Alphabetical Listing

**Assertive Community Treatment (PACT):**

1) Refer to State Mental Health Authority: directory can be found at [www.nasmhpd.org](http://www.nasmhpd.org)

2) Assertive Community Treatment Association: [www.actassociation.org](http://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](http://www.nami.org/health-information-and-referrals/attention-deficit-hyperactivity-disorder) (Attention Deficit Hyperactivity Disorder)

2) CHADD: (800) 233-4050 [www.chadd.org](http://www.chadd.org)
   Provide info on AD/HD, including local support groups.

**Advance Directives:**

   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:**

   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](http://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](http://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](http://www.leapinstitute.org):
   Site maintained by Dr. Amador has information and videos on using his methods

3) [NAMI fact sheet on Anosognosia](http://www.nami.org/health-information-and-referrals/anosognosia)

4) NAMI Family-to-Family course
### Anxiety Disorders:

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

### Autism/Asperger Syndrome:

1. [NAMI fact sheet on Autism](https://www.nami.org)
2. National Autism Assn.: (877) 622-2884; [www-nationalautismassociation.org](https://www-nationalautismassociation.org)
   
   Responds to needs of the autism community w/ education, support, and tools.

   
   Info & Referral to services and supports nationwide. Encourage callers to contact the local chapters as they are most knowledgeable about local resources.

   
   Provides education and support and research.

### Bipolar:

1. [NAMI fact sheet on Bipolar Disorder](https://www.nami.org)
2. DBSA (Depression & Bipolar Support Alliance): (800) 826-3632/ [www.dbsalliance.org](https://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)](https://www.nami.org)
2. BPD Resource Center: (888) 694-2273/ [www.bpdresourcecenter.org](https://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](https://www-tara4bpd.org)
   
   Offers referral center for info, support, education, treatment, etc.

4. BPD Central: [www.bpdcentral.com](https://www-bpdcentral.com)
   
   Resources and info on BPD and narcissistic personality disorder.

   
   Provides information and family support programs around BPD.

### Brain:

1. Brain Injury Assn.: (800) 444-6443/ [www.biausa.org](https://www-biausa.org)
   
   Works to improve quality of life for people w/ brain injury; has network of local offices w/ support and education programs.

   
   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](https://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.

   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:

   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 wwwadata.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](http://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](http://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](http://www.nami.org)

2) Depression and Bipolar Support Alliance (DBSA): (800) 826-3632/ [www.dbsalliance.org](http://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](http://www.adaa.org)
   *Provides info on prevention, treatment, and cure of anxiety, depression & related disorders*

### Dissociative Disorders :

1) [NAMI fact sheet on Dissociative Disorders](http://www.nami.org)

### 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.*

   *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

### Professional Associations:

1. **Assn. for Behavioral & Cognitive Therapies (ABCT):** (212) 647-1890 [www.abct.org](http://www.abct.org)
   - Offers a find a therapist section on website.

2. **American Academy of Child and Adolescent Psychiatry:** [www.aacap.org](http://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](http://www.artausa.org)
   - Offers information about residential treatment facilities throughout the country; not an exhaustive list.

   - Offers a 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](http://www.ascpp.org)
   - Offers a psychopharmacology database on website.

8. **American Association of Christian Counselors:** [www.aacc.net](http://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](http://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](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](http://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](http://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/](http://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](http://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.
   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/ wwwadata.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
   *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](http://www.pparx.org)
   *Helps qualifying patients w/out rx drug coverage get the medications they need.*

2) [www.needymeds.com](http://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](http://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](http://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](http://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](http://www.needhelppayingbills.com)
   *Info on assistance programs, charity organizations, and resources that provide help paying bills, mortgage and debt relief*

9) 211: [www.211.org](http://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](http://www.adaa.org)
   *Provides general information on hoarding.*

2) International OC Foundation - Hoarding Center: (617) 973-5801
   [www.hoarding.iocdf.org](http://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](http://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](http://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

   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](http://www.medicarerights.org)
   Helpline responds to questions about Medicare rights, benefits, and income based premium assistance.

3) ACA Health Insurance Marketplace: [www.healthcare.gov](http://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](http://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](http://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](http://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](http://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”

   
   *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;
   
   
   For adverse event reports relating to medications.

