Help for Mental Illnesses

[*Esta página también está disponible en español*](https://www.nimh.nih.gov/health/find-help/ayuda-para-la-salud-mental).

If you or someone you know has a mental illness, is struggling emotionally, or has [concerns about their mental health](https://www.nimh.nih.gov/health/publications/my-mental-health-do-i-need-help), there are ways to get help. Use these resources to find help for you, a friend, or a family member.

*Please note that the*[*National Institute of Mental Health (NIMH)*](https://www.nimh.nih.gov/about)*is a research funding agency. Resources on this page are provided for informational purposes only. The list is not comprehensive and does not constitute an endorsement by NIMH.*

Get Immediate Help in a Crisis

**Call 911** if you or someone you know is in immediate danger or go to the nearest emergency room.

[**988 Suicide & Crisis Lifeline**](https://988lifeline.org/)
**Call or text 988; Llame al 988 (para ayuda en español)**
**Use**[**Lifeline Chat**](https://988lifeline.org/chat/)**on the web (English only)**
The Lifeline provides 24-hour, confidential support to anyone in suicidal crisis or emotional distress. Call or text 988 to connect with a trained crisis counselor.

[**Veterans Crisis Line**](https://www.veteranscrisisline.net/)
**Use**[**Veterans Crisis Chat**](https://www.veteranscrisisline.net/get-help/chat) **on the web**
The Veterans Crisis Line is a free, confidential resource that connects veterans 24 hours a day, 7 days a week with a trained responder. The service is available to all veterans and those who support them, even if they are not registered with the VA or enrolled in VA healthcare.

[**Disaster Distress Helpline**](https://www.samhsa.gov/find-help/disaster-distress-helpline) **Call or text 1-800-985-5990**
The disaster distress helpline provides immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. The helpline is free, multilingual, confidential, and available 24 hours a day, 7 days a week.

If you are worried about a friend’s social media updates, you can [contact safety teams at the social media company](https://988lifeline.org/help-someone-else/safety-and-support-on-social-media/) . They will reach out to connect the person with the help they need.

View the [5 action steps for helping someone in emotional pain](https://www.nimh.nih.gov/health/publications/5-action-steps-for-helping-someone-in-emotional-pain) infographic to see how you can help those in distress.

Find a Health Care Provider or Treatment

Treatment for mental illnesses usually consists of [therapy](https://www.nimh.nih.gov/health/topics/psychotherapies), [medication](https://www.nimh.nih.gov/health/topics/mental-health-medications), or a combination of the two. Treatment can be given in person or through a phone or computer ([telemental health](https://www.nimh.nih.gov/health/publications/what-is-telemental-health%22%20%5Co%20%22What%20Is%20Telemental%20Health? - fact sheet)). It can sometimes be difficult to know where to start when looking for mental health care, but there are many ways to find a provider who will meet your needs.

**Primary Care Provider:**Your primary care practitioner can be an important resource, providing initial mental health screenings and referrals to mental health specialists.If you have an appointment with your primary care provider, consider [bringing up your mental health concerns and asking for help](https://www.nimh.nih.gov/health/publications/tips-for-talking-with-your-health-care-provider).

**Federal Resources:** Some federal agencies offer resources for identifying health care providers and help in finding low-cost health services. These include:

* [Substance Abuse and Mental Health Services Administration (SAMHSA)](https://www.samhsa.gov/): For general information on mental health and to locate treatment services in your area, **call SAMHSA's National Helpline at 1-800-662-HELP (4357)**. SAMHSA’s website also has an [online treatment locator](https://findtreatment.gov/) that can be searched by location and an [online guide](https://www.samhsa.gov/find-support) to help people answer questions about finding treatment and support.
* [Health Resources and Services Administration (HRSA):](http://www.hrsa.gov/) HRSA works to improve access to health care. The HRSA website has information on finding affordable healthcare, including health centers that offer care on a sliding fee scale.
* [Centers for Medicare & Medicaid Services (CMS)](http://www.cms.gov/): CMS has information on its website about benefits and eligibility for mental health programs and how to enroll.
* [The National Library of Medicine (NLM) MedlinePlus](https://medlineplus.gov/): NLM’s website has [directories](https://medlineplus.gov/directories.html) and lists of [organizations](https://medlineplus.gov/organizations/all_organizations.html) that can help in identifying a health practitioner.

