

# **Mental & Behavioral Health Resources**

## **[American Psychiatric Association's Practice Page](#)**

Lists resources and information on practice management and professional development for psychiatrists.

## **[American Public Health Association](#)**

Discusses mental health as a topic area, offering an overview of the issue along with recommendations for improving access to care.

## **[Farm Stress Grab & Go Kits](#)**

Farm stress is the stress experienced by farmers and their families due to the unique agricultural work environment. This includes unique circumstances surrounding substance use and suicide.

## **[Mental Health First Aid](#)**

Lists training resources for supporting people with substance abuse and co-occurring disorders.

## **[Mental Disorders Depression and Bipolar Support Alliance](#)**

Serves as the leading peer-directed national organization focusing on the two most prevalent mental disorders, depression and bipolar disorder.

## **[Mental Health America](#)**

Offers resources about mental disorders; through affiliates, provides America's communities and consumers with direct access to a broad range of self-help and professional services.

## **[MentalHealth.gov](#)**

Offers guidance for recognizing mental health issues and starting conversations with friends and family members, educators, and faith and community leaders, among others.

## **[National Center on Domestic Violence, Trauma, and Mental Health](#)**

Provides training, support, and consultation to advocates, mental health and substance abuse providers, legal professionals, and policymakers working to improve agency and systems-level responses to survivors of domestic violence.

### **National Council For Behavioral Health**

Details guidance on policy action, consulting, and best practices in behavioral health.

### **National Alliance on Mental Illness**

Provides education and advocacy programs for those affected by mental disorders, including a toll-free helpline for families in communities throughout the United States.

### **National Institute of Mental Health**

Serves as the lead Federal agency for research on mental disorders.

### **Psychology Today's Find A Therapist Directory**

Allows users to locate, by city or ZIP code, a therapist, psychologist, or counselor who specializes in mental disorders.

### **SAMHSA's Early Serious Mental Illness Treatment Locator**

Provides a confidential and anonymous source of information for persons and their family members seeking treatment in the U.S.

### **Schizophrenia and Related Disorders Alliance of America**

Promotes improvement in lives affected by schizophrenia and schizophrenia spectrum disorders (mental illnesses involving psychosis) and promotes hope and recovery through support programs, education, collaboration, and advocacy.