### Paying for:

5) [www.NeedyMeds.com](http://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](http://www.pparx.org);
   
   Helps qualifying patients w/out prescription drug coverage get meds they need.

7) [www.theassistancefund.org](http://www.theassistancefund.org) / (855) 845-3663
   
   Financial assistance for copays, premiums, and medical expenses

8) RX Hope: (877) 267-0519/ [www.rxhope.com](http://www.rxhope.com)
   
   Advocates/facilities getting meds for free or at small copay.

9) RX Assist: [www.rxassist.org](http://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:
*See Homeless/Missing Section*

### 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;  
   Provides info on OCD, including treatment referrals.
3. Anxiety and Depression Assn of America: (240) 485-1001 / www.adaa.org  
   Provides info on prevention, treatment, & cure of anxiety, depression & related disorders.

### Panic Attacks:
1. Anxiety and Depression Assn of America: (240) 485-1001 / www.adaa.org  
   Provides info on prevention, treatment, & cure of anxiety, depression & related disorders.

### Prescriptions, Paying for:  *See Medications Section*

### Psychiatric Advance Directives:  *See Advance Directives*

### PTSD:
1. **NAMI fact sheet on PTSD (Posttraumatic Stress Disorder)**
   Provides info on combat and noncombat related PTSD.
   Helps people understand, manage, treat trauma and dissociation; has helpline for info and referral.
4. Anxiety and Depression Assn. of America: (240) 485-1001 / www.adaa.org  
   Provides info on prevention, treatment, & cure of anxiety, depression & related disorders.

### Psychosis:
1. **NAMI fact sheet on Psychosis**

### Research:
- **Brain donation**
  1. Harvard Brain Tissue Resource Center: (800) 272-4622/ www.brainbank.mclean.org  
     Resource for collection/distribution of human brains for research; info on donations on website.
- **Information from research centers**
  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
     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  
     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: (800) 829-8289/ [www.bbrfoundation.org](http://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](http://www.schizophrenia.com)

*Provides in-depth information, support and education related to schizophrenia and related disorders.*

4) Schizophrenia and Related Disorders Alliance of America (SARDAA): (240) 423-9432/ [www.sardaa.org](http://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/](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](http://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](http://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/](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](http://www.fasweb.com); [www.gocollege.com](http://www.gocollege.com); [www.scholarshipexperts.com](http://www.scholarshipexperts.com); [www.bestcolleges.com](http://www.bestcolleges.com)

#### Self-Harm/Injury:

1) [NAMI fact sheet on Self-harm](#)

2) The Self-Injury Foundation: (888) 962-6774/[www.selfinjuryfoundation.org](http://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](http://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](http://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](http://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/](http://www.gmhfonline.org/gmhf/)
   Offers find a clinician section on website.

2) Eldercare locator: (800) 677-1116 / [www.eldercare.gov](http://www.eldercare.gov)
   Connects older Americans and their caregivers with information on senior services.

3) Info: [www.elderlawanswers.com](http://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](http://www.nami.org/sleepdisorders)

### Social Services:

1) 211: [www.211.org](http://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](http://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](http://www.allsup.com)
   Non-lawyer representation for applying for SSDI only.

   Provides referrals to representation for persons seeking SSDI & SSI.

4) National Association of Disability Representatives (NADR): (800) 747-6131/ [www.nadr.org](http://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 mailbox211 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**

   
   NAMI references NIMH statistics for our publications and other purposes.


3. NAMI fact sheet (general info. MI: facts & numbers)

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**Store, NAMI:**

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

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**Substance Abuse**: See Dual Diagnosis & Substance Abuse

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**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

   
   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](http://www.rainn.org)
   
   24-hour, anonymous & confidential hotline for sexual assault/abuse.

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**Teens & Youth:**

1. Covenant House/National Runaway Safeline; [www.1800runaway.org](http://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.

   
   24-hour crisis line for teens and families in need of help.

3. Trevor Lifeline: 1 (866) 488-7386/[www.thetrevorproject.org](http://www.thetrevorproject.org)
   
   24/7 hotline; Provides crisis intervention and suicide prevention services for LGBTQ youth ages 13-24..

