

# NAMI HelpLine Resource Directory

NAMI Information HelpLine

## Alphabetical Listing

Updated: June, 2016

### **ADHD**

- 1) [NAMI ADHD page](#)
- 2) [CHADD](#): 800-233-4050 [www.chadd.org](http://www.chadd.org)  
*Provides info on ADHD, including local support groups.*

### **Alzheimer's**

- 1) [Alzheimer's Assn](#): 800-272-3900/ [www.alz.org](http://www.alz.org); [info@alz.org](mailto:info@alz.org) 24/7 info & referral on Alzheimer's/dementia; local offices provide support groups.
- 2) [ADEAR \(Alz. Disease Education & Referral Center\)](#): 800-438-4380 / [adear@nia.nih.gov](mailto:adear@nia.nih.gov) [www.nia.nih.gov/alzheimers](http://www.nia.nih.gov/alzheimers)  
*Federal agency providing info and referrals re: Alzheimer's disease and caregiving concerns.*

### **Anosognosia**

- 1) [NAMI Anosognosia page](#)
- 2) Book: ***I am Not Sick; I Don't Need Help*** by Xavier (Ha-vee-air)Amador  
*Can find on Amazon, Barnes & Noble, library. Walks family members through ways to talk to their loved one about accepting treatment.*
- 3) [www.leapinstitute.org](http://www.leapinstitute.org):  
*Stands for "listen" "empathize" "agree" and "partner". Site maintained by Dr. Amador has information and videos on using his methods.*
- 4) [NAMI Family-to-Family Education Course](#)

### **Anxiety Disorders**

- 1) [NAMI Anxiety Disorders page](#)
- 2) [Anxiety and Depression Assn. of America](#): 240-485-1001 / [www.adaa.org](http://www.adaa.org)  
*Provides info on prevention, treatment, & cure of anxiety, depression & related disorders.*
- 3) [The Anxiety Network](#): <http://anxietynetwork.com/>  
*Provides information on panic disorder, generalized anxiety disorder, and social anxiety disorder; offers recommendations for anxiety therapy materials*

- 4) Social Anxiety Association: <http://socialphobia.org/>  
*Provides information on social anxiety and treatment options; offers referrals to treatment groups in a few areas.*
- 5) Phobias Awareness: <http://www.phobics-awareness.org/>  
*A free forum for people with phobias. Some information on resources, but mainly chat forums.*
- 6) Online Chatroom Support Groups for Phobias: [www.phobiasupport.com](http://www.phobiasupport.com)

### **Autism/Asperger Syndrome**

- 1) [NAMI Autism page](#)
- 2) National Autism Assn.: 877-622-2884 / [www.nationalautismassociation.org](http://www.nationalautismassociation.org)  
*Responds to needs of the autism community w/ education, support, and tools.*
- 3) Autism Society of America: 800-328-8476 / [info@autism-society.org](mailto:info@autism-society.org) / [www.autism-society.org](http://www.autism-society.org)  
*Info & Referral to services and supports nationwide. Encourage callers to contact the local chapters as they are most knowledgeable about local resources.*
- 4) US Autism and Asperger Association: 888-928-8476 / [www.usautism.org](http://www.usautism.org)  
*Provides education, support and research.*

### **Bipolar Disorder**

- 1) [NAMI Bipolar Disorder page](#)
- 2) Depression & Bipolar Support Alliance (DBSA): 800-826-3632 / [www.dbsalliance.org](http://www.dbsalliance.org)  
*Provides information on Bipolar and Depression; offers in-person and online support groups, forums.*
- 3) Book: Surviving Manic Depression by E. Fuller Torrey  
*Comprehensive, up-to-date book on the disorder*

### **Borderline Personality Disorder**

- 1) [NAMI BPD page](#)
- 2) BPD Resource Center: 888-694-2273/ [bpdresourcecenter@nyp.org](mailto:bpdresourcecenter@nyp.org) / [www.bpdresourcecenter.org](http://www.bpdresourcecenter.org)  
*Resources and info on BPD; including referrals to clinicians and treatment centers*
- 3) TARA (treatment/research advancements for BPD & APD): 1-888-482-7227 12–5:00 pm/ [www.tara4bpd.org](http://www.tara4bpd.org)  
*Offers referral center for info, support, education, treatment, etc.*
- 4) BPD Central: [www.bpdcentral.com](http://www.bpdcentral.com)  
*Resources and info on BPD and narcissistic personality disorder*
- 5) National Education Alliance for BPD: [www.borderlinepersonalitydisorder.com](http://www.borderlinepersonalitydisorder.com)  
*Provides information and family support programs around BPD*

