

# WELL BEINGS

Mental Health Resource Toolkit



# WELL BEINGS

The **WELL BEINGS** campaign addresses the critical health needs of Americans through broadcast content, original digital content, and impactful local events. The multi-year campaign, created by WETA Washington, D.C., brings together partners from across the country, including patients, families, caregivers, teachers, medical and mental health professionals, social service agencies, private foundations, filmmakers, corporations and media sponsors, to create awareness and resources for better health for all. To learn more, visit [WellBeings.org](https://WellBeings.org) or follow [@WellBeingsOrg](https://twitter.com/WellBeingsOrg) on [Instagram](#), [Facebook](#), or [Twitter](#), and join the conversation with [#WellBeings](#).

Mental Health challenges come in many forms, from all walks of life. **WELL BEINGS** has put together this guide, as a reference to the resources that exist nationally and right in your backyard that are available to help you or someone you care about that might be facing a Mental Health challenge.

If you are in crisis, or experiencing thoughts of suicide, please text the **Crisis Text Line** (text **HELLO** to **741741**) or call the **National Suicide Prevention Lifeline** at **1-800-273-TALK (8255)**. Both services are free and available, 24 hours a day, seven days a week.



# LOCAL RESOURCES

There is help close to home. Below we highlight community organizations that specialize in the mental health needs of Georgia residents. Although this guide isn't a complete list of all resources in the area, it can serve as a reference if you're looking for crisis providers and support organizations for youth, teens, and adults in Georgia.

## **ALIANZA TERAPUETICA LATINA-VIEWPOINT HEALTH**

<https://www.myviewpointthealth.org/>  
678-209-2411

ViewPoint Health provides affordable, linguistic, and culturally appropriate substance abuse and mental health counseling and prevention services to the Latino community at the Alianza Terapeutica Latina Center.

## **AMERICAN FOUNDATION FOR SUICIDE PREVENTION, GEORGIA CHAPTER**

<https://afsp.org/chapter/georgia>  
404-275-3316

Strives to eliminate the loss of life from suicide through innovative prevention programs, educating the public about risk factors and warning signs, and reaching out to those who have lost someone to suicide.

## **CHRIS 180**

<https://chris180.org/>  
404-486-9034

An Atlanta-based nonprofit organization dedicated to healing children and families with holistic, trauma informed health services.

## **GEORGIA ASSOCIATION OF COMMUNITY SERVICE BOARDS**

<http://www.gacsb.org/>  
912-704-1729

An association of 25 state-designated agencies, providing behavioral health services for individuals with mental illness, substance use disorders, and intellectual and developmental disabilities.

## **GEORGIA CRISIS & ACCESS LINE (GCAL)**

1-800-715-4225

Available 24/7 for access to services and immediate crisis help.

## **GEORGIA DEPARTMENT OF BEHAVIORAL HEALTH & DEVELOPMENTAL DISABILITIES OFFICE OF CHILDREN, YOUNG ADULTS & FAMILIES**

<https://dbhdd.georgia.gov/be-supported/mental-health-children-young-adults-and-families>  
404-657-2252

Supporting Georgia's System of Care for uninsured children and young adults, those with SSI Medicaid, and their families that are accessing the public behavioral health system.

## **GEORGIA HOPE**

<https://gahope.org/>  
706-279-0405

A community-based provider of mental health, substance abuse and family preservation services working directly in partnership with individuals, families, DFCS, schools and community.

## **GEORGIA PARENT SUPPORT NETWORK**

<http://gpsn.org/>  
1-844-278-6945

A grassroots non-profit dedicated to providing support, education and advocacy for children and youth with mental illness, emotional disturbances and behavioral differences and their families.

## **HEADS UP GUIDANCE SERVICES (HUGS)**

<https://www.headsupsavannah.org/>  
912-417-4320

A faith-based non-profit, making professional behavioral health counseling & addiction recovery services available and affordable to all in the Savannah area.

## **MENTAL HEALTH AMERICA OF GEORGIA**

<https://www.mhageorgia.org/>  
770-741-1481

Dedicated to improving the lives of individuals with mental health challenges as well as promoting mental wellness throughout Georgia.

## **NAMI GEORGIA**

<https://namiga.org/>  
770-408-0625

The mission of NAMI Georgia is to empower affiliates to create communities where all affected by mental illnesses find hope, help, and acceptance through support, education and advocacy.



# NATIONAL RESOURCES

Help is available for you, your family, friends, neighbors and colleagues, all those in your life that might need support at this time. Find access to national mental health resources, organizations, tools and support groups using the links provided here. This guide is designed as a place to start or continue the journey of navigating mental health resources for you or someone you care about.

## ACTIVE MINDS

<https://www.activeminds.org>

Active Minds is a nonprofit organization dedicated to raising mental health awareness among students via peer to peer dialogue and interaction. Programs include [Send Silence Packing®](#), [Active Minds Speakers](#), the [Healthy Campus Award](#), and [Active Minds @Work](#)

## AMERICAN PSYCHIATRIC ASSOCIATION FOUNDATION

[Notice. Talk. Act.™ at School](#)

[During Distance Learning](#)  
[apafoundation@psych.org](mailto:apafoundation@psych.org)

202-559-3101

This resource was created to help school staff members better understand how they can notice changes in a student's behavior during distance learning, when to engage in a conversation, and what potential action steps should be taken. It follows our Notice. Talk. Act.™ approach for schools.

