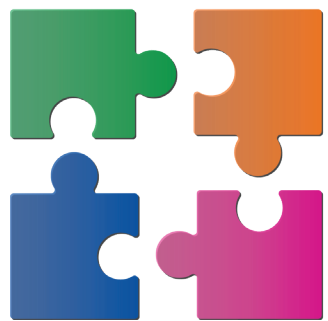


Mental Health COVID-19 Resources

“Because mental health
is just as important as physical health.”



MENTAL
HEALTH
MATTERS
TOO®

www.MentalHealthMattersToo.com

Mental Health COVID-19 Resources



www.virusanxiety.com



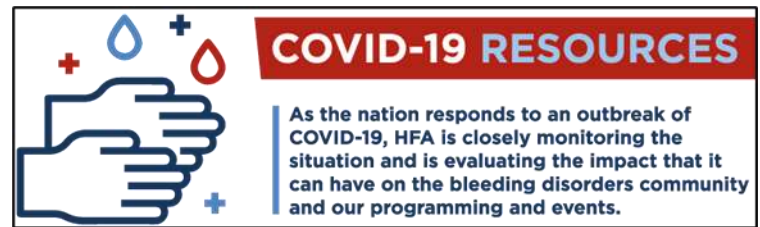
www.psychhub/covid-19/



www.afsp.org/mental-health-and-covid-19



www.hemophilia.org/newsroom/COVID-19-information



www.hemophiliafed.org/news-stories/2020/04/coronavirus-covid-19-what-hfa-is-doing

Mental Health Care

Psychology Today

www.psychologytoday.com

This website provides the opportunity to browse mental health professionals by location, specialties and form of payment accepted.

Depression and Bipolar Support Alliance

www.dbsalliance.org

DBSA offers support groups for individuals living with depression and bipolar disorder.

National Alliance on Mental Illness

www.nami.org

NAMI provides support groups for the individual living with a mental illness and his/her family, advocates for mental health issues and works to reduce stigma

Better Help

www.betterhelp.com

Both organizations offer remote therapy sessions with licensed mental health professionals

Talk Space

www.talkspace.com

Give An Hour

www.giveanhour.org

Website listing of mental health professionals who have agreed to provide short term psychological counseling to veterans and their families free of charge

Grief Share

www.griefshare.org

Grief Share facilitates support groups throughout the country for individuals experiencing loss and grief.

Mental Health Hotlines

National Suicide Prevention Lifeline
www.suicidepreventionlifeline.org
800-273-TALK

Veterans Crisis Line
www.veteranscrisisline.net
800-273-TALK (8255) Press 1
Text a message to 838255

Crisis Text Line
www.crisistextline.org
Text HELLO to 741741

JED Foundation (Teens, Young Adults)
www.jedfoundation.org
Text START to 741741
800-233-TALK

National Domestic Violence Hotline
www.thehotline.org
800-799-SAFE

National Child Abuse Hotline
www.childhelp.org
800-422-4453

Trevor Lifeline (LGBTQ)
www.thetrevorproject.org
866-488-7386
Text START to 678678

Substance Abuse and Mental Health Services Administration (Alcohol, Drug Addiction)
www.samhsa.gov/find-help/national-helpline
800-662-4357

Mental Health Information

National Institute of Mental Health
www.nimh.gov
866-415-8051

National Center for Post-Traumatic Stress Network
www.ptsd.va.gov
802-296-6300

National Institute of Alcohol Abuse
www.niaa.nih.gov
301-443-3860

National Institute of Drug Abuse
www.drugabuse.gov
301-443-1124

Jason Foundation
www.jasonfoundation.com
615-264-2323
Prevents teen suicide

American Foundation For Suicide Prevention
www.afsp.org
212-363-3500



<https://screening.mhanational.org/screening-tools>