



Behavioral Health—National Resources

Crisis Lines:

- National Suicide Hotline: 800.273.TALK (8255)
- www.suicidepreventionlifeline.org
- Teen Lifeline: 1.877.YOUTHLINE (968.8454)
- Crisis Text Line: Text “help” to 741741 for any crisis situation
- Poison Control: 1.800.222.1222

Online Resource/Benefit Guides:

1. **Aunt Bertha:** National search and referral platform for free and reduce cost social programs. www.aunthbertha.com
2. **Benefits Checkup:** Online tool that searches through over 2,500 federal, state, and private benefit programs to match a person’s unique needs to benefits programs for which he or she is likely to qualify. <https://www.benefitscheckup.org>
3. **2-1-1:** This community information and referral service lists resource websites for all populations throughout every state. <http://www.211.org>
4. **Psychology Today—Find a Therapist:** Use this online tool to find mental health providers and their contact information in your area. <https://therapists.psychologytoday.com/rms/>
5. **Substance Abuse and Mental Health Services Administration:** Substance Abuse and Mental Health Services Administration (SAMSHA) offers an online treatment tool with a list of mental health facilities in a specific area, including a summary of the type of services and insurance accepted at each facility. <https://findtreatment.samhsa.gov/locator?sAddr=8>

Additional Training Opportunities/Advocacy Organizations with Educational Opportunities:

1. **Teen Mental Health First Aid (MHFA):** The teen MHFA Course teaches high school students in years 7–9 and 10–12, how to provide mental health first aid to their friends. <https://mhfa.com.au/courses/public/types/teen>
2. **Psychological First Aid (PFA) Online:** This professionally-narrated course is for individuals new to disaster response who want to learn the core goals of PFA, as well as for seasoned practitioners who want a review. <https://learn.nctsn.org/course/index.php?categoryid=11>
3. **Mental Health First Aid:** Mental Health First Aid is a public education program that introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and provides overviews of appropriate supports. <https://www.mentalhealthfirstaid.org/cs/>
4. **National Mental Health Association/Mental Health America:** The National Mental Health Association, now known as Mental Health America (MHA), is a community-based nonprofit dedicated to addressing the needs of those living with mental illness. The website offers screening tools for several issues, including depression, anxiety, PTSD, substance abuse, and more. <http://www.mentalhealthamerica.net/>
5. **Health Services Advisory Group Behavioral Health Webinars:** A series of six community-developed webinars intended to help translate the often confusing and even foreign world of behavioral health. The target audience is anyone who wants to better understand and navigate behavioral health. <https://www.hsag.com/medicare-providers/collaborative-improve-behavioral-health-screenings-care-transitions/inpatient-psychiatric-facility-resources/webinars/>
6. **American Psychiatric Association:** Learn about common mental disorders, their symptoms, risk factors, and treatment options. <https://www.psychiatry.org/patients-families>
7. **ASIST:** Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. <https://www.livingworks.net/programs/asist/>
8. **National Hospice and Palliative Care Organization:** This program of the National Hospice and Palliative Care Organization, Caring Info, provides free resources to help people make decisions about end-of-life care and services before a crisis. <http://www.caringinfo.org/>