



TRAUMA  
**informed**

# Mental Health Resource List

## Mental Health Resource List

The following Mental Health Resources are meant to assist staff, youth and families in increasing awareness around mental health, and how to access services.

- ✦ [National Alliance on Mental Illness](#) - Find treatment and services in your area, learn about signs, symptoms, and statistics.
- ✦ [SAMHSA](#) - Find treatment and services in your area, and learn more about disorders.
- ✦ [Mental Health America](#) - Find treatment and services in your area, learn more about disorders and statistics, use mental health screening tools, learn about ways to maintain mental wellness
- ✦ [Mental Health FIRST AID](#) - This resource page lists out numerous resources by topic, to include but not limited to, general mental health resources, suicide, different mental health disorders, substance use, helplines and support groups.
- ✦ [National Alliance of Grieving Children](#) - Find support in your area, and access youth and family resources about grief.
- ✦ [Nationwide Children's Hospital](#) - Find help in your area, learn about signs and symptoms, access to mental well-being tools and resources for youth and caregivers.
- ✦ [National Institute of Mental Health](#) - Mental health outreach and education materials, find treatment and services in your area, learn more about mental illness.
- ✦ [MentalHealth.gov](#) - Basic information on mental health, overview of signs and symptoms, information on how to talk about it, and help finding providers in your area.
- ✦ [CDC: Mental Health](#) - Learn about mental health, data, disorders, and find local or virtual support.

## Culturally Specific Resources

- ✦ [TREVOR Project](#) provides information on mental health, advocacy and education surrounding LGBTQ youth.
- ✦ [Trans Lifeline](#) provides direct emotional and financial support to trans people in crisis.
- ✦ [We R Native](#) is a multimedia health resource for Native teens and young adults that focuses on mental health, community engagement, and activism.
- ✦ [Therapy for Latinx](#) provides information on mental health and culturally relevant mental health resources for Latinx individuals.
- ✦ [Melanin and Mental Health](#) connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities.
- ✦ [National Asian American Pacific Islander Mental Health Association](#) promotes mental health and wellbeing of the AAPI community, and connects individuals to culturally relevant resources.

## Suicidal Thoughts or Intentions

If at any point a young person shares that they have suicidal thoughts or intentions, your only priority is to keep them safe.

For immediate safety and life-threatening mental health concerns, **call 911** to request a mental health trained officer, and contact their caregiver.

If the young person is not in immediate danger of suicide, but might benefit from speaking to a trained crisis professional, consider using one of the following suicide prevention hotlines:

### Crisis Hotlines:

- ✚ [Crisis Text Line](#) serves anyone, in any type of crisis, providing access to free, 24/7 text support by texting HOME to 741741.
- ✚ [National Suicide Prevention Lifeline](#) provides free, confidential emotional support 24/7 to people in suicidal crisis or emotional distress across the U.S by calling 1-800-273-8255.
- ✚ [Trevor Project](#) provides free, confidential, 24/7, suicide prevention resource that includes an online chat, text line, and phone services. Call or text 1-866-488-7386.
- ✚ [SAHMSA National Helpline](#) provides free, confidential, 24/7 treatment referral and information service for individuals and families facing mental and/or substance use disorders by calling 1-800-662-HELP.
- ✚ [NAMI Helpline](#) provides free service providing peer support, resources, referrals and support to those living with mental illness and their family and loved ones by calling 1-800-950-NAMI.