

Mental Health Resources & Tips

For stress management:

- Limit exposure to media!
- Take care of your body (Eat healthy, adequate sleep, exercise)
- "Say no to drugs"
- R&R! (Deep breaths, stretch, meditate, etc.) See self-care wheel for more ideas!
- Connect with trustworthy and healthy folks!

For General Mental Health (including depression, anxiety, and addiction):

- Substance Abuse and Mental Health Services Administration: 1-800-662-HELP (4357); <https://www.samhsa.gov/find-help/national-helpline>
- National Alliance on Mental Illness Hotline: 800-950-NAMI (6264); text "HELPLINE" to 62640
 - NAMI Coastal Virginia Helpline: 757-499-2041
- National Institute of Mental Health: 1-866-615-6464; <https://www.nimh.nih.gov/>
- National Suicide Prevention Lifeline: (800) 273-8255
- Alcoholism & Drug Dependency Hope Line: (800) 622-2255

For grief:

Hope for Bereaved Helpline: (315) 475-HOPE (4673); <https://hopeforbereaved.com/>
The Compassionate Friends: (877) 969-0010; <https://www.compassionatefriends.org/>

For trauma:

- Young Women's Christian Association (YWCA): <https://www.ywca.org/>; free youth and adult support (counseling, legal assistance, emergency shelter, crisis hotline, etc.) for survivors of domestic violence and sexual assault
- The National Child Traumatic Stress Network: <https://www.nctsn.org/>
- National Human Trafficking Resource Center: 1-888-373-7888 is available 24/7 to confidentially provide help to victims of human trafficking.
- National Center for PTSD: <https://www.ptsd.va.gov/>
- Disaster Distress Helpline: 1-800-985-5990 or text "TalkWithUs" to 66746; provides crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

For crisis:

- Dial 9-1-1 if in immediate danger!
- Suicide & Crisis Hotline: Call or text 988
- Self-Harm Hotline: (800) 366-8288
- National Domestic Violence Hotline: (800) 799-SAFE (7233)

Mental Health Resources & Tips (Cont.)

- RAINN Sexual Assault Hotline: 1-800-656- 4673; available 24/7 to talk confidentially with anyone experiencing sexual violence and in need of crisis support.
- Military Crisis Line: Dial 988 & Press "1", or send text to 838255
- Veteran's Crisis Line: 1-800-273-8255; available 24/7 to talk confidentially with veterans in crisis (and their families and friends).
- National Runaway Safeline: 1-800-786-2929; provides support to at-risk youth and their families 24 hours a day through phone, email, and live chat.
- Go to the nearest hospital or emergency room if safely possible!

For military & veterans (& families):

- Military Onesource: 800-342-9647 ;<https://www.militaryonesource.mil/>
- U.S. Department of Veteran's Affairs: www.va.gov
- Treat the Troops: <https://www.treatthetroops.org>
- Military Child Education Coalition: <https://www.militarychild.org/about/mission-vision>
- Sesame Street for Military Families: <https://sesamestreetformilitaryfamilies.org/>

For therapy:

- <https://www.psychologytoday.com/us>
- <https://therapyforblackgirls.com/>
- <https://therapyforblackmen.org/find-a-therapist>
- Call your insurance customer service number and ask for local licensed therapists

For general (including financial, homelessness, employment, etc.):

- Call 2-1-1 (Virginia Resources)

For meditation & reflection (Free Phone Apps Apps I live By):

- YouVersion Bible App KJV
- Calm
- Insight Timer
- Motivation-Daily Quotes

Feel free to reach out for MORE resources, including helpful books! There is SO much support out there for you! Oh, and don't forget to share the wealth!! :)

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The FACTS!!!

- In 2019-2020, 20.78% of adults were experiencing a mental illness, which equates to about 50 million Americans!!
- The percentage of adults reporting serious thoughts of suicide is 4.84%, which would be over 12.1 million individuals!!
- Over 1 in 10 youth in the U.S. are experiencing depression that is severely impairing their ability to function at school or work, at home, with family, or in their social life!!
- Over half (54.7%) of adults with a mental illness do not receive treatment, totaling over 28 million individuals!!
- 10.8% (over 5.5 million) of adults with a mental illness are uninsured!!
- In the U.S., there are an estimated 350 individuals for every one mental health provider!!

***NOTE: These facts were cited from: <https://mhanational.org/issues/state-mental-health-america>

FUN FACTS: Mental Health Awareness Month is in May! World Mental Health Day is October 10th!

Looking to read more about Mental Health? See below:

<https://mhanational.org/mentalhealthfacts>

<https://www.cdc.gov/mentalhealth/learn/index.htm>

<https://www.nami.org/mhstats>

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