



Mental Health Resource Bank

Please see below a set of resources to support your mental health as well as the mental health of the youth you work with. This resource bank was compiled by the Yale Center for Emotional Intelligence. *Neither ACE nor the Yale Center for Emotional Intelligence are affiliated with nor do they endorse any particular resource or organization listed. In the case of an emergency always call 911.*

Mental Health Support for Adults

- Get Immediate Help: If you are in crisis, and need immediate support or intervention, call [1-800-273-8255](tel:1-800-273-8255), or chat live online at <http://www.crisischat.org/>. Trained crisis workers are available to talk 24 hours a day, 7 days a week. Calls are toll-free and confidential.
- Find a Health Care Provider or Treatment: For general information on mental health and to locate treatment services in your area, call the Mental Health Services Treatment Referral Helpline at [1-800-662-4357](tel:1-800-662-4357). SAMHSA also has a Behavioral Health Treatment Locator on its website that can be searched by location: <https://findtreatment.samhsa.gov/>
- Accessible Mental Health Information: The HelpLine is a mental health information and referral service run by the National Alliance on Mental Illness (NAOMI). It can be reached by calling [1-800-950-6264](tel:1-800-950-6264) Monday to Friday 10 am - 6 pm EST or by emailing info@nami.org. Also, their website provides helpful information on navigating mental health concerns: <https://www.nami.org/Find-Support/>.

Mental Health Support for Youth

- Get Immediate Help: If you are in crisis, and need immediate support or intervention, call [1-800-273-8255](tel:1-800-273-8255), or chat live online at <http://www.crisischat.org/>. Trained crisis workers are available to talk 24 hours a day, 7 days a week. Calls are toll-free and confidential.
- Teenage Health Resource Line: Confidential psychological and physical health information for teens by calling [1-888-711-8336](tel:1-888-711-8336) (7 a.m. - 11 pm. All Week).
- Accessible Mental Health Information: The HelpLine is a mental health information and referral service run by the National Alliance on Mental Illness (NAOMI). It can be reached by calling [1-800-950-6264](tel:1-800-950-6264) Monday to Friday 10 am - 6 pm EST or by emailing info@nami.org. Also, their website provides helpful information on navigating mental health concerns: <https://www.nami.org/Find-Support/Teens-and-Young-Adults>.
- Young Women's Health Information: www.youngwomenshealthsite.org. Young Women's Health is a website for teen girls and young women featuring up-to-date mental and physical health information.
- Young Men's Health Information: www.youngmenshealthsite.org. Young Men's Health is a website for teen guys and young men featuring up-to-date mental and physical health info.