[Notice. Talk. Act.™ at Home During Distance Learning](#)

[apafoundation@psych.org](mailto:apafoundation@psych.org)

202-559-3101

This resource supports parents, guardians and caregivers in promoting the wellbeing of children and family members during and beyond the COVID-19 pandemic and provides guidance about how to notice changes in a family member's behavior, when to engage in a conversation, and what potential action steps should be taken. It follows our Notice. Talk. Act.™ approach for the home environment.

## WORKING REMOTELY DURING COVID-19:

<http://workplacementalhealth.org/Employer-Resources/Working-Remotely-During-COVID-19>  
202-559-3900

We are navigating uncharted waters with Covid-19, making it important to find new ways to work and interact while also taking care of our mental health and well-being. This resource provides practical tips on taking care of our mental health and well-being.

## RESILIENCE: A STRONG WORKFORCE NEEDS IT

<http://workplacementalhealth.org/Mental-Health-Topics/Resilience>

202-559-3900

Our fast-paced culture results in people working hard, meeting tight deadlines, managing work relationships and staying constantly connected through mobile devices. But this pace can lead to stress and burnout. Resilience is a key strategy that helps employees tackle stress, a competitive job market, workplace conflicts, and address challenges on the job.

## CALL TO MIND

[calltomindnow.org](http://calltomindnow.org) @calltomindnow

Call to Mind is American Public Media's (APM) initiative to foster new conversations about mental health. Call to Mind believes that mental well-being is for everyone and that it's time to end the misconceptions and discrimination associated with mental health conditions.

## CREDIBLEMIND & WELL BEING TRUST

<https://wellbeingtrust.org/mental-health-resources/>

Well Being Trust is a national foundation dedicated to advancing a vision of a nation where everyone is well—in mental, social and spiritual health. The website includes a widget built by CredibleMind that makes it is easy to search and access by topic and type of material, curated mental health resources.

## DANA FOUNDATION

[dana.org](http://dana.org)

Explore the brain with the Dana Foundation's free resources for kids and adults. Find fact sheets, lesson plans, articles, and puzzles about brain function and health, all reviewed and approved by scientists.

## DEPRESSION & BIPOLAR SUPPORT ALLIANCE

<https://www.dbsalliance.org/brochures/>

DBSA offers a variety of free educational materials that can be downloaded or sent directly to your home. The website includes materials detailing strategies and information applicable for both loved ones & caregivers as well as those with depression or bipolar.

# NATIONAL RESOURCES

## HOPE SQUAD

[hopesquad.com](http://hopesquad.com) #hopesquads  
801-342-3447

A peer-to-peer suicide prevention program for grades 4–12. Members are trained to promote mental wellness, recognize signs of crisis, and refer at-risk peers to trusted adults.

## HERSH FOUNDATION

[http://www.struckbyliving.com/uploads/resources/Adult\\_SENSE\\_2020.pdf](http://www.struckbyliving.com/uploads/resources/Adult_SENSE_2020.pdf)  
[http://www.struckbyliving.com/uploads/resources/College\\_SENSE\\_2020.pdf](http://www.struckbyliving.com/uploads/resources/College_SENSE_2020.pdf)

This resource includes Common Sense strategies for adult & college age mental health from Julie K. Hersh. Julie Hersh is President of the Hersh Foundation, an organization committed to education and leadership programs in research and prevention of mental illness.

## KAISER PERMANENTE THRIVING SCHOOLS

<https://thrivingschools.kaiserpermanente.org>  
Thriving Schools is an all-in engagement to improve health for students, staff, and teachers. On this site, you'll find the tools and ideas to help you create healthier school environments, build habits for healthy eating and active lifestyles, and support social and emotional well-being.

## MENTAL HEALTH FIRST AID

<https://www.mentalhealthfirstaid.org>  
Mental Health First Aid is a course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses. Mental Health First Aid is provided by the National Council for Behavioral Health.

## MOVEMBER CONVERSATIONS

[conversations.movember.com](http://conversations.movember.com)  
#Movember

A free interactive online tool, Movember Conversations offers practical guidance on how to start a difficult conversation with someone who might be struggling. Movember Conversations uses simulations to explore different scenarios and demonstrates the changing ways your response can lead to deeper conversations. You can't fix someone else's problems, but a listening ear can make all the difference.

