

Mental Health Resource Guide

2 0 2 4

for the Bleeding
Disorders Community

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



MENTAL
HEALTH
MATTERS
TOO®

www.MentalHealthMattersToo.com

Mental Health Hotlines

Crisis Text Line

crisistextline.org
Text HOME to 741741

JED Foundation (Teens, Young Adults)

jedfoundation.org
Text START to 741741
800-233-TALK

National Domestic Violence Hotline

thehotline.org
800-799-SAFE

National Suicide Prevention Lifeline

suicidepreventionlifeline.org
800-273-TALK

Trevor Lifeline (LGBTQ)

thetrevorproject.org
866-488-7386

Veterans Crisis Line

VeteransCrisisLine.net
800-273-TALK (8255) Press 1
To chat, Text 83825



Crisis hotlines are not just for people who are feeling suicidal. They are set up to help anyone struggling with personal issues. There are a number of reasons to reach out:

- Feeling lonely
- Struggling with the demands of living with a chronic condition
- Feeling overwhelmed
- Engaging in self-harm behavior
- Recovering from abuse
- Wanting to talk to someone about your sexual orientation or identity
- Feeling hopeless or helpless

It's OK To Not Be OK



Contact Information

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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



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Info & Referral for Mental Health Care



Substance Abuse and Mental Health Service Abuse: Treatment Locator

www.samhsa.gov/find-treatment

Find information on mental health counseling, substance abuse services, healthcare centers and veteran affairs



Psychology Today

www.psychologytoday.com

Locate local mental health therapists and psychologists



HelpPRO: Resources Within Reach

www.helppro.com

Locate local mental health therapists and psychologists



United Way

www.211unitedway.org

Find information on counseling, inpatient/outpatient mental health services, and residential treatment centers



Depression and Bipolar Support Alliance

Depression and Bipolar Support Alliance

www.dbsalliance.org

Locate in-person support groups for those living with depression or bipolar disorder and discover how to join an online network of parents of affected individuals



National Alliance on Mental Illness

www.nami.org

Find information on support groups for those living with a mental health condition and their family members



Better Help

www.betterhelp.com

Online access to sessions with licensed mental health professionals

Talk Space

www.talkspace.com

Text messaging therapy with licensed mental health professionals



Teen Counseling

www.teencounseling.com

Therapy sessions for teens can take place online, text and/or by phone



Give An Hour

www.giveanhour.org

Provides free and confidential mental health care to veterans and their family member



Cerebral

www.cerebral.com

Online prescriber visits, care counseling and prescriptions delivered to your door

Bleeding Disorder Resources

Blood Brotherhood/Blood Sisterhood

www.hemophiliafed.org

Blood Brotherhood and Blood Sisterhood are programs of the Hemophilia Federation of America which were created to connect people living with bleeding disorders and provide education and support.

Bloodstream Podcast

www.bloodstreampod.com

The Bloodstream Podcast, hosted by Patrick James Lynch CEO of Believe Limited, takes a 360-degree look at the bleeding disorders community. In addition to relevant news, interviews and informed opinions, the podcast now includes a monthly mental health segment.

Coalition for Hemophilia B

www.hemob.org

The Coalition for Hemophilia B connects patients with hemophilia B and provides a sense of community, support and knowledge.

Gut Monkey

www.gutmonkey.com

Gut Monkey offers unique adventure-based programs geared to empower and improve the resilience of those living with a bleeding disorder.

HOPE for Hemophilia

www.hopeforhemophilia.org

Since its inception in 2009, HOPE for Hemophilia has been helping people with hemophilia in many facets of their lives including financial assistance, peer support and educational events.

Steps for Living

www.stepsforliving.hemophilia.org

Steps for Living is a service of the National Hemophilia Foundation which provides information on the physical and psychological aspects of living with a bleeding disorder across all life stages.

