

# ORGANIZATIONS

## **Anxiety and Depression Association of America**

The ADAA is a nonprofit that focuses primarily on anxiety disorders and depression. Its mission is to improve the quality of life for people who suffer from these disorders, providing research, facts, and resources.

Website: <https://adaa.org/>

Phone number: 240-485-1001

Support groups: <https://adaa.org/supportgroups>

## **American Foundation for Suicide Prevention**

The AFSP prevents suicide and provides support to those who have lost (or almost lost) someone to suicide. It has chapters in each of the 50 states, and aims to be an advocate for life and “to take action against this leading cause of death.”

Website: <https://afsp.org/>

Suicide Prevention Lifeline: 1-800-273-8255

## **American Psychiatric Association**

The American Psychiatric Association is the leading psychiatric association in the world, represented by members in over 100 countries. All of the psychiatrists in the association strive to advance the world of psychiatry and provide the highest level of care to mental illness sufferers.

Website: <https://www.psychiatry.org/>

Phone number: 703-907-7300

## **American Psychological Association**

This organization is made up of over 115,000 members who strive to advance the science of psychology. The doctoral level psychologists range from ones who work with children to those who work with people serving in the armed forces.

Website: <https://www.apa.org/>

Phone number: 800-374-2721

## **The Anxiety Network**

The Anxiety Network focuses on panic disorder, generalized anxiety disorder, and social anxiety disorder. It provides facts, information, and personal blog posts surrounding the three disorders which inspire people to overcome their mental illness.

Website: <https://anxietynetwork.com/anxiety-help-and-support>

## **American Society of Addiction Medicine**

ASAM, founded in 1954, is a professional medical society representing over 6,000 physicians, clinicians and associated professionals in the field of addiction medicine. ASAM is dedicated to increasing access and improving the quality of addiction treatment, educating physicians and the public, supporting research and prevention, and promoting the appropriate role of physicians in the care of patients with addiction.

Website: <https://www.asam.org/Quality-Science/resource-links>

Phone number: 301-656-3920

## **Born This Way Foundation**

The Born This Way Foundation advocates mental wellness and empowerment. It targets young people, specifically, as the foundation knows that the creative and diverse young people of today are the future. Its mission is “to create a kinder and braver world.”

Website: <https://bornthisway.foundation/>

## **Centers for Disease Control and Prevention: Division of Mental Health**

The CDC is the United States’ health protection agency. It conducts research and provides educational information to the nation and beyond to protect and save lives. It takes “a public health approach to mental health” to study and prevent mental illness.

Website: <https://www.cdc.gov/mentalhealth/>

Phone number: 800-232-4636

## **Depression and Bipolar Support Alliance**

The DBSA is unique in that it was made for people with mood disorders and is run by people with mood disorders. Its vision is “wellness for people living with depression and bipolar disorder.” There are many DBSA chapters that have peer run support groups.

Website: <https://www.dbsalliance.org/>

Phone number: 800-826-3632

## **Families for Depression Awareness**

This organization aims to help families understand depression and bipolar disorder to better grasp the concept of mental illness and cope with it. It holds workshops as well as free webinars to educate people and firsthand stories from families on their experiences with mental illness.

Website: <http://familyaware.org/>

Phone number: 781-890-0220

## **Foster’s Voice Suicide Awareness**

Foster's Voice, Inc. is a 501(c)(3) charity that understands that Suicide and Mental Health does not discriminate and can affect any person no matter your age, race, gender, or your sexual orientation. We want to end the Stigma of Suicide and let others know that it's ok NOT to be ok!

Website: <http://www.fostersvoice.org/>

## **Hope For Depression Research Foundation**

HDRF is a non-profit that focuses on depression and related mood disorders. The foundation uses neuroscience research to study depression, its causes, new treatments, and methods of prevention. It also aims to eliminate the stigma surrounding depression.

Website: <https://www.hopefordepression.org/>

Phone number: 212-676-3200

## **The Kevin & Margaret Hines Foundation**

The Hines Foundation identifies and invests in the most promising research, programs and interventions for suicide prevention and brain/mental health. We fund and support a series of focused initiatives and partner with the public sector to leverage its impact for our shared causes.

