



WORLD MENTAL HEALTH DAY

Support for Anxiety and Depression



National Organizations Serving Everyone

Eating Recovery Center (ERC) and Pathlight Mood & Anxiety Center (Pathlight)

Resources include support groups, blogs, podcasts and educational opportunities. ERC Pathlight also provides in-person and virtual treatment options. Free, virtual peer support groups are offered to all individuals ages 18+.



ERC



Pathlight

National Alliance on Mental Illness (NAMI)



Resources include local mental health hotlines, education and support groups. Some resources vary by chapter location.

Helpline can be reached Mon-Fri, 10AM-10PM ET.

- Call 1-800-950-NAMI (6264)
- Text "Helpline" to 62640
- Email helpline@nami.org

Depression and Bipolar Support Alliance



Resources include education, support groups and a wellness toolbox. Virtual support groups are offered for a variety of communities, such as military, young adults, BIPOC, co-occurring substance abuse and mood disorders, and many more. Some resources vary by chapter location.

1N5



Provides resources for suicide prevention and mental wellness, including the Reach Out app, mental health toolkits, free QPR training sessions and resources for the Cincinnati, Ohio area and beyond.

Only7Seconds



Inspires intentional connection by empowering people and equipping partners through established programs and resources to combat the epidemic of loneliness. The Only7Seconds "I Know Lonely" project collects stories of loneliness and hope in an effort to build understanding of the diverse, universal experience of loneliness. With their direct-to-school programming, Only7Seconds works to build empathy in younger populations.

Anxiety and Depression Association of America



Dedicated to raising awareness about the impact of anxiety and depression on individuals. They provide resources and education for the community as well as providers. Community resources include education webinars, help finding providers, free peer groups and much more.

National Organizations Serving Everyone (Continued)

Mental Health America (MHA)



Dedicated to improving mental health for all Americans, MHA offers a variety of resources targeted at improving understanding of mental health conditions, treatment options, warmlines, research and more. MHA provides resources for all ages.

Made of Millions



Global nonprofit focused on changing the narrative surrounding mental health. Provides an extensive list of resources for all ages and hotlines on their website to help community members receive the services and treatment they need.

Rethink Mental Illness



Committed to improving the quality of life for those impacted by severe mental illness. Provides extensive resources including support groups and education. Provides resources that outline your legal rights as an individual struggling with their mental health. Mental illness facts sheets are available in multiple languages.

Teen/Young Adult Resources

The JED Foundation



Offers programming rooted in their comprehensive approach to mental health promotion and suicide prevention for colleges and universities and for high schools. Includes the four-year JED Campus program, JED High School program, Mental Health Is Health initiative, and Set To Go program to support the school-to-college or school-to-career transition.

Grant Halliburton Foundation



Provides education via free events for students, educators, parents and professionals covering topics like suicide prevention, bullying and building resiliency. Their mental health support search engine and hotline at [HereForTexas.com](https://www.herefortexas.com) helps Texans find mental health support such as counseling or intensive treatment.

Second Wind Fund



An innovative program in Colorado that matches children and youths, age 19 and younger, who are at risk for suicide and do not have the means or adequate insurance for necessary mental health treatment, with licensed therapists in their local communities or via teletherapy. Sometimes even finding the right provider can be a barrier. For children and teens who have Medicaid, Child Health Plan Plus or private insurance that adequately covers mental health treatment, Second Wind Fund can help narrow down a list of therapists who meet the child or teen's needs, bypassing confusing health care systems.

Teen/Young Adult Resources (Continued)

Active Minds



Provides education, research and advocacy programming for ages 14-25, colleges, K-12, workplaces, and communities around the importance of talking about mental health.

The Trevor Project



Provides suicide prevention and crisis intervention services to end LGBTQ suicide.

Resources for People of Color

Kevin Berthia Foundation



The foundation was created to give a voice of hope to individuals who suffer in silence with undiagnosed or diagnosed mental health conditions.

Mental Health America's 2023 BIPOC Mental Health Toolkit



The theme of this year's toolkit is "Culture, Community, and Connection." The organization provides a variety of resources outside of a toolkit such as warmlines and help connecting to providers. There are specific resources for all age groups.

Steve Fund



Strives to improve the mental health and well-being of young people of color, with a specific focus on improving access to mental health care on college campuses.

Black Mental Wellness



Provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, to highlight and increase the diversity of mental health professionals and to decrease the mental health stigma in the Black community.



LGBTQ+ Resources

Born This Way Foundation



Resources include **Channel Kindness** to learn about acts of kindness, bravery and resilience; a free “Be There” certification course to learn how to support others’ and your own mental health; teen mental health first-aid trainings; and the **Please Stay pledge**.



Channel Kindness



Please Stay pledge

NAMI North Texas



NAMI Connection Recovery Support Group is a free, peer-led support group for any LGBTQ+ adult who has experienced symptoms of a mental health condition. You will gain insight from hearing about the challenges and successes of others, and the groups are led by trained leaders who have been there.

Trans Lifeline



Resources include a hotline where you can speak to a trans person (whether or not you are in crisis), a resource library and microgrants.

→ Trans Lifeline: 877-565-8860 to 741741.

Resources for Athletes

Morgan’s Message



Provides an ambassador program to high school and college students designed to create mental health awareness and eliminate mental health stigma in the student athlete community. Hosts the Mental Matchup podcast.

Kevin Love Fund (KLF)



Through a unique combination of education and advocacy, KLF provides an engaging curriculum for students and teachers to aid them in their social-emotional learning and development. KLF also provides a network of resources including self-guided tools.

Madison Holleran Foundation



Provides resources to high school seniors and college freshmen on suicide prevention. Carli Bushoven, Madison’s sister, speaks across the country in an effort to destigmatize mental health and create suicide prevention awareness.

Athlete’s for Hope



Offers a program called The Whole Being Athlete, which focuses on uniting all athletes to work together and decrease the stigma surrounding mental health in sports. The program is open to athletes from all levels and communities.

Alston for Athletes



Focuses on connecting young athletes to mental health resources. The foundation also provides resources to athletic directors and coaches in order to help support their athletes.

Artistic Resources

Breaking the Chains Foundation



Committed to the prevention of body-focused and mental well-being stigmas. Their mission is to use the power of art and expression to foster creativity, build connections and create a community in which individuals can thrive. They host in-person and online events aimed at breaking stigma related to mental health through the use of self-expression.

Art With Impact



Hosts art-based workshops and events meant to promote mental wellness by creating space for young people to learn more about mental health and connect to a community of support.

Mental Health Care and Resources

Whether you are just starting your mental health journey or you have been on this path for a while, you don't have to seek healing on your own. **Eating Recovery Center** and **Pathlight Mood & Anxiety Center** offer comprehensive treatment and free support groups, community events, podcasts and education.



Eating Disorder Resources



Mood & Anxiety Disorder Resources