## Children and Teens

- 1) [NAMI's Teens and Young Adults Page](#)  
*NAMI literature on children teens; info on managing a mental health condition in college.*
- 2) NAMI Basics program  
*Education program for parents and other caregivers of children and adolescents living with mental illnesses; refer to affiliate for schedule and details.*
- 3) [www.ok2talk.org](http://www.ok2talk.org):  
*NAMI's online community for teens and young adults struggling with mental health problems and encourage them to talk and connect with one another.*
- 4) The Balanced Mind Parent Network: 800-826-3632 (# for DBSA) / [www.thebalancedmind.org](http://www.thebalancedmind.org)  
*Offers resources for families w/ children living w/ mood disorders, including support groups, referrals, etc.*
- 5) [American Academy of Child and Adolescent Psychiatry: www.aacap.org](http://www.aacap.org)  
*Provides specific resource centers for mental health conditions in children. Also provides a child and adolescent psychiatrist finder.*
- 6) SSI for children: contact SSA 800-772-1213 / [www.ssa.gov](http://www.ssa.gov)
- 7) [www.kidshealth.org](http://www.kidshealth.org); *Physician-reviewed information and advice on children's health and parenting issues.*
- 8) [www.siblingsupport.org](http://www.siblingsupport.org)  
*Effort dedicated to the life-long concerns of brothers and sisters of people who have special health, developmental, or mental health concerns*
- 9) [Children of Parents with a Mental Illness \(COPMI\): http://www.copmi.net.au](http://www.copmi.net.au)  
*Australian website that offers online resources explaining a parent's mental illness to children.*
- 10) [National Association of Therapeutic Schools and Programs: 301-986-8770 / https://www.natsap.org/](https://www.natsap.org/)  
*Website has a find a program feature for finding schools and other programs for teens with a mental illness or behavioral problems.*

## Complaints

### Employment

- 1) [ADA Information Line: 1-800-514-0301 / www.ada.gov](http://www.ada.gov)  
*Can give people information about what their rights are based on the Americans w/ Disabilities Act (ADA)*
- 2) [EEOC: 800-669-4000 / www.eeoc.gov](http://www.eeoc.gov):  
*Investigates and works to settle employment discrimination claims; must file report prior to taking legal action.*

### Healthcare

- 1) Hospital / Facility: Ombudsman/Administrator/Patient Advocate Department
- 2) [Joint Commission: 800-994-6610 / www.jointcommission.org/report\\_a\\_complaint.aspx](http://www.jointcommission.org/report_a_complaint.aspx)  
*Quality of healthcare related complaints for hospital and other inpatient settings.*
- 3) [Medicare Rights Center: 800-333-4114 / www.medicarerights.org](http://www.medicarerights.org)

*Offers helpline for Medicare issues; information on coverage, eligibility, enrollment, costs, etc.*

- 4) Psychiatrist: State Medical Board  
*Find state number at <http://www.psychiatry.org/psychiatrists/search-directories-databases/district-branch-directory>*
- 5) Community Mental Health Center:  
*Follow grievance process dictated by the Department of Mental Health*

## **Depression**

- 1) [NAMI Depression page](#)
- 2) Depression and Bipolar Support Alliance (DBSA): 800-826-3632 / [www.dbsalliance.org](http://www.dbsalliance.org)  
*Provide info on depression & bipolar disorder, online tools, & support group referrals.*
- 3) Anxiety & Depression Association of America: 240-485-1001 / [www.adaa.org](http://www.adaa.org)  
*Provides info on prevention, treatment, and cure of anxiety, depression & related disorders*

## **Postpartum Depression**

- 1) Office on Women's Health: 800-994-9662 M-F 9:00 am – 6:00 pm / [www.womenshealth.gov](http://www.womenshealth.gov)  
*Provides information and resources to answer your health questions; has referral specialists.*
- 2) Postpartum Progress: [help@postpartumprogress.org](mailto:help@postpartumprogress.org) / [postpartumprogress.org](http://postpartumprogress.org)  
*Information and resources for women with postpartum depression.*

## **Dissociative Disorders**

- 1) [NAMI Dissociative Disorders page](#)
- 2) International Society for the Study of Trauma and Dissociation: 703-610-9037 / [www.isst-d.org](http://www.isst-d.org)  
*Provides trauma and dissociation resources and referrals to therapists*
- 3) The Sidran Institute: 410-825-8888 / [www.sidran.org](http://www.sidran.org)  
*Helps people understand, manage, treat trauma and dissociation; has helpline for info and referral.*

