



Licensed Psychotherapist & National Speaker  
[www.joyce-marter.com](http://www.joyce-marter.com)

## 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](http://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



JOYCE MARTER logo on the left. On the right, social media icons for Facebook, LinkedIn, Instagram, Twitter, and YouTube. Below the icons are the website [joyce-marter.com](http://joyce-marter.com) and email [joyce@joyce-](mailto:joyce@joyce-marter.com).

A dark-themed graphic with a 'Thank You!' message in gold script on the left. In the center, the JOYCE MARTER logo is displayed above the website [www.joyce-marter.com](http://www.joyce-marter.com) and email [joyce@joyce-marter.com](mailto:joyce@joyce-marter.com). Below this are social media handles: @Joyce\_Marter (Twitter), joyce.marter (Instagram), Joyce Marter, LCPC (Facebook), Joyce Marter (YouTube), and Joyce Marter (LinkedIn).