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**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.

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**Suicide Information (non-crisis)**

1. NAMI fact sheet [Suicide](http://www.nami.org/local)

   
   Offers referrals to support groups and mental health professionals; offers resources on loss; suicide prevention information.

3. American Association of Suicidology: [www.suicidology.org](http://www.suicidology.org)
   
   National clearinghouse for survivor support groups and suicide information.

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**Support groups:**

1. Local/state NAMI affiliates; [www.nami.org/local](http://www.nami.org/local)
   
   Offers NAMI Connections and ongoing family support groups

2. DBSA (800) 826-3632/[www.dbsalliance.org](http://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](http://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/ 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.thelhoteine.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*
### Outside Referral Organizations

**Categories:**

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

### • INCOME

<table>
<thead>
<tr>
<th>1) Social Security Administration</th>
<th>1 (800) 772-1213</th>
<th><a href="http://www.ssa.gov">www.ssa.gov</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>For individuals interested in applying for SSDI. Typically denied first time, must file appeal.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2) Allsup</th>
<th>1 (800) 279-4357</th>
<th><a href="http://www.allsup.com">www.allsup.com</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-lawyer representation for applying for SSDI.</td>
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<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>3) 211</th>
<th>211</th>
<th><a href="http://www.211.org">www.211.org</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Provides referrals to access public benefits, including SSI. Use website to find local number as needed.</td>
<td></td>
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</tbody>
</table>

### • INSURANCE

<table>
<thead>
<tr>
<th>4) ACA Health Insurance Marketplace</th>
<th>1 (800) 318-2596</th>
<th><a href="http://www.healthcare.gov">www.healthcare.gov</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Provides specific info about coverage options. Includes public programs and private options; info on subsidy eligibility.</td>
<td></td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>5) Medicare Rights Center</th>
<th>1 (800) 333-4114</th>
<th><a href="http://www.medicarerights.org">www.medicarerights.org</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Helpline responds to questions about Medicare rights, benefits, income based premium assistance.</td>
<td></td>
<td></td>
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</tbody>
</table>

## 3) CHILD AND ADOLESCENT ISSUES

<table>
<thead>
<tr>
<th>1) American Academy of Child and Adolescent Psychiatry</th>
<th></th>
<th><a href="http://www.aacap.org">www.aacap.org</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Online resource center for info on pediatric mental illnesses.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2) The Balanced Mind Parent Network</th>
<th>(847) 256-8525</th>
<th><a href="http://www.thebalancedmind.org">www.thebalancedmind.org</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Offers resources for families w/ children living with mood disorders, including support groups, referrals, etc.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>3) Children &amp; Adults with ADD (CHADD)</th>
<th>1 (800) 233-4050</th>
<th><a href="http://www.chadd.org">www.chadd.org</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Info &amp; referrals on AD/HD, including local support groups.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>4) <a href="http://www.ok2talk.org">www.ok2talk.org</a> (NAMI Program)</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>An online community for teens and young adults struggling with mental health problems; provides encouragement for them to talk and connect with one another.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>5) <a href="http://www.kidshealth.org">www.kidshealth.org</a></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Physician-reviewed information and advice on children’s health and parenting issues.</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>6) <a href="http://www.siblingsupport.org">www.siblingsupport.org</a></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Effort dedicated to the concerns of siblings of people who have special health, developmental, or mental health concerns.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## 4) CLUBHOUSES/DROP-IN CENTERS

<table>
<thead>
<tr>
<th>1) International Center for Clubhouse Development</th>
<th>(212) 582-0343</th>
<th><a href="http://www.iccd.org">www.iccd.org</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Site offers a directory of clubhouses</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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NAMI ▪ 3803 N. Fairfax Drive, Suite 100 ▪ Arlington, VA 22203
1-800-950-6264 ▪ [www.nami.org](http://www.nami.org)
nationally. Clubhouses provide opportunities for education, employment and social activities.