## NAMI The National Alliance on Mental Illness

[www.nami.org](http://www.nami.org) #NotAlone

Call the NAMI Helpline at  
800-950-6264 M-F, 10 am-6pm, ET  
Or in a crisis text "NAMI" to 741741  
for 24/7, confidential free counseling

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. Join the conversation at [nami.org](http://nami.org) | [facebook.com/nami](https://facebook.com/nami) | [instagram.com/namicommunicate](https://instagram.com/namicommunicate) | [twitter.com/namicommunicate](https://twitter.com/namicommunicate)

## NAMI Basics OnDemand

[NAMI Basics OnDemand](http://NAMI Basics OnDemand)

NAMI Basics is a 6-session education program for parents, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. This program is free to participants, 99% of whom say they would recommend the program to others. NAMI Basics is available both in person and online through NAMI Basics OnDemand.

The [OnDemand program](http://OnDemand program) is also guided by parents and family members with lived experience but is self-paced and available 24/7. OnDemand offers the flexibility of participating in the course on your schedule. Both formats provide identical information, strategies and the opportunity to connect with other parents and caregivers.

## NEST HEALTH

<https://www.nesthealth.io>

One on one support when you want it. Nest Health provides a complete support system to make life easier. This includes private, personalized guidance, online events and group classes that focus on an individual's unique needs, wants, and goals. Come with a problem. Leave with a personalized action plan.

## ONE MIND PSYBERGUIDE

<https://onemindpsyberguide.org/>

@PsyberGuide

One Mind PsyberGuide is a non-profit project providing guidance to people interested in using technology to live mentally healthier lives. There are thousands of publicly available mental health apps, but few have been vetted in any way. We provide expert reviews of apps, free of preference, bias, or endorsement, to help people make informed decisions.

# NATIONAL RESOURCES

## OTSUKA PATIENT SUPPORT

[OtsukaPatientSupport.com](http://OtsukaPatientSupport.com)

1-855-242-7787 (M-F, 8am-8pm EDT)

“In the midst of a global crisis, our purpose at Otsuka becomes more meaningful. To help our patients defy the limitations that COVID-19 has forced on our world, we are pleased to announce cost-free Otsuka medication to patients in the US experiencing hardships.” - Kabir Nath, President and CEO, Otsuka North America Pharmaceutical Business

If you lost your job or insurance status due to the COVID-19 crisis, your prescribed Otsuka medication in the US can be provided at no cost. Please visit [otsukapatientssupport.com](http://otsukapatientssupport.com) or call 1-855-242-7787 (M-F, 8am-8pm EDT) for more information.

## SUTTER HEALTH

<https://www.sutterhealth.org/about/mental-health>

**24-Hour Crisis Support Call**  
(800) 273-TALK(8255)

**Text Crisis Line**

**Text MHA to 741741 for support.**

Sutter Health strives to be an industry innovator by integrating physical and mental health to care for each person's total health and wellbeing. Sutter care centers have experienced therapists, psychologists and psychiatrists who can assess and treat a wide range of behavioral health issues, including the most complex disorders.

## THE STEVE FUND

[www.stevefund.org](http://www.stevefund.org)

401.249.0044

The Steve Fund works with colleges and universities, non-profits, researchers, mental health experts, families, & young people to promote programs & strategies that build understanding and assistance for the mental and emotional health of the nation's young people of color. The Fund holds an annual conference series, Young, Gifted & @Risk, and offers a Knowledge Center with curated expert information along with on-campus and on-site programs and services for colleges and non-profits.

## STRONG 365

[strong365.org](http://strong365.org) #URstrong

@strong365community

([Facebook](#), [Instagram](#))

@strong365 ([Twitter](#))

Enter code “strong” to connect with trained listeners for free, 24/7:

[7cups.com/p/strong365/?wla=strong365](http://7cups.com/p/strong365/?wla=strong365)

A project of the non-profit organization One Mind, Strong 365 aims to shorten the path to effective, life-saving help by connecting young people in the earliest stages of psychosis to both online and community-based support.

## THE TREVOR PROJECT

[www.TheTrevorProject.org](http://www.TheTrevorProject.org)

If you or someone you know needs help or support, contact The Trevor Project's TrevorLifeline 24/7 at 1-866-488-7386. Counseling is also available 24/7 via chat every day at [TheTrevorProject.org/Help](http://TheTrevorProject.org/Help), or by texting 678-678. The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ young people.

## THE YOUTH MENTAL HEALTH PROJECT

**The Parent Support Network™**

[ymhproject.org/parent-support-network](http://ymhproject.org/parent-support-network)

#youthmentalhealthproject

[parentsupportnetwork@ymhproject.org](mailto:parentsupportnetwork@ymhproject.org)

773-501-9548

The Parent Support Network™, a program of The Youth Mental Health Project™, offers free and confidential support meetings run by and for parents who are concerned about the mental health of their children, teens, and young adults.

## THIS IS MY BRAVE

<https://thisismybrave.org>

This is my brave enables high school and college aged students to use storytelling to combat stigma around mental health. This Is My Brave brings stories of mental illness and addiction out of the shadows and into the spotlight.

## WORK2BEWELL

[Work2BeWell](http://Work2BeWell)

The #Work2BeWell digital wellness and empowerment program focuses on positively impacting the emotional well-being of teens and promoting mental health. Here you will find free curriculum, programs, and assets that can be used to help educate teens about mental health and wellness.

# WELL BEINGS

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