



MENTAL HEALTH RESOURCES

GEOGRAPHICALLY BASED COMMUNITIES

ALBANY

▶ **[Mental Health Support, Education & Resources - NAMI Capital Region NY](#)**

NAMI Capital Region NY serves residents across our counties with free mental health support, online groups, resources and education. Visit to explore these and other resources.

▶ **[Department of Mental Health - Albany County, NY](#)**

The Department of Mental Health offers a wide range of services to Albany County citizens, including treatment for mental illness and substance abuse. It is their mission to ensure that persons with mental illness, substance and alcohol problems or developmental disabilities are provided a full range of services that promote stabilization, rehabilitation and recovery for the purpose of enhancing or improving their lives.

▶ **[Wellness - The City of Albany, NY](#)**

Wellness is crucial because it enhances the overall quality of life, enabling individuals to function physically and mentally at their best. This online directory highlights general wellness resources as well as those for mental, emotional and physical health among other topics.

ATLANTA

▶ **[Crisis Resources - NAMI Georgia](#)**

NAMI Georgia is a grassroots mental health organization dedicated to supporting you, your family, and every community in Georgia. They envision a Georgia where all people affected by mental health illness live healthy, fulfilling lives supported by a community that cares. NAMI Georgia empowers affiliates to provide advocacy, education, support, and public awareness so that all individuals and families affected by mental illness can build better lives.

▶ **[Resources for Mental Health & More - Mental Health America of Georgia](#)**

Mental Health America of Georgia strives to enhance the mental health and wellness through education, outreach and advocacy. This online director spotlights local and national hotlines, as well as peer support and wellness resources.

▶ **[Resources/ Mental Health Services - Resilient Georgia](#)**

Resilient Georgia aligns public and private efforts and resources across the state that support resiliency for all persons aged 0-26 and their families. Visit for resources on local mental health services.

AUSTIN/SAN ANTONIO

▶ **[Support for Mental Health - NAMI Greater San Antonio](#)**

NAMI Greater San Antonio serves residents in their community with free mental health support, online groups, resources and education.



AUSTIN/SAN ANTONIO *continued*

▶ **[Mental Health Month Toolkit 2022 - Integral Care](#)**

Sometimes, even when we're doing all the right things to stay well, we may still need help. The stress of the last two years is making us all more aware of the need to support our mental health. Therapy can help us build new skills and fill our toolbox, so we have what we need to manage the road bumps in life. Integral Care and NAMI Central Texas put together some information on therapy to help you know when and how to get help.

▶ **[Mental Health Pamphlet 2024 - Austin Crisis Intervention Team](#)**

This informational pamphlet details best practices for emergencies as well as local and national emergency hotlines and resources.

BOSTON

▶ **[Mental, Emotional and Behavioral Health - Boston Public Health Commission](#)**

They help all Boston residents get the mental health support they need. Find resources to support your mental health below. You can also learn about their mental health work across the Boston Public Health Commission.

▶ **[Resource Directory - NAMI Massachusetts](#)**

The National Alliance on Mental Illness of Massachusetts (NAMI Massachusetts) is a nonprofit grassroots organization. Founded in 1982, they seek to improve the quality of life for people living with mental health conditions, their families and their caregivers.

▶ **[Trauma Resource Guide - Brigham & Women's Hospital Center](#)**

This directory provides information about trauma response programs, domestic violence services, sexual exploitation services and general trauma services among other local and national resources.

BUFFALO/ROCHESTER

▶ **[Who We Are - NAMI Buffalo & Western New York](#)**

Families compassionately helping families and their loved ones challenged by mental illness. NAMI builds better lives for Western New York and Buffalo families through support, education and advocacy. They offer a help link, support groups, as well as other national and local resources.