5) ELDER ISSUES

<table>
<thead>
<tr>
<th>Issue</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) American Association of Geriatric Psychiatrist (AAGP)</td>
<td>Offers find a clinician section on website.</td>
</tr>
<tr>
<td>2) <a href="http://www.elderlawanswers.com">www.elderlawanswers.com</a></td>
<td>Information about estate planning, long-term care, Medicaid, medical directives and nursing home issues.</td>
</tr>
<tr>
<td>3) Eldercare Locator</td>
<td>Connects older Americans and their caregivers with information on senior services in their community.</td>
</tr>
</tbody>
</table>

6) EMPLOYMENT

- ACCOMMODATIONS/ADA PROTECTION

<table>
<thead>
<tr>
<th>Resource</th>
<th>Contact Information</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Information and Technical Assistance on the Americans with Disabilities Act</td>
<td>1 (800) 514-0301</td>
<td><a href="http://www.ada.gov">www.ada.gov</a></td>
</tr>
<tr>
<td>2) Job Accommodation Network</td>
<td>1 (800) 526-7234</td>
<td><a href="http://www.askjan.org">www.askjan.org</a></td>
</tr>
<tr>
<td>3) ADA National Network</td>
<td>1 (800) 949-4232</td>
<td><a href="http://www.adata.org">www.adata.org</a></td>
</tr>
<tr>
<td>5) National Disability Rights Network State Protection &amp; Advocacy Offices</td>
<td></td>
<td><a href="http://www.ndrn.org">www.ndrn.org</a></td>
</tr>
</tbody>
</table>

- 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

<table>
<thead>
<tr>
<th>Resource</th>
<th>Contact Information</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Partnership for Prescription Assistance</td>
<td></td>
<td><a href="http://www.pparx.org">www.pparx.org</a></td>
</tr>
<tr>
<td>2) Needy Meds</td>
<td>1 (800) 503-6897</td>
<td><a href="http://www.needymeds.com">www.needymeds.com</a></td>
</tr>
<tr>
<td>3) RX Assist</td>
<td></td>
<td><a href="http://www.rxassist.org">www.rxassist.org</a></td>
</tr>
<tr>
<td>4) RX Hope</td>
<td>1 (877) 267-0519</td>
<td><a href="http://www.rxhope.com">www.rxhope.com</a></td>
</tr>
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</tr>
<tr>
<td><strong>MEDICAL/HOSPITAL BILLS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GENERAL FINANCIAL NEEDS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1) <a href="http://www.needhelppayingbills.com">www.needhelppayingbills.com</a></td>
<td></td>
<td><a href="http://www.needhelppayingbills.com">www.needhelppayingbills.com</a></td>
</tr>
<tr>
<td>2) 211</td>
<td></td>
<td><a href="http://www.211.org">www.211.org</a></td>
</tr>
<tr>
<td><strong>GUARDIANSHIP/CONSERVATORSHIP/LONG TERM PLANNING</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1) National Guardianship Association</td>
<td></td>
<td><a href="http://www.guardianship.org">www.guardianship.org</a></td>
</tr>
<tr>
<td>2) Planned Lifetime Assistance Network (PLAN)</td>
<td></td>
<td><a href="http://www.nationalplanalliance.org">www.nationalplanalliance.org</a></td>
</tr>
<tr>
<td>3) National Resource Center on Psychiatric Advanced Directives</td>
<td></td>
<td><a href="http://www.nrc-pad.org">www.nrc-pad.org</a></td>
</tr>
<tr>
<td><strong>HOMELESS/MISSING</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1) Salvation Army</td>
<td></td>
<td><a href="http://www.salvationarmy.org">www.salvationarmy.org</a></td>
</tr>
<tr>
<td><strong>10) HOUSING</strong></td>
<td></td>
<td></td>
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<tr>
<td>---</td>
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<td></td>
</tr>
<tr>
<td>1) Section 8 Housing</td>
<td><a href="http://www.HUD.gov">www.HUD.gov</a> Assists very low-income families, elderly, and disabled afford housing; voucher ensure that on pays no more than about 30% of income toward rent.</td>
<td></td>
</tr>
<tr>
<td>2) HUD Housing Counseling Agencies</td>
<td>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.</td>
<td></td>
</tr>
<tr>
<td>3) Centers for Independent Living</td>
<td><a href="http://www.ilru.org">www.ilru.org</a> Some centers offer home sharing programs. Use website to find local CIL.</td>
<td></td>
</tr>
<tr>
<td>4) Public Housing and Resource Center</td>
<td>1 (800) 955-2232 Provides information and guidance for Section 8 voucher holders and public housing residents.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>11) ILLNESSES</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>• ADHD</td>
<td></td>
</tr>
<tr>
<td>1) CHADD</td>
<td>1 (800) 233-4050 <a href="http://www.chadd.org">www.chadd.org</a> Provides information on ADHD; including local support groups.</td>
</tr>
<tr>
<td>• ALZHEIMER’S DISEASE</td>
<td></td>
</tr>
<tr>
<td>1) Alzheimer’s Association</td>
<td>1 (800) 272-3900 <a href="http://www.alz.org">www.alz.org</a> Info &amp; referral on Alzheimer’s/dementia; local offices provide support groups.</td>
</tr>
<tr>
<td>2) ADEAR (Alz. Disease Education and Referral Center)</td>
<td>1 (800) 438-4380 <a href="http://www.nia.nih.gov/alzheimers">www.nia.nih.gov/alzheimers</a> Federal agency providing info &amp; referral; especially around caregiving concerns.</td>
</tr>
<tr>
<td>• ANXIETY DISORDERS</td>
<td></td>
</tr>
<tr>
<td>1) Anxiety and Depression Assn. of America</td>
<td>(240) 485-1001 <a href="http://www.adaa.org">www.adaa.org</a> Provides info on prevention, treatment, and cure of anxiety, depression and related disorders.</td>
</tr>
<tr>
<td>• AUTISM SPECTRUM DISORDERS</td>
<td></td>
</tr>
<tr>
<td>1) National Autism Association</td>
<td>1 (877) 622-2884 <a href="http://www.nationalautismassociation.org">www.nationalautismassociation.org</a> Provides education, support and tools for those affected by ASD.</td>
</tr>
</tbody>
</table>
### BIPOLAR DISORDER

