



Mental Health Resource Guide

- Mental Health America - Free mental health screening
<https://screening.mhanational.org/screening-tools/>
- The National Suicide Prevention Lifeline 988
Call or text 988 <https://988lifeline.org/>
- Substance Abuse & Mental Health Service Administration
<https://www.samhsa.gov/find-help/988/faqs>
- NAMI National Association of Mental Illness
<https://nami.org/Home>
- Centers for Disease Control & Prevention
<https://www.cdc.gov/mentalhealth/index.htm>
- American Foundation for Suicide Prevention
<https://afsp.org/get-help>

Construction Mental Health Resources

- Construction Suicide Prevention Week resource guide
<https://constructionsuicideprevention.com/>
- Roofers in Recovery
<https://roofersinrecovery.org/>
- 2 Tuff 2 Talk - Suicide Prevention in Construction
<https://2tuff2talk.com/>

- Construction Industry Alliance for Suicide Prevention
<https://preventconstructionsuicide.com/index.php>
- Construction Inclusion Week
<https://www.constructioninclusionweek.com/>
- OSHA [OSHA Suicide Prevention Resources](#)
- Roofers in Recovery
<https://roofersinrecovery.org/>

Finding Treatment

- [FindTreatment.gov](#)
- [American Psychiatric Association Foundation](#)
- [American Academy of Child and Adolescent Psychiatry](#)
- [American Psychological Association](#)
- Man Therapy <https://mantherapy.org/>

Substance Use Treatment

- [Buprenorphine Treatment Practitioner Locator](#)
- [Opioid Treatment Program Directory by State](#)
- [Alcoholics Anonymous](#)
- [Narcotics Anonymous](#)

Abuse/Assault/Violence Hotlines

- [National Domestic Violence Hotline](#)
- [National Child Abuse Hotline](#)

- [National Sexual Assault Hotline](#)

Veterans/Active-duty Military

- [Veteran's Crisis Line](#)
- [U.S. Department of Veterans Affairs Mental Health Resources](#)
- [Help for Military Service Members and Their Families](#)

LGBTQ+

- [Trans Lifeline](#)
- The Trevor Project's [TrevorLifeline](#)
- LGBT [National Help Center](#)
- www.lgbthotline.org

BIPOC (Black, Indigenous & People of Color)

People of Color Mental Health Resources

- The National Asian American Pacific Islander Mental Health Association (NAAPIMHA) www.naapimha.org
- Su Familia The National Hispanic Family Health Helpline www.healthyamericas.org/help-line
- NAMI Compartiendo Esperanza <https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Compartiendo-Esperanza-Mental-Wellness-in-the-Latinx-Community>
- QTBIPOC Affirming Mental Health Providers www.mhanational.org
- Native American & Alaska Native Resources <https://www.samhsa.gov/tribal-ttac/resources/mental-health-promotion>

Black & African American Mental Health Resources

- The AAKOMA Project • www.aakomaproject.org
- Black Emotional Mental Health Collective (BEAM) • www.beam.community
- Black Mental Health Alliance • www.blackmentalhealth.com
- Black Mental Wellness • www.blackmentalwellness.com
- Eustress • www.eustressinc.org
- Inclusive Therapists • www.inclusivetherapists.com
- The Loveland Foundation • www.thelovelandfoundation.org
- The Marsha P. Johnson Institute • www.marshap.org
- Melanin and Mental Health • www.melaninandmentalhealth.com
- National Org for People of Color Against Suicide • www.nopcas.org
- Sista Afya Community Mental Wellness • www.sistaafya.com
- Therapy For Black Girls • www.therapyforblackgirls.com
- The OKRA Project • www.theokraproject.com
- Therapy For Black Men • www.therapyforblackmen.org
- Therapy for Black Girls www.therapyforblackgirls.com
- The Unapologetic Guide To Black Mental Health • www.rheedawalkerphd.com/book

To login into your account for the National Council for Mental Wellbeing:

https://connect.mentalhealthfirstaid.org/users/sign_in?next=%2Fdashboard