## **Doctors and Treatment Referrals**

- 1) Insurance company should have a list of providers that they will cover
- 2) Psychology Today: <http://www.psychologytoday.com/>  
*Offers a find a therapist link on the site. Can also use the link to locate treatment facilities and psychiatrists.*
- 3) SAMHSA Treatment Locator (Substance Abuse Mental Health Services Administration): 800-662-4357 / <http://www.findtreatment.samhsa.gov>  
*Provides referrals all of the different treatment facilities in the country. Can narrow search by insurance, cost of treatment, and type of treatment. Includes programs like assertive community treatment and residential treatment. Good for low cost/sliding scale mental healthcare, substance abuse and dual diagnosis facilities.*
- 4) Psychiatric hospitals ranked by *US News and World Report* magazine: <http://health.usnews.com/best-hospitals/rankings/psychiatry>

- 5) American Psychological Association (APA): 1-800-374-2721 / [www.apa.org](http://www.apa.org)  
*Find a therapist feature on website.*
- 6) American Residential Treatment Association: [www.artausa.org](http://www.artausa.org)  
*A partial list of residential treatment facilities throughout the country. \*Not a comprehensive list. May be high cost\**

### **Eating Disorders**

- 1) [NAMI Eating Disorders page](#)
- 2) National Eating Disorders Assn: 800-931-2237 / [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)  
*Offers info & referral helpline for treatment and support groups*
- 3) National Association of Anorexia Nervosa & Associated Disorders: 630-577-1330 / [www.anad.org](http://www.anad.org)  
*Provides referrals to treatment and support groups*

### **Education Issues (IEP, IDEA, etc.):**

- 1) NAMI program: ["Parents & Teachers as Allies"](#)  
*Free course focusing on helping school professionals and families within the school community better understand the early warning signs of mental illnesses; contact affiliate to have training done in a particular school.*
- 2) National Disability Rights Network (Protection & Advocacy): [www.ndrn.org](http://www.ndrn.org)  
*Protects the civil rights of individuals with disabilities. Do not refer for non-civil rights related cases. \*Use website to locate state specific #*
- 3) Understood for Learning and Attention Issues: [www.understood.org](http://www.understood.org)  
*Lots of information about school accommodations, IEPs, 504s, and IDEA*
- 4) Center for Parent Information and Resources: <http://www.parentcenterhub.org/>  
*A highly informative and accessible guide for parents (and anyone else) looking to understand more about the Individuals with Disabilities Education Act (IDEA)*

### **Eldercare and Seniors**

- 1) Eldercare locator: 800-677-1116 / [www.eldercare.gov](http://www.eldercare.gov)  
*Connects older Americans and their caregivers with information on senior services in their community, including volunteer organizations, housing, healthcare, and day programs.*
- 2) Elder Law (Info): 866-267-0947 / [www.elderlawanswers.com](http://www.elderlawanswers.com)  
*Information about estate planning, long-term care, Medicaid, medical directives and nursing home issues. Attorney referrals nationwide.*
- 3) Geriatric Mental Health Foundation: 703-556-9222 / [www.gmhfonline.org](http://www.gmhfonline.org)  
*Offers find a clinician section on website.*

### **Employment**

- 1) [NAMI Succeeding at Work Page](#)

### **Accommodations**

- 1) ADA Information Line: 1-800-514-0301 / [www.ada.gov](http://www.ada.gov)  
*Can give people information about what their rights are based on the Americans w/ Disabilities Act (ADA)*
- 2) Job Accommodation Network: 1-800-526-7234 / [www.askjan.org](http://www.askjan.org)  
*Resource on employment related ADA info, accommodations database.*
- 3) Employment EEOC: 800-669-4000  
*Investigates and works to settle discrimination claims; must file report prior to taking a legal action*

### **Finding Employment**

- 1) State Vocational Rehabilitation Office (try <http://askjan.org/cgi-win/TypeQuery.exe?902> for a list of contact information)  
*Government agency assisting those with disabilities to gain and maintain employment.*
- 2) International Center for Clubhouse Development: 212-582-0343 / [www.iccd.org](http://www.iccd.org)  
*National database; may offer transitional/independent employment programs; must locate a clubhouse in the community where the caller resides.*
- 3) Getting Hired: 866-352-7481 / [www.gettinghired.com](http://www.gettinghired.com)  
*A search engine that connects people with companies that are looking to hire people with disabilities.*

### **Financial Assistance and Medication Access**

#### **Prescriptions**

- 1) Partnership for Prescription Assistance: [www.pparx.org](http://www.pparx.org)  
*Helps qualifying patients w/out rx drug coverage get the medications they need.*
- 2) Needy Meds: 800-503-6897 / [www.needymeds.org](http://www.needymeds.org):  
*Info source on patient assistance programs. Info is free and updated regularly.*
- 3) RX Assist: [www.rxassist.org](http://www.rxassist.org)  
*Provides up-to-date directory of all patient assistance programs offered nationwide.*
- 4) RX Hope: [www.rxhope.com](http://www.rxhope.com)  
*Advocates/facilitates in getting meds at low or no cost.*
- 5) Blinkhealth Prescription Assistance: 844-366-2211 / <https://www.blinkhealth.com/>  
*A service that allows people to buy their medication at a discount because Blinkhealth has bought it in bulk. Access it by going to their website and searching for your medication. Their system will then tell you how much you will pay for the medication. You pay online and then take a voucher to your pharmacy. Does not matter if you have insurance or not. Phone number is for questions, must pay for medication online.*