1) DBSA (Depression & Bipolar Support Alliance)  
   1 (800) 826-3632  
   [www.dbsalliance.org](http://www.dbsalliance.org)  
   Provides information on bipolar & depression; offers in-person and online support groups.

### BORDERLINE PERSONALITY DISORDER

1) BPD Resource Center  
   1 (888) 694-2273  
   [www.bpdresourcecenter.org](http://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](http://www.tara4bpd.org)  
   Offers referral center for info, support, education and treatment.

3) BPD Central  
   [www.bpdcentral.com](http://www.bpdcentral.com)  
   Resources and info on BPD and narcissistic personality disorder

4) National Education Alliance for BPD  
   [www.borderlinepersonalitydisorder.com](http://www.borderlinepersonalitydisorder.com)  
   Provides information and family support programs around BPD.

### DEPRESSION

1) DBSA (Depression & Bipolar Support Alliance)  
   1 (800) 826-3632  
   [www.dbsalliance.org](http://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](http://www.adaa.org)  
   Provides info on prevention, treatment and cure of anxiety, depression and related disorders.

### EATING DISORDERS

1) National Eating Disorders Association  
   1 (800) 931-2237  
   [www.nationaleatingdisorders.org](http://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](http://www.anad.org)  
   Provides referrals to treatment and support groups.

### HOarding

1) Anxiety and Depression Association of America  
   (240) 485-1001  
   [www.adaa.org](http://www.adaa.org)  
   Provides general information about hoarding.

2) International OC Foundation  
   (617) 973-5801  
   [www.iocdf.org](http://www.iocdf.org)  
   Information and referral on hoarding resources and education.

### OCD

1) International Obsessive Compulsive Foundation  
   (617) 973-5801  
   [www.iocdf.org](http://www.iocdf.org)  
   Provides info on OCD, including treatment referrals.