**National Agencies and Advocacy and Professional Organizations:** Advocacy and professional organizations can be a good source of information when looking for a mental health professional. They often have information on finding a mental health professional on their website, and some have practitioner locators on their websites. Examples include but are not limited to:

* [Anxiety and Depression Association of America](https://members.adaa.org/page/FATMain)
* [Depression and Bipolar Support Alliance](https://www.dbsalliance.org/wellness/treatment-options/)
* [Mental Health America](https://www.mhanational.org/finding-therapy)
* [National Alliance on Mental Illness](https://www.nami.org/Your-Journey/Individuals-with-Mental-Illness/Finding-a-Mental-Health-Professional)

**State and County Agencies:** The website of your state or county government may have information about health services in your area. You may be able to find this information by visiting their websites and searching for the health services department.

**Insurance Companies:** If you have health insurance, a representative of your insurance company will know which local providers are covered by your insurance plan. The websites of many health insurance companies have searchable databases that allow you to find a participating practitioner in your area.

**University, College, or Medical Schools:** Your local college, university, or medical school may offer treatment options. To find these, try searching on the website of local university health centers for their psychiatry, psychology, counseling, or social work departments.

**Help for Service Members and Their Families:** Current and former service members may face different mental health issues than the general public. For resources for both service members and veterans, please visit:

* [MentalHealth.gov](https://www.mentalhealth.gov/get-help/veterans)
* [U.S. Department of Veteran Affairs](https://www.mentalhealth.va.gov/MENTALHEALTH/get-help/index.asp)

### Support for Caregivers

It’s important to find resources and people that make you feel supported. Below is a list of mental health resources to support the daily experiences of caregivers.

* [Alzheimer’s Counseling](https://www.nia.nih.gov/health/alzheimers/caregiving)
* [AARP Local Caregiver Resource Guides](https://www.aarp.org/caregiving/local/info-2017/resource-guides.html?CMP=KNC-DSO-Adobe-bing-Caregiving-TopicalInquiry-Caregiver&s_kwcid=AL!4520!10!74148425638489!74148393756273&ef_id=WfCE0AAAAH1xS1bn:20180420171147:s) – AARP
* [Caregiver Action Network](https://www.caregiveraction.org/)
* C[aregiver's Guide to Anxiety](https://adaa.org/sites/default/files/Caregivers%20Guide%20to%20Anxiety%20from%20Anxiety%20UK.pdf) - Anxiety UK
* [Caring for the Caregiver](https://www.cancer.gov/publications/patient-education/caring-for-the-caregiver)
* [Caregiving Counseling](https://centerstone.org/programs/caregiver-counseling/)
* [Caregiver Depression: Prevention Counts](https://www.mayoclinic.org/healthy-lifestyle/caregivers/in-depth/caregiver-depression/art-20047051?pg=2) - Mayo Clinic
* [Caregiver Depression: A Silent Health Crisis](https://www.caregiver.org/caregiver-depression-silent-health-crisis) - Caregiver.org
* [Caregiving in the U.S- 2020 Edition](https://www.caregiving.org/wp-content/uploads/2020/08/AARP1316_ExecSum_CaregivingintheUS_508.pdf)- AARP
* [Caregiver Stress](https://www.womenshealth.gov/a-z-topics/caregiver-stress) - womenshealth.gov
* [Family Caregiver Alliance](https://www.caregiver.org/)
* [Friend’s Health Connection -Podcast](https://rss.com/podcasts/friendshealthconnection/)
* [Mental Health America's Getting Started Guide for Caregivers](https://mhanational.org/caregivers/caregivers-guide?eType=EmailBlastContent&eId=a364ba17-f4ea-495b-b5b0-8ed6bbe9230d)
* [Signs of Stress](https://www.caregiverstress.com/stress-management/signs-of-stress/) - CareGiver Stress
* [Taking Care Of Yourself](https://www.nami.org/Find-Support/Family-Members-and-Caregivers/Taking-Care-of-Yourself) - NAMI
* [11 Ways to Stop Caregiver-Related Depression](https://www.agingcare.com/articles/caregiver-depression-support-142556.htm) - Aging Care