



Licensed Psychotherapist & National Speaker
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Mental Health Resources

Information & Support:

[National Alliance on Mental Illness \(NAMI\)](#)

- [Advocate for Change—Vote4MentalHealth](#)
- Take the [StigmaFree Pledge](#) to #CureStigma
- [Share your story](#)
- Take action on [advocacy issues](#)
- [Walk for mental health](#)

[National Institute of Mental Health](#)

[Depression and Bipolar Support Alliance Advocacy Center](#)

[Hope for the Day](#)

Hope for the Day's tagline is "It's okay not to be okay" and they provide education, outreach and action to break the silence around mental health.

Mental Health Advocacy:

[iFred](#)

iFred's mission is to shine a positive light on mental health and eliminate stigma through prevention, research and education.

[Kennedy Forum](#)

The Kennedy Forum is working toward lasting change in the way mental health and addictions are treated in our healthcare system.

Visit www.DontDenyMe.org to enforce the Mental Health Parity Act.

[American Counseling Association Government Affairs: Voter Voice](#)

Minority Mental Health Advocacy:

[Multicultural Division of the American Counseling Association](#)

[Counselors for Social Justice, a Division of the American Counseling Association](#)

[Human Rights Campaign](#)

Counseling & Therapy Resources:

[United Healthcare](#) has launched a free (to anyone) 24/7 support line staffed by mental health experts: Call 866-342-6292

Text HOME to 741741 to connect with a [Crisis Counselor](#)

Most insurance companies are covering teletherapy and some like Aetna have waived copays for telemedicine.

[PsychologyToday's Find-A-Therapist Directory](#)

Free Self-Test Tools:

<https://www.psychologytoday.com/us/tests>

<https://psychcentral.com/quizzes/>

Low-Cost Resources for the Uninsured:

[Community Mental Health Center Finder](#)

[NAMI HelpLine](#): find services in your community.

National Suicide Prevention Lifeline: 800-273-8255

Hours: Available 24 hours. Languages: English, Spanish. [Learn more](#)

Upcoming Resource

Published by [Sounds True](#)

Available for pre-order on Amazon in May 2021

Available in bookstores July of 2021

Mental Health & Financial Health Corporate Wellness Program



 
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Thank You!


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