#### **Medical Care / Hospital bills**

- 1) The Assistance Fund: 1-855-845-3663 / [www.theassistancefund.org](http://www.theassistancefund.org)  
*Financial assistance for co-payments, deductibles, premiums, medical expenses.*
- 2) Hospital bills: call billing office and work out a reasonable plan

### **General financial needs**

- 1) [Needhelppayingbills.com](http://Needhelppayingbills.com)  
*Info on assistance programs, charity organizations, and resources that provide help paying bills, mortgage and debt relief*
- 2) 211: [www.211.org](http://www.211.org)  
*Dial number from local phone or use website to search for contact info by zip code; service can refer callers to appropriate agencies/community organizations that offer emergency financial assistance; available in most areas.*

### **Hoarding**

- 1) Anxiety and Depression Assn. of America: 240-485-1001 / [www.adaa.org](http://www.adaa.org)  
*Provides general information on hoarding.*
- 2) International OC Foundation - Hoarding Center: 617-973-5801 / [www.hoarding.iocdf.org](http://www.hoarding.iocdf.org)  
*Information and referral on hoarding resources and education*

### **Housing**

- 1) NAMI Affiliate
- 2) [NAMI Securing Stable Housing page](#)
- 3) Section 8 Housing: 202-708-1112 / [www.HUD.gov](http://www.HUD.gov)  
*Assists very low-income families, elderly and disabled to afford housing; voucher ensures that one pays no more than 30% of income toward rent.*
- 4) HUD Housing Counseling Agencies: Call interactive voice system @ 800-569-4287 / <http://www.hud.gov/offices/hsg/sfh/hcc/hcs.cfm>  
*For location of nearby housing counseling agency that provides free or low cost advice on renting, credit issues, buying a home, default, foreclosure avoidance, reverse mortgages.*
- 5) Centers for Independent Living:  
<http://www.ilru.org/projects/cil-net/cil-center-and-association-directory>  
*CIL's may offer referrals to home sharing programs; use website to find local CIL #.*
- 6) Public Housing and Resource Center: 800-955-2232  
*Provides information and guidance for Section 8 voucher holders and public housing residents.*
- 7) National Housing Law Project: 415-546-7000 / [www.nhlp.org](http://www.nhlp.org)  
*Non-profit specializing in expanding and enforcing low-income tenants' and homeowners' rights*
- 8) <http://www.homelesshelterdirectory.org/>  
*National directory of homeless shelters, assistance programs, soup kitchens etc.*
- 9) United States Interagency Council on Homelessness: 202-708-4663 / [www.usich.gov](http://www.usich.gov)  
*Provides a directory for state resources for the homeless*



## Insurance

- 1) [NAMI Understanding Health Insurance page](#)
- 2) [State Social Security Offices](#): 800-772-1213 / [www.ssa.gov/slge/specialists.htm](http://www.ssa.gov/slge/specialists.htm)  
*For individuals applying for SSDI, Medicare benefits begin 24 months after approval.*
- 3) [Medicare Rights Center](#): 800-333-4114 / [www.medicarerights.org](http://www.medicarerights.org)  
*Helpline responds to questions about Medicare rights, benefits, and income based premium assistance.*
- 4) [ACA Health Insurance Marketplace](#): [www.healthcare.gov/](http://www.healthcare.gov/) / 800-318-2596  
*Provides specific information about coverage options in one's state, includes private options, high risk pools, other public programs.*
- 5) [National Assn. of Insurance Commissioners](#): [www.naic.org](http://www.naic.org)  
*Can connect you with state insurance boards for general information regarding insurance laws; complaints, etc. Click on State and Jurisdiction map link.*
- 6) [Foundation for Health Coverage Education](#) (Renamed from "Uninsured Helpline"): [www.coverageforall.org](http://www.coverageforall.org)  
*Provides specific information about coverage options in one's state. Includes private options, high risk pools, and other public programs.*

