

Mental health resources

American Academy of Child & Adolescent Psychiatry

aacap.org

Promotes the healthy development of children, adolescents and families through advocacy, education and research, and meets the professional needs of child and adolescent psychiatrists throughout their careers.

American Counseling Association

counseling.org

Dedicated to the growth and enhancement of the counseling profession.

American Psychiatric Association

apa.org

Leading U.S. scientific and professional organization representing psychology, with more than 133,000 researchers, educators, clinicians, consultants and students as its members.

Bring Change to Mind

bringchange2mind.org

Dedicated to encouraging dialogue about mental health; raising awareness, understanding and empathy.

Centers for Disease Control & Prevention

cdc.gov/mentalhealth

Tools, resources and information from on mental health.

Children's Mental Health Network

cmhnetwork.org

Fair and independent source of information about children's mental health, and forum for sharing diverse ideas and opinions about ways to improve the lives of children and youth living with mental health conditions and their families.

Health Unlocked

healthunlocked.com

Social network made up of over 1.5 million members and 315 public communities, covering more than 250 conditions to provide information, support and tools that have been shown to improve health outcomes.

Healthline

healthline.com/mental-health

Tips, tools and resources to care for your mental and emotional wellbeing.

Mental Health America

mentalhealthamerica.net

Promotes mental health as a critical part of overall wellness, including prevention services for all; early identification and intervention for those at risk; integrated care, services, and supports for those who need them; with recovery as the goal.

Mental Health First Aid

mentalhealthfirstaid.org

Skills-based training course that teaches participants about mental health and substance-use issues.

Mental Health Forum

mentalhealthforum.net

Peer support forum for people who experience mental health issues where they can speak openly and anonymously about their mental health experiences.

MentalHealth.gov

mentalhealth.gov

Provides one-stop access to U.S. government mental health and mental health problems information.



National Council for Community Behavioral Healthcare

thenationalcouncil.org

Membership organization that drives policy and social change on behalf of nearly 3,200 mental health and substance use treatment organizations and the more than 10 million children, adults and families they serve.

National Empowerment Center

power2u.org

Carries a message of recovery, empowerment, hope and healing to people with lived experience of mental health issues, trauma and extreme states.

National Federation of Families for Children’s Mental Health

ffcmh.org

National family-run organization linking more than 120 state and local affiliates and national partners focused on the issues of children and youth with emotional, behavioral or mental health needs and substance use challenges and their families.

National Institute of Mental Health

nimh.nih.gov

Lead federal agency for research on mental disorders.

PsychHub

psychhub.com

Helps people overcome mental health challenges through multi-media education for every learning style.

Stamp Out Stigma

StampOutStigma.com

Encourages people to talk about mental illness and substance use disorders to change perceptions and reduce stigma.

Substance Abuse and Mental Health Services Administration

samhsa.gov

U.S. Department of Health and Human Services agency that leads public health efforts to advance the behavioral health of the nation through reducing the impact of substance abuse and mental illness on America’s communities.

The National Alliance on Mental Illness

nami.org

Provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

World Health Organization

who.int/health-topics/mental-health

Provides data, fact sheets and other resources on mental health.

YOUTH M.O.V.E.

youthmovenational.org

Youth-driven, chapter-based organization dedicated to improving services and systems that support positive growth and development by uniting the voices of individuals who have lived experience in various systems including mental health, juvenile justice, education and child welfare.