Website: <https://kmhinesfoundation.org/>

# ORGANIZATIONS, Continued

## Hope For The Day

Suicide is a preventable mental health crisis. The primary obstacle to suicide prevention is silence. Proactive suicide prevention means starting the conversation on mental health before it adversely impacts our lives. At Hope For The Day, we strive to eliminate the highest risk factors of suicide through outreach, mental health education, and community action.

Website: <https://www.hftd.org/>

## International OCD Foundation

This foundation's mission is to help OCD sufferers live full lives despite their condition and to end the stigma surrounding obsessive compulsive disorder. It provides resources and facilitates treatment for those who need it. There's a variety of online and phone support groups with specific topics across the board.

Website: <https://iocdf.org/ocd-finding-help/supportgroups/online-and-phone-ocd-support-groups/>

Phone number: 617-973-5801

## Mental Health America

MHA's work is driven by its commitment to promote 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.

Website: <https://www.mhanational.org/about>

Phone number: 703-684-7722

Support groups: <https://www.mhanational.org/find-support-groups>

## National Alliance on Mental Illness (NAMI)

NAMI is the United States' biggest grassroots mental health organization. It educates the population on mental illness with its education programs across the country. The alliance advocates mental health and runs the NAMI HelpLine.

Website: <https://www.nami.org/Home>

NAMI Helpline: <https://www.nami.org/help>

Phone number: 800-950-6264

## The National Eating Disorders Association (NEDA)

NEDA is the largest nonprofit organization dedicated to supporting individuals and families affected by eating disorders. NEDA supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care.

Website: <https://www.nationaleatingdisorders.org/>

Helpline number: 800-931-2237

## National Institute of Mental Health

The NIMH is a federal agency (an offshoot of the National Institutes of health) that researches mental disorders. Its mission is to conduct research that will better the understanding of mental illnesses, thereby "paving the way for prevention, recovery, and cure."

Website: <https://www.nimh.nih.gov/index.shtml>

Phone number: 866-615-6464

## Substance Abuse and Mental Health Services Administration (SAMHSA)

SAMHSA is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation

Website: [www.samhsa.gov](http://www.samhsa.gov)

## Shatterproof

Shatterproof is a national nonprofit organization dedicated to transforming addiction treatment, ending stigma, and supporting communities.

Website: <https://www.shatterproof.org/>

## To Write Love On Her Arms

TWLOHA is a nonprofit that wants to give hope to people suffering from depression, addiction, and self-harm. It educates and inspires people across the world while also donating funds for treatment and recovery. It wants mental illness sufferers to know, "Hope is real and help is real."

Website: <https://twloha.com/>

## The Gray Matters Collective

With roots at Augustana College in Illinois and chapters in high schools and colleges in Illinois and Iowa, TGMC seeks to give tools, knowledge, and training to help students thrive.

Website: [www.thegraymatterscollective.com](http://www.thegraymatterscollective.com)

## Military OneSource

This organization provides free, confidential, non-medical counseling 24/7 to veterans coping with PTSD. Counselors can refer service members to services in their local community or provide support via face-to-face, online, or phone consultations.

Website: <https://www.militaryonesource.mil/>

## National Resource Directory

A partnership among the U.S. Department of Defense, Department of Labor, and Department of Veterans Affairs, this website pools information from federal, state, and local levels. They provide a comprehensive resource for veterans, military, and their families on everything from PTSD services to caregiver support.

Website: <https://nrd.gov/>

## PTSD Foundation of America

The PTSD Foundation of America is a non-profit dedicated to mentoring both combat veterans and their families experiencing PTSD. They offer counseling and peer mentoring, both individually and in a group setting. The organization also works to raise awareness for the needs of military families coping with PTSD through community awareness.

Website: <https://ptsdusa.org/>

## National Center for PTSD

A part of the U.S. Department of Veterans Affairs, the National Center for PTSD provides resources and information to improve patient care through research, education, and training in the diagnosis of PTSD.

Website: <https://www.ptsd.va.gov/index.asp>