## International

- 1) [U.S. Dept. of State Office of Overseas Citizens Services \(OCS\)](#): U.S./Canada: Call 888-407-4747 Abroad: Call 202-501-4444 / [www.travel.state.gov](http://www.travel.state.gov)  
*Contact OCS if you need help with an emergency or a non-emergency situation affecting Americans abroad. Can assist in locating appropriate medical services.*
- 2) [EUFAMI \(European Federation of Associations of Families of People with Mental Illness\)](#): [www.eufami.org/](http://www.eufami.org/) / [info@eufami.org](mailto:info@eufami.org)  
*Has member associations in various European countries; can provide referrals to support groups and information for persons living with mental illness and their family members*
- 3) [Canadian Mental Health Assn.](#): [www.cmha.ca](http://www.cmha.ca)  
*Branches across Canada provide a wide range of services and supports to people who are experiencing mental illness and their families. Use website to connect caller to provincial office. Several run NAMI Family-to-Family Courses.*
- 4) [Action on Mental Illness \(AMI Quebec\)](#): 877-303-0264 / [amiquebec.org/](http://amiquebec.org/)  
*Helps families manage the effects of mental illness through support, education, guidance, and advocacy.*

## Legal Problems

- 1) [Local Bar Association.](#):  
<http://apps.americanbar.org/legalservices/lris/directory/>  
*Can provide local legal referrals, may require small payment for assessment of the case and referral.*
- 2) [Lawhelp.org](#): [www.lawhelp.org](http://www.lawhelp.org)  
*Civil legal aid for low-income Americans; click on "find help near you" for referrals to community legal aid programs and state specific legal information and forms.*



- 3) National Organization of Social Security Claimants Representatives (NOSSCR): 800-431-2804 / [www.nosscr.org](http://www.nosscr.org)  
*Provides referrals to representation for persons seeking SSI & SSDI*
- 4) National Association of Disability Representatives (NADR): 800-747-6131 / [www.nadr.org](http://www.nadr.org)  
*Offers a referral services for lawyers and non-lawyer representatives who can assist in accessing SSI/SSDI.*

### **Discrimination**

- 1) National Disability Rights Network (State Protection and Advocacy Agencies): [www.ndrn.org](http://www.ndrn.org)  
*Protects the civil rights of individuals with disabilities (particularly in hospitals and STATE prison systems) \*Use website to locate state specific #*
- 2) Employment EEOC: 800-669-4000 / [www.eeoc.org](http://www.eeoc.org)  
*Investigates and works to settle discrimination claims; must file report prior to taking legal action.*

### **Guardianship/Advance Directives**

- 1) National Guardianship Association: 877-326-5992 / [www.guardianship.org](http://www.guardianship.org)  
*Site offers basic information about guardianship. Has State affiliates.*
- 2) National Resource for Psychiatric Advance Directives: [www.nrc-pad.org/](http://www.nrc-pad.org/)  
*Used to direct psychiatric care, in the event an individual w/ MI can no longer give/withhold consent to treatment during acute episode.*

### **Long Term Planning**

- 1) Planned Lifetime Assistance Network (PLAN): [www.nationalplanalliance.org](http://www.nationalplanalliance.org)  
*Helps families develop a future plan, establish resources for payment and identify the person/program to carry out that plan. PLAN programs are state based so use the website to find the state number.*

### **Special Needs**

- 1) Special Needs Alliance: 877-572-8472 / [www.specialneedsalliance.org](http://www.specialneedsalliance.org)  
*Provides legal referrals for attorneys practicing disability law. Has particular expertise in special needs trusts.*

### **LGBTQ**

- 1) [NAMI LGBTQ page](#)
- 2) GLBT National Help Center: 888-843-4564 / <http://www.glnh.org/>  
*Will be connected to a skilled peer counselor. Can provide support and resources.*
- 3) Parents, Families and Friends of Lesbian & Gays (PFLAG): 202-467-8180 / [www.pflag.org](http://www.pflag.org)  
*Supports the families and friends of LGBT people, and LGBT people; provides PFLAG chapter helplines, support group meetings and resources.*
- 4) Trevor Lifeline: 866-488-7386 / [www.thetrevorproject.org](http://www.thetrevorproject.org)  
*24/7 hotline; Provides crisis intervention, and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.*
- 5) Lambda Legal: [www.lambdalegal.org](http://www.lambdalegal.org)  
*The nation's oldest and largest legal organization working for the civil rights of lesbians, gay men, and people with HIV/AIDS.*

## Medications

- 1) [NAMI Mental Health Medication Section](#)
- 2) [National Institute of Mental Health \(NIMH\)](#): 866-615-6464 / [www.nimh.nih.gov](http://www.nimh.nih.gov)  
*NAMI refers to NIMH for most of our research, including research on medications.*
- 3) Ask psychiatrist or pharmacist
- 4) [FDA](#): 855-543-3784 / [www.fda.gov/drugs/default.htm](http://www.fda.gov/drugs/default.htm)  
*Has relevant information on all medications.*