Hemophilia News Today

www.hemophilianewstoday.com

News forum which connects people with hemophilia on a variety of topics



NATIONAL HEMOPHILIA FOUNDATION

for all bleeding disorders

National Hemophilia Foundation

www.hemophilia.org



Hemophilia Federation of America

www.hemophiliafed.org

Raising Awareness and Decreasing Stigma

The mission of the following organizations is to normalize the conversation about mental health, decrease the stigma around it and encourage everyone to talk about it in a healing manner. The websites contain relevant resources on mental health care and how to get involved with promoting awareness.

Bring Change To Mind

www.bringchange2mind.org

Bring Change to Mind was co-founded by Glenn Close. The organization strives to reduce the stigma around mental illness by raising awareness and encouraging a healing dialogue about it.

It's OK To Say

www.okaytosay.org

It's OK to Say encourages others to talk openly about mental illness and share their story of hope and recovery.

No Shame On U

www.noshameonu.org

No Shame On U is dedicated to breaking the stigma of mental illness through education and support.

This Is My Brave

www.thisismybrave.org

The mission of This Is My Brave is to bring stories of mental illness and addiction out of the shadows and into the spotlight.

Mind Up

www.mindup.org

Mind Up is a signature program of the Goldie Hawn Foundation created to develop mental fitness and resilience in children.

“ I will never understand why every organ in your body gets support and sympathy when it is ill, except for the brain ”

www.HealthyPlace.com



Mental Health Apps

Calm

www.calm.com

A collection of meditation techniques for sleep and stress reduction.

Headspace

www.headspace.com

A meditation app containing mindful techniques which have been clinically validated to improve health and create personal happiness.

notOK

www.notokapp.com

Since its inception in 2018, this app has created the ability for people to seek and receive immediate support from friends and family during times of physical and mental distress.

Talkspace

www.talkspace.com

Endorsed by Michael Phelps, world champion swimmer, Talkspace is an app which connects therapists and clients through messaging on a smart phone. The service is designed to provide counseling to teens and adults.

Curable

The Curable App utilizes the latest developments in pain science and puts the information in easy-to-understand techniques to reduce chronic pain.

Suggested Reading

Rewire Your Anxious Brain

Catherine M. Pittman and Elizabeth M. Kale

New Harbinger Publications, Inc

The Mindfulness And Acceptance Workbook For Self-Esteem

Joe Oliver and Richard Bennett

New Harbinger Publications, Inc

Don't Feed the Monkey Mind

Jennifer Shannon, LMFT

New Harbinger Publications, Inc

The Anxiety Survival Guide for Teens

Jennifer Shannon, LMFT

New Harbinger Publications, Inc

How to Stop Feeling So Damn Depressed

Jonas A. Horwitz, PhD

New Harbinger Publications, Inc

The Relaxation and Stress Reduction Workbook, 7th Edition

Martha Davis, Ph.D./Elizabeth Robbins Eshelman, MSW/Matthew McKay, Ph.D.

New Harbinger Publications, Inc.

FROM BELIEVE LIMITED & MENTAL HEALTH MATTERS TOO

SUPPORTED BY SANOFI GENZYME

A NEW FILM BY AND FOR THE BLEEDING DISORDERS COMMUNITY

LET'S TALK.



Supported By:
SANOFI GENZYME

Five Stories, One Theme: Mental Health Matters Too

Believe Limited set out to start a candid conversation about the physical and emotional challenges of life with a bleeding disorder. Five community members agreed to participate, fully, and the resulting narrative has come together in Believe Limited's latest film, Let's Talk.

While the various issues raised in Let's Talk may have been unique to the film's individual "characters," common themes became apparent. Each person was dealing with thoughts and emotions from the past, anticipating uncertainties in their future, and simply trying to live their best life in the present.

Let's stop pretending mental illness doesn't exist
Let's stop the stigma that prevents getting help
Let's normalize our shared experiences
Let's help each other find strength

Let's Talk

Take an online, confidential mental health screening
Ask for help
Look for resources
Kick stigma out of the way

It is OK not to be OK