2) Anxiety & Depression Association of America  
   (240) 485-1001  
   [www.adaa.org](http://www.adaa.org)  
   Provides info on prevention, treatment and cure of anxiety, depression and related disorders.
| **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. |

| **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. |

| **INTERNATIONAL** | 12) INTERNATIONAL |
| **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. |

| **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. |

<p>| <strong>LEGAL</strong> | 13) LEGAL |
| <strong>ATTORNEY REFERRALS</strong> | 1) NAMI legal services: voice mail X 1224 | | Can provide local legal referrals, may require a small fee for assessment of case and referral. |
| | 2) Local Bar Associations | | | |</p>
<table>
<thead>
<tr>
<th>• LEGAL AID ORGANIZATIONS</th>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>1) Legal Services Corporation</td>
<td></td>
<td><a href="http://www.lsc.gov">www.lsc.gov</a></td>
</tr>
<tr>
<td>Civil legal aid for low-income Americans; click on local programs link for referrals to community legal aid programs.</td>
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<thead>
<tr>
<th>• SOCIAL SECURITY ATTORNEY REFERRALS</th>
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</tr>
</thead>
<tbody>
<tr>
<td>1) National Organization of Social Security Claimants Representatives (NOSSCR)</td>
<td>1 (800) 431-2804</td>
<td><a href="http://www.nosscr.org">www.nosscr.org</a></td>
</tr>
<tr>
<td>Provides referrals to representation for persons seeking SSI &amp; SSDI.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2) National Association of Disability Representatives (NADR)</td>
<td>1 (800) 747-6131</td>
<td><a href="http://www.nadr.org">www.nadr.org</a></td>
</tr>
<tr>
<td>Offers a referral services for lawyers and non-lawyer representatives who can assist in accessing SSI/SSDI.</td>
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<thead>
<tr>
<th>14) LGBT ISSUES</th>
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</thead>
<tbody>
<tr>
<td>1) GLBT National Help Center</td>
<td>1 (888) 843-4564</td>
<td><a href="http://www.glnh.org">www.glnh.org</a></td>
</tr>
<tr>
<td>Will be connected to a skilled peer counselor. Can provide support and resources.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2) Parents, Families &amp; Friends of Lesbians and Gays (PFLAG)</td>
<td>(202) 467-8180</td>
<td><a href="http://www.pflag.org">www.pflag.org</a></td>
</tr>
<tr>
<td>Supports the LGBT population and their families and friends. Chapters offer helplines, support group meetings and resources.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3) Trevor Lifeline</td>
<td>1 (866) 488-7386</td>
<td><a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a></td>
</tr>
<tr>
<td>24/7 hotline; provides crisis intervention and suicide prevention services to LGBT young people ages 13-24.</td>
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<tr>
<th>15) MEDICATIONS</th>
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<tbody>
<tr>
<td>1) National Institute on Mental Health</td>
<td>1 (866)615-6464</td>
<td><a href="http://www.nimh.nih.gov">www.nimh.nih.gov</a></td>
</tr>
<tr>
<td>Gov’t agency responsible for research on MI causes and treatments. Also offers general info about MI.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2) Food and Drug Administration</td>
<td>1 (855) 543-3784</td>
<td><a href="http://www.fda.gov">www.fda.gov</a></td>
</tr>
<tr>
<td>Collects information about adverse events relating to medications.</td>
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<tr>
<th>• PAYING FOR...</th>
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<tbody>
<tr>
<td>1) Needy Meds</td>
<td>1 (800) 543-3784</td>
<td><a href="http://www.needymeds.com">www.needymeds.com</a></td>
</tr>
<tr>
<td>Info source on patient assistance programs. Info is free and updated regularly.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2) Partnership for Prescription Assistance</td>
<td></td>
<td><a href="http://www.pparx.org">www.pparx.org</a></td>
</tr>
<tr>
<td>Helps qualifying patients w/out prescription drug coverage get medications they need.</td>
<td></td>
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</table>
### 3) RX Hope

<table>
<thead>
<tr>
<th>Phone</th>
<th>Website</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>1 (877) 267-0519</td>
<td><a href="http://www.rxhope.com">www.rxhope.com</a></td>
<td>Advocates/facilitates getting meds for free or at a small copay.</td>
</tr>
</tbody>
</table>

### 4) RX Assist

<table>
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<tr>
<th>Phone</th>
<th>Website</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td></td>
<td><a href="http://www.rxassist.org">www.rxassist.org</a></td>
<td>Provides up-to-date directory of all patient assistance programs offered nationwide.</td>
</tr>
</tbody>
</table>