## Missing

- 1) Call police and file missing report; *Usually 3-day delay may be lowered for person w/ MI; ask to have person placed on endangered adult list.*
- 2) [NAMI Missing Person Support website](#)
- 3) NAMI Affiliate for local missing resources
- 4) [Salvation Army](#) (if person has been missing 6 mos. or more)  
<http://www.salvationarmyusa.org/usn/missing-persons>  
*Refer callers to the Missing Persons regional office. Find # by searching "Salvation Army missing persons locator"*

## OCD

- 1) [NAMI OCD page](#)
- 2) [International Obsessive-Compulsive Foundation \(IOCDF\)](#): 617-973-5801 / [www.iocdf.org](http://www.iocdf.org);  
*Provides info on OCD, including treatment referrals.*

## PTSD

- 1) [NAMI PTSD page](#)
- 2) [National Center for PTSD](#): [www.ptsd.va.gov](http://www.ptsd.va.gov)  
*Provides info on combat and noncombat related PTSD.*
- 3) [The Sidran Institute](#): 410-825-8888 / [www.sidran.org](http://www.sidran.org)  
*Helps people understand, manage, treat trauma and dissociation; has helpline for info and referral.*
- 4) [Anxiety and Depression Assn. of America](#): 240-485-1001 / [www.adaa.org](http://www.adaa.org)  
*Provides info on prevention, treatment, & cure of anxiety, depression & related disorders.*
- 5) [International Society for the Study of Trauma and Dissociation](#): 703-610-9037 / [www.isst-d.org](http://www.isst-d.org)  
*Provides trauma and dissociation resources and referrals to therapists.*

## Research

### Information from research centers

- 1) [National Institute of Mental Health](#): 866-615-6464 / [www.nimh.nih.gov](http://www.nimh.nih.gov)  
Gov't agency responsible for research on MI causes and treatments. Also offers general info about mental illness. *\*All of NAMI's stats come from NIMH*

- 2) National Center for Complementary and Integrative Health (NCCIH): 888-644-6226 / [www.nccih.nih.gov](http://www.nccih.nih.gov)  
*Part of NIH. Offers info on various CAM options that have been studied. Search topics in Health A-Z section or info specialists can answer questions about current research.*

### **Participating in research**

- 1) [www.clinicaltrials.gov](http://www.clinicaltrials.gov)  
*Registry and results database of publicly and privately supported clinical studies of human participants*
- 2) Harvard Brain Tissue Resource Center: 800-272-4622 / [www.brainbank.mclean.org](http://www.brainbank.mclean.org)  
*Centralized resource for collection/distribution of human brains for research; info about donations on website.*

### **Funding research**

- 1) Stanley Medical Research Institute: 301-571-0760 / [www.stanleyresearch.org](http://www.stanleyresearch.org)  
*Nonprofit that has grants for research on cause of and treatment for schizophrenia and bipolar disorder.*
- 2) Brain and Behavior Research Foundation: 1-800-829-8289 / [www.bbrfoundation.org](http://www.bbrfoundation.org)  
*Awards grants to research entities that study mental illness.*

### **Schizophrenia and Schizoaffective Disorder**

- 1) [NAMI Schizophrenia page](#) and [NAMI Schizoaffective Disorder page](#)
- 2) [www.schizophrenia.com](http://www.schizophrenia.com)  
*Provides in-depth information, support and education related to schizophrenia and related disorders.*
- 3) Schizophrenia and Related Disorders Alliance of America (SARDAA): 240-423-9432 / [www.sardaa.org](http://www.sardaa.org)  
*Maintains the Schizophrenia Anonymous programs which are now toll free teleconferences.*
- 4) Book: [Surviving Schizophrenia](#) by E. Fuller Torrey (for families)

### **Scholarships/Grants**

- 1) Check with local/state NAMI
- 2) Heath Resource Center @ GW Univ. / <http://www.heath.gwu.edu/>  
*National clearinghouse for info on post-secondary education for individuals with disabilities; website has info on financial aid, scholarships and internships.*
- 3) Baer Reintegration Scholarship: [www.reintegration.com](http://www.reintegration.com)  
*Scholarships for individuals living with schizophrenia/bipolar, compliant with treatment plan, and engaged in high school/trade school.*
- 4) InCight Education Scholarship: 971-244-0305 / [www.incight.org/education/scholarship](http://www.incight.org/education/scholarship)  
*Awards multiple \$500-\$2500 scholarships to those that have a documented disability. Scholarships are renewable for 4 years.*

