

Mental Health Information

NATIONAL COUNCIL
for Mental Wellbeing

www.thenationalcouncil.org

American Foundation for Suicide Prevention

www.afsp.org
212-363-3500

Attention Deficient Disorder Association

www.add.org
800-939-1019

Depression and Bipolar Support Alliance

www.dbsalliance.org
800-826-3632

International Obsessive/Compulsive Disorder

www.iocdf.org
617-973-5801

Jason Foundation (Teens, young adults)

www.jasonfoundation.com
615-264-2323

Jed Foundation (Teens, young adults)

www.jedfoundation.org
212-647-7544

Mental Health First Aid

www.mentalhealthfirstaid.org

National Alliance for Mental Illness

www.nami.org
703-524-7600

National Institute of Mental Health

www.nimh.nih.gov
866-615-6464



www.mhanational.org

National Association of Anorexia Nervosa

www.anad.org
630-577-1330

National Child Traumatic Stress Network

www.nctsn.org
310-235-2633

National Center for PTSD

www.ptsd.va.gov
802-296-6300
Email: ncptsd.va.gov

National Institute of Alcohol Abuse

www.niaaa.nih.gov
301-443-3860

National Institute of Drug Abuse

www.drugabuse.gov
301-443-31124

Postpartum Support International

www.postpartum.net
800-944-4773

Substance Abuse and Mental Health Services (SAMHSA)

www.samhsa.gov
877-SAMHSA7

Schizophrenia/Related Disorders Alliance

www.sardaa.org
240-423-9432



Contact Information

Name: Debbie de la Riva

Email: debbie@mhmtoo.com

Number: 832-689-9434