### 5) The Assistance Fund

<table>
<thead>
<tr>
<th>Phone</th>
<th>Website</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (855) 845-3663</td>
<td><a href="http://www.theassistancefund.org">www.theassistancefund.org</a></td>
<td>Financial assistance program for copays, premiums, and medical expenses.</td>
</tr>
</tbody>
</table>

### 16) RESEARCH

#### • BRAIN DONATION

<table>
<thead>
<tr>
<th>Phone</th>
<th>Website</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (800) 272-4622</td>
<td><a href="http://www.brainbank.mclean.org">www.brainbank.mclean.org</a></td>
<td>Centralized resource for collection/distribution of human brains for research; info about donations on website.</td>
</tr>
</tbody>
</table>

#### • INFORMATION ON...

1) National Institute of Mental Health

<table>
<thead>
<tr>
<th>Phone</th>
<th>Website</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (866) 615-6464</td>
<td><a href="http://www.nimh.nih.gov">www.nimh.nih.gov</a></td>
<td>Gov't agency responsible for research on MI causes and treatments. Also offers general info about MI</td>
</tr>
</tbody>
</table>

2) National Center for Complementary and Integrative Health (NCCIH)

<table>
<thead>
<tr>
<th>Phone</th>
<th>Website</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>1 (888) 644-6226</td>
<td><a href="http://www.nccih.nih.gov">www.nccih.nih.gov</a></td>
<td>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.</td>
</tr>
</tbody>
</table>

3) [www.clinicaltrials.gov](http://www.clinicaltrials.gov)

#### • RESEARCH FUNDERS

1) Stanley Medical Research Institute

<table>
<thead>
<tr>
<th>Phone</th>
<th>Website</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>(301) 571-0760</td>
<td><a href="http://www.stanleyresearch.org">www.stanleyresearch.org</a></td>
<td>Nonprofit org. supporting research on cause of and treatment for schizophrenia and bipolar disorder.</td>
</tr>
</tbody>
</table>

2) Brain and Behavior Research Foundation (formerly NARSAD)

<table>
<thead>
<tr>
<th>Phone</th>
<th>Website</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (800) 829-8289</td>
<td><a href="http://www.bbrfoundation.org">www.bbrfoundation.org</a></td>
<td>Organization that awards grants to research entities that study the treatment for and causes of mental illness.</td>
</tr>
</tbody>
</table>

### 17) SCHOLARSHIPS/GRANTS FOR EDUCATION

1) Heath Resource Center

<table>
<thead>
<tr>
<th>Website</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td><a href="http://www.heath.gwu.edu">www.heath.gwu.edu</a></td>
<td>National clearinghouse for info on post-secondary education for individuals w/ disabilities; site has info on financial aid, scholarships and internships</td>
</tr>
</tbody>
</table>

2) Baer Reintegration Scholarship

<table>
<thead>
<tr>
<th>Website</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.reintegration.com">www.reintegration.com</a></td>
<td>Scholarships for individuals living</td>
</tr>
</tbody>
</table>
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 [www.dualdiagnosis.org]
   -treatment admissions counselor
   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
### 3) Narcotics Anonymous

![Image](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

![Image](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

![Image](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

![Image](www.afsp.org)

Offers referrals to support groups, mental health professional, resources on loss, suicide prevention.

2) American Association of Suicidology

![Image](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

![Image](www.dbsalliance.org)

Offers support groups for individuals living with BP and depression; some virtual groups; no family member groups.

2) Self-Help Sourcebook

![Image](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

![Image](www.emotionsanonymous.org)

12-program for the purpose of working toward recovery from emotional difficulties.

