

Mental Health Resource Guide

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for the Bleeding Disorders Community

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



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
988

Trevor Lifeline (LGBTQ)
thetrevorproject.org
866-488-7386



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



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

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

Cerebral

www.cerebral.com

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

Bleeding Disorder Resources

Bloodstream Media

<https://www.bloodstreammedia.com/>

Hosted by Patrick James Lynch, this engaging podcast features community members and experts discussing important, relevant issues about life with a bleeding disorder.

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.

Hemophilia Federation of America

<https://www.hemophiliafed.org/learning-central/>

Story based courses on physical and mental health aspects of life with a bleeding disorder.

Hemophilia News Today

www.hemophilianewstoday.com

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

Steps for Living

<https://stepsforliving.bleeding.org/>

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

Bleeding Disorder Substance Use and Mental Health Access Coalition

<https://www.bdsumhac.org/>

The Bleeding Disorders Substance Use & Mental Health Access Coalition (BD SUMHAC) was founded in January, 2022 by leaders in the bleeding disorders community with the goal of improving access to inpatient and residential mental health (MH) and substance use disorder (SUD) treatment for people with bleeding disorders. Since its inception it successfully made improvements to access to care across the country and developed helpful toolkits for providers and consumers.



BD SUMHAC

Bleeding Disorders Substance Use &
Mental Health Access Coalition

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 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.”

Mental Health Apps

Calm

www.calm.com

A collection of meditation techniques for sleep and stress reduction.

Headspace

www.headspace.com

A meditation app for stress management

Liven

<https://theliven.com/>

A wellness app designed to improve your emotional health

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

Change Your Thoughts, Change Your Life

Dr. Wayne Dyer

Hay House Publications

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

The Body Keeps Score: Brain, Mind, and Body in The Healing of Trauma

Bessel van der Kolk, MD



FROM BELIEVE LIMITED & MENTAL HEALTH MATTERS TOO

SUPPORTED BY SANOFI GENZYME

A NEW FILM BY AND FOR THE BLEEDING DISORDERS COMMUNITY

LET'S TALK.



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