

MENTAL HEALTH RESOURCES: GENERAL MENTAL HEALTH

NATIONAL ALLIANCE ON MENTAL ILLNESS

Speak with NAMI members (people living with mental illness and/or their family members) to exchange information about mental health professionals in your community.

Information on mental health, getting help, and taking action.

MENTAL HEALTH AMERICA

NATIONAL EMPOWERMENT CENTER

This resource is dedicated to spreading messages of recovery and empowerment to those struggling with mental illness. Provides information and advocacy resources.

Provides statistics pertaining to mental illnesses, including data by demographic.

NATIONAL INSTITUTE OF MENTAL HEALTH (MENTAL ILLNESS AMONG US ADULTS).

WORLD HEALTH ORGANIZATION (DISABILITY FROM MENTAL ILLNESS).

Contains information on the global impact of mental illness.

This website provides information on specific mental health disorders, as well as resources to help teens make safe plans when feeling suicidal, and helpful tips and how to relax.

REACH OUT

STRENGTH OF US

An online community designed to inspire young adults impacted by mental health issues to think positive, stay strong, and achieve goals through peer support and resource sharing.

This website reflects the lived experiences of those that have struggled with mental illness, including research-based modules with hours of recordings and analyses to offer education on different mental illnesses.

HEALTH TALK