civil rights of individuals with disabilities, particularly in hospitals and state prison systems. Click on the map on the right-hand side of their website to locate the agency near you.

Community Support Services

Clubhouse International provides a directory of clubhouses. Clubhouses provide opportunities for education, employment and social activities. Click the 'International Directory' tab on their website to find contact information for local clubhouses.

www.homelessshelterdirectory.org provides a national directory of homeless shelters, assistance programs, soup kitchens and more.

Job Accommodation Network is an organization that provides resources and guidance on workplace accommodations and disability employment issues. Their website includes a directory of state vocational rehabilitation offices. Phone: 800-526-7234

2-1-1 Dial 2-1-1 from a local phone or use their website to search for organizations that offer local support resources and services.

- See more at: <https://www.nami.org/Find-Support/NAMI-HelpLine/Top-25-HelpLine-Resources#sthash.hdtCVtJn.dpuf>