

MENTAL HEALTH RESOURCES: DEPRESSION, SUICIDE, & ANXIETY

SUICIDE

AMERICAN ASSOCIATION OF SUICIDOLOGY

Promotes research, public awareness and education, and training for professionals and volunteers.

AMERICAN FOUNDATION FOR SUICIDE PREVENTION

Provides information about suicide, support for survivors, prevention, research, and more.

SUICIDE PREVENTION RESOURCE CENTER

This website has factsheets on suicide by state and population characteristics, as well as other educational resources.

DEPRESSION

DEPRESSION SCREENING

Aimed at educating people about clinical depression, this website offers a confidential way for people to get screened for symptoms of depression and guide people towards appropriate help.

DEPRESSION & BIPOLAR SUPPORT ALLIANCE

A comprehensive support resource provides education, tools, peer support, and inspiring stories of recovery.

ANXIETY

ANXIETY DISORDERS OF AMERICA ASSOCIATION

Promotes the diagnosis, treatment, and cure of anxiety disorders.

E-COUCH

This website provides information about emotional problems, what causes them, how to prevent them, and how to treat them. It also includes a set of evidence-based online interventions created to teach the user strategies to improve their mood and emotional state.

FREEDOM FROM FEAR

Provides information, screening tools, and more resources on many types of anxiety disorders.

National Suicide Prevention Lifeline
1-800-273-8255 or
text HOME to
741741

WARMLINES
Speaking to someone on these calls are typically free, confidential, and run by people who understand what it's like to struggle with mental health problems.