- 5) American Association on Health and Disability Scholarship Program: 301-545-6140 / <http://www.aahd.us/initiatives/scholarship-program/>  
*Applicants must be pursuing undergrad or graduate work in public health, disability studies, health promotion or other field related to disability and health.*
- 6) Scholarship databases: [www.gocollege.com](http://www.gocollege.com); [www.scholarshipexperts.com](http://www.scholarshipexperts.com); [www.bestcolleges.com](http://www.bestcolleges.com)
- 7) Free Application for Federal Student Aid (FAFSA). [fafsa.ed.gov/](http://fafsa.ed.gov/)  
*Once submitted, your application will be reviewed and you will be provided with a list of loans and grants that you qualify for. Please call the [Federal Student Aid Information Center](http://www.fafsa.ed.gov/federal-student-aid-information-center) at 800-433-3243 or visit their website for further information.*

### **Self-Harm**

- 1) [NAMI Self-Harm page](#)
- 2) The Self-Injury Foundation: 888-962-6774 / [www.selfinjuryfoundation.org](http://www.selfinjuryfoundation.org)  
*Provides up-to-date information & resources on self-harm; referrals to support groups And treatment options.*
- 3) The Adolescent Self-Injury Foundation: [www.adolescentselfinjuryfoundation.com](http://www.adolescentselfinjuryfoundation.com)  
*Offers hope and information in the recovery process for the self-injurer and their families*
- 4) S.A.F.E Alternatives: 800-366-8288 / [www.selfinjury.com](http://www.selfinjury.com)  
*Provides up-to-date information and resources on self-harm; referrals to treatment options.*

### **Sleep Disorders**

- 1) [NAMI fact sheet on Sleep Disorders](#)
- 2) National Sleep Foundation: [www.sleepfoundation.org](http://www.sleepfoundation.org)

### **Social Services**

- 1) 211: [www.211.org](http://www.211.org)  
*Dial number from local phone or use website to search for contact info by zip code; service can refer callers to appropriate agencies/community organizations that offer emergency financial assistance; available in most areas.*
- 2) Assertive Community Treatment (ACT): [www.nasmhpd.org](http://www.nasmhpd.org)  
*Refer to State Mental Health Authority. Use website to find directory.*
- 3) National Association of Social Workers (NASW): [www.naswdc.org](http://www.naswdc.org)  
*Find a clinician feature on website. Free information on area of expertise, fees, insurance coverage.*
- 4) International Center for Clubhouse Development: 212-582-0343 / [www.iccd.org](http://www.iccd.org)  
*Site offers a directory of clubhouses nationally. Clubhouses provide opportunities for education, employment and social activities. Use website to find contact information for local Clubhouses.*

- 5) Advoconnection: [www.advoconnection.com](http://www.advoconnection.com)  
*Online directory of service providers of case/care management, medical billing and claims assistance, home health and eldercare, mental health advocacy and more.*
- 6) National Association of Volunteer Caregivers: [www.nvcnetwork.org](http://www.nvcnetwork.org)  
*Has a search engine that connects people with volunteer caregiver programs in their area who can help with rides or just spending time with someone.*
- 7) NAMI Affiliate  
*May be able to provide contact information for social services, community service board, and other community mental health options.*

### **Social Security**

- 1) Social Security Administration (SSA): 800-772-1213 / [www.ssa.gov](http://www.ssa.gov)  
*Agency that administers and manages social security application process. Applicants likely denied the first time; must file an appeal.*
- 2) Allsup: 800-279-4357 / [www.allsup.com](http://www.allsup.com)  
*Non-lawyer representation for applying for SSDI only.*
- 3) National Organization of Social Security Claimants Representatives (NOSSCR): 800-431-2804 / [www.nosscr.org](http://www.nosscr.org).  
*Provides referrals to representation for persons seeking SSDI & SSI.*
- 4) National Association of Disability Representatives (NADR): 800-747-6131 / [www.nadr.org](http://www.nadr.org)  
*Offers referral services for lawyers and non-lawyer representatives who can assist in accessing SSI/SSDI.*
- 5) 211 ([www.211.org](http://www.211.org))  
*Provides referrals to access to public benefits, including SSI: available in most areas.*

### **Statistics**

- 1) National Institute of Mental Health (NIMH): 866-615-6464 / [www.nimh.nih.gov/statistics/index.shtml](http://www.nimh.nih.gov/statistics/index.shtml)  
*NAMI references NIMH statistics for our publications and other purposes.*
- 2) National Center for Health Statistics: 800-232-4636 / [www.cdc.gov/nchs](http://www.cdc.gov/nchs)
- 3) [NAMI Mental Health By The Numbers Infographics](#)

### **Substance Abuse and Dual Diagnosis**

- 1) [NAMI Dual Diagnosis page](#)
- 2) Dual Trouble in Recovery: 877-345-3357(treatment admissions counselor)/ <http://www.draonline.org/>  
*12-step program for recovery from chemical dependency & psychiatric illness; focus on relapse prevention.*
- 3) SAMHSA Treatment Locator (Substance Abuse Mental Health Services Administration): 1-800-662-4357 / <http://www.findtreatment.samhsa.gov>  
*Provides referrals to low cost/sliding scale mental healthcare, substance abuse and dual diagnosis treatment.*

