

## Depression and Mental Health

### **Mental Health America (formerly the National Mental Health Association)**

Nonprofit organization that offers information on mental health disorders and resources for mental health services including finding help and how to pay for care.

703-684-7722, 1-800-969-6642, 1-800-433-5959 (TTY)

[www.nmha.org](http://www.nmha.org)

### **National Alliance on Mental Illness (NAMI)**

NAMI is dedicated to the eradication of mental illnesses and to the improvement of the quality of life for persons of all ages who are affected by mental illnesses. There are a number of local affiliates all over the country.

703-524-7600, 703-516-7227 (TDD), 1-800-950-NAMI (6264) (NAMI Helpline)

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

### **The Substance Abuse and Mental Health Services Administration's (SAMHSA) National Mental Health Information Center**

Part of the US Department of Health and Human Services. Offers information about mental health, provides mental health resources, and places to get help and care.

1-800-789-2647

[www.mentalhealth.samhsa.gov](http://www.mentalhealth.samhsa.gov)

### **National Suicide Prevention Life Line**

24 hour suicide prevention service available to anyone in suicidal crisis. Each call is routed to the closest possible crisis center in the caller's area. Offers immediate assistance to anyone in need of mental health services confidentially.

1-800-273-8255

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) or dial 911