4) Recovery International

1 (866) 221-0302

![Image](www.lowselfhelpsystems.org)

Self-help groups using cognitive-behavioral techniques to cope with symptoms.
### 22) PROFESSIONAL ORGANIZATIONS & WEBSITE OFFERING MENTAL HEALTH PROFESSIONAL REFERRALS

<table>
<thead>
<tr>
<th></th>
<th>Organization Name</th>
<th>Contact Information</th>
<th>Website URL</th>
<th>Additional Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Association for Behavioral and Cognitive Therapies (ABCT)</td>
<td>(212) 647-1890</td>
<td><a href="http://www.abct.org">www.abct.org</a></td>
<td>Offers a find a therapist feature on their website.</td>
</tr>
<tr>
<td>2</td>
<td>American Residential Treatment Association</td>
<td></td>
<td><a href="http://www.artausa.org">www.artausa.org</a></td>
<td>Offers info about residential treatment facilities throughout the country; not an exhaustive list.</td>
</tr>
<tr>
<td>4</td>
<td>National Association of Social Workers (NASW)</td>
<td></td>
<td><a href="http://www.naswdc.org">www.naswdc.org</a></td>
<td>Offers a find a clinician feature on website; includes info on area of expertise, fees and insurance coverage.</td>
</tr>
<tr>
<td>7</td>
<td>Psychology Today</td>
<td></td>
<td><a href="http://www.psychologytoday.com">www.psychologytoday.com</a></td>
<td>Offers a find a therapist link on website; also can be used to locate residential treatment options.</td>
</tr>
</tbody>
</table>

• **COMPLAINTS ABOUT…**

<table>
<thead>
<tr>
<th></th>
<th>Organization Name</th>
<th>Contact Information</th>
<th>Website URL</th>
<th>Additional Information</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>The Joint Commission</td>
<td>1 (800) 994-6610</td>
<td><a href="http://www.jointcommission.org">www.jointcommission.org</a></td>
<td>Collects quality of care related complains or hospitals and other inpatient settings.</td>
</tr>
</tbody>
</table>

• **NONCOMPLIANCE/ANOSOGNOSIA**

|   | Book: I am Not Sick; I Don’t Need Help               |                       |                                   | 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

• **ASSERTIVE COMMUNITY TREATMENT (ACT)**

<table>
<thead>
<tr>
<th></th>
<th>Organization Name</th>
<th>Website URL</th>
<th>Additional Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>State Mental Health Department</td>
<td><a href="http://www.nasmhpd.org">www.nasmhpd.org</a></td>
<td>Website provides a directory to contact information for MH departments.</td>
</tr>
<tr>
<td>2</td>
<td>Assertive Community Treatment Association</td>
<td><a href="http://www.actassociation.org">www.actassociation.org</a></td>
<td>Promotes, develops and support high quality ACT services.</td>
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</table>
### 24) VETERANS/MILITARY

- **SUICIDE HOTLINE**

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</thead>
<tbody>
<tr>
<td>1) Veterans Admin. Suicide Hotline</td>
<td>1 (800) 273-8255; option 1</td>
<td><a href="http://www.suicidepreventionlifeline.org/">http://www.suicidepreventionlifeline.org/</a> 24/7 hotline; will be connected to a skilled, trained counselor at a local crisis center.</td>
</tr>
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</table>

- **BENEFITS**

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<tbody>
<tr>
<td>1) Department of Veteran’s Affairs</td>
<td>Healthcare: 1 (877) 222-8387 Other Benefits: 1 (800) 827-1000</td>
<td></td>
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</table>

- **SUPPORT ORGANIZATIONS**

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</thead>
<tbody>
<tr>
<td>1) Code of Support</td>
<td>(571) 527-3240</td>
<td><a href="http://www.codeofsupport.org">www.codeofsupport.org</a> 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.</td>
</tr>
<tr>
<td>2) Coaching into Care</td>
<td>(888) 823-7458</td>
<td>A VA program that involves helping the caller figure out how to motivate their Veteran to seek mental health services.</td>
</tr>
<tr>
<td>3) Wounded Warriors Project</td>
<td>(877) 832-6997</td>
<td><a href="http://www.woundedwarriorsproject.com">www.woundedwarriorsproject.com</a> Offers program for combat stress recovery; also offers family support retreats.</td>
</tr>
<tr>
<td>4) Iraq &amp; Afghanistan Veterans of America (IAVA)</td>
<td>(202) 544-7692 or (212) 982-9699</td>
<td><a href="http://www.iava.org">www.iava.org</a> Connects vets with mental health support; offers online support network exclusively for Iraq &amp; Afghan vets; also offers employment support.</td>
</tr>
</tbody>
</table>

*Updated March, 2015*
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