- 4) Alcoholics Anonymous: [www.aa.org](http://www.aa.org)  
*12-step group for individuals who believe that they have a drinking problem; non- professional, peer support based. Website offers find a meeting feature; search via zip code.*
- 5) Narcotics Anonymous: [www.na.org](http://www.na.org)  
*Offers recovery from the effects of addiction through twelve-step program, including regular attendance at group meetings. Website offers find a meeting feature; search via zip code.*
- 6) Al-Anon/Al-Ateen: [www.al-anon.alateen.org/](http://www.al-anon.alateen.org/)  
*Offers support and hope for family and friends of individuals abusing alcohol. Website offers find a meeting feature; search via zip code.*
- 7) Nar-Anon: [www.nar-anon.org/naranon](http://www.nar-anon.org/naranon)  
*Designed to help relatives/friends of addicts recover from the effects of coping with an addicted relative or friend. Website offers find a meeting feature; search via zip code.*

### **Suicide and Crisis Lines**

- 1) National Suicide Prevention Lifeline: 800-273-8255 (press 1 for veterans); [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- 2) National Domestic Violence Hotline: 800-799-7233 / [www.thehotline.org](http://www.thehotline.org)  
*24-hour support for victims; crisis intervention, safety planning; information and referrals*
- 3) Rape, Abuse and Incest National Network (RAINN): 800-656-4673 / [www.rainn.org](http://www.rainn.org)  
*24-hour, anonymous & confidential hotline for sexual assault/abuse.*

### **Teens & Youth**

- 1) Covenant House/National Runaway Safeline; [www.1800runaway.org](http://www.1800runaway.org) 1-800-786-2929  
*24-hour crisis line for at risk teens and those considering running away from home; also offers message boards and Live Chat options.*
- 2) Boys Town Nat'l Hotline: 1-800-448-3000 / [www.boystown.org/hotline](http://www.boystown.org/hotline)  
*24-hour crisis line for teens and families in need of help.*
- 3) Trevor Lifeline: 1-866-488-7386 / [www.thetrevorproject.org](http://www.thetrevorproject.org)  
*24/7 hotline; Provides crisis intervention and suicide prevention services for LGBTQ youth ages 13-24.*

### **Spanish Suicide Prevention:**

- 1) 1-800-SUICIDA: 1-800-784-2432  
*24-hour hotline; will be connected to skilled, trained counselor at local crisis center.*

### **Suicide Information (non-crisis)**

- 1) [NAMI Risk of Suicide page](#)
- 2) American Foundation for Suicide Prevention: 888-333-2377 / [www.afsp.org](http://www.afsp.org)  
*Offers referrals to support groups and mental health professionals; offers resources on loss; suicide prevention information.*
- 3) American Association of Suicidology: 202-237-2280 / [www.suicidology.org](http://www.suicidology.org)  
*National clearinghouse for survivor support groups and suicide information.*
- 4) Survivors of Suicide: [www.survivorsofsuicide.com](http://www.survivorsofsuicide.com)  
*Specifically for family and friends who have lost a loved one to suicide; website offers referrals to support groups nationwide and has info on coping strategies.*

## **Traumatic Brain Injury**

- 1) Brain Injury Assn: 800-444-6443 / [www.biausa.org](http://www.biausa.org)  
*Works to improve quality of life for people w/ brain injury; has network of local offices w/ support and education programs.*

## **Veteran/Military**

- 1) Veterans Admin. Suicide Hotline: 800-273-8255; option 1; [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- 2) Dept. of Veteran's Affairs: Health Care: 877-222-8387; Benefits: 800-827-1000  
[www.va.gov](http://www.va.gov)
- 3) NAMI website: [Veterans Resource Center](http://VeteransResourceCenter.org)
- 4) Code of Support: [www.codeofsupport.org/](http://www.codeofsupport.org/) / 571-418-6359  
*Offers support and resources to individuals in the military and veterans. Resources on housing, education, financial assistance, mental health, family support, disability claims, legal help, and employment. Also offers care coordination services.*
- 5) National Center for PTSD: [www.ptsd.va.gov](http://www.ptsd.va.gov)  
*Provides general info on combat and noncombat related PTSD.*
- 6) Wounded Warriors Project: 877-832-6997 / [www.woundedwarriorproject.org](http://www.woundedwarriorproject.org)  
*Offers programs for combat stress recovery; also offers family support retreats.*
- 7) Iraq & Afghanistan Veterans of America (IAVA) / <http://iava.org> / 212-982-9699  
*Connects veterans w/ mental health support; offers online social network exclusively for Iraq & Afghan vets; also offers employment support.*