▶ **[Our Programs - Mental Health Association of Rochester, NY](#)**

The mission of MHA is to offer a wide range of programs throughout the Rochester area including Monroe, Ontario and Livingston counties. The Mental Health Association of Rochester/Monroe County, Inc. promotes mental wellness through a spectrum of culturally competent services.

▶ **[Guide to Mental Health Resources & Services in WNY - Step Out Buffalo](#)**

Mental Health is something our society is acknowledging now more than ever. If you or someone you know is looking for resources but aren't sure where to start, they are here to help. Here you'll find a list of services available in WNY.



CENTRAL FLORIDA

▶ **[Central Florida Mental Health Services](#)**

CFMHS is a full-service behavioral health center in Orlando, serving all Central Florida. They offer a wide range of services to meet the mental and behavioral health needs of the community, including assessment, psychiatric, therapy, support, prevention and case management, all aimed at improving the well-being and mental health of the community.

▶ **[Central Florida Mental Health Resource Toolkit - Well Beings](#)**

The WELL BEINGS campaign addresses the critical health needs in America through broadcast content, original digital content and impactful local events. This digital resource shares local community organizations that specialize in the mental health needs of Central Florida residents.

▶ **[Home - Mental Health Association of Central Florida](#)**

The Mental Health Association of Central Florida (MHACF) understands that violence, racism, hate, and discrimination undermine mental wellness and are significant contributors to individual and community trauma.

CINCINNATI/LOUISVILLE

▶ **[Support for Mental Health- NAMI Urban Greater Cincinnati](#)**

NAMI Urban Greater Cincinnati is an organization of families, friends and individuals whose lives have been affected by mental illness. Together, they advocate for better lives for those individuals who have a mental illness.

▶ **[NAMI Louisville](#)**

Strengthening Families & Individuals Affected by Mental Illness. They serve the greater Louisville Community - Trimble, Oldham, Henry, Shelby, Jefferson, Bullitt, Spencer Counties or Southern Indiana.

▶ **[Mental Health America of Northern Kentucky & Southwest Ohio](#)**

Visit for important hotline information as well as local emergency services and community resources. This directory is organized by need, and includes emergency services, services for substance abuse, homelessness, veterans, seniors and domestic violence among others.

CLEVELAND

▶ **[NAMI Greater Cleveland](#)**

NAMI Greater Cleveland is a local affiliate of NAMI with approximately 800 peer, family, professional and organizational members. Together, they advocate for better lives for those individuals who have a mental illness.

▶ **[Resources - Limitless Ambition.org](#)**

On this directory, you'll find resources to help guide you through eating disorders, domestic violence, assault and suicidal thoughts, as well as academic and career support resources. These resources are free and available around the clock.

▶ **[Resources - Cleveland Office of Mental Health and Addiction Recovery](#)**

OMHAR is part of the Health Equity and Social Justice Division of the Cleveland Department of Public Health. They offer mental health support, overdose prevention and other critical community resources.



D.C./BALTIMORE

▶ **NAMI Metro Baltimore**

At NAMI Metropolitan Baltimore, they understand the importance of innovative resources and community education tools. They continue to deliver these tools, backed by the knowledge and support of individuals who have lived experience with mental illness. By offering a supportive community, they aim to empower and guide individuals on their journey to mental wellness.

▶ **Access Helpline - Department of Behavioral Health**

The Access Helpline at 1 (888)7WE-HELP or 1-888-793-4357 is the easiest way to get connected to services provided by the Department of Behavioral Health and its certified behavioral health care providers. This 24-hour, seven-day-a-week telephone line is staffed by behavioral health professionals who can refer a caller to immediate help or ongoing care. The Access Helpline can activate mobile crisis teams to respond to adults and children who are experiencing a psychiatric or emotional crisis and are unable or unwilling to travel to receive behavioral health services.

▶ **Resource Toolkit DC - Well Beings**

The WELL BEINGS campaign addresses the critical health needs in America through broadcast content, original digital content and impactful local events. This digital resource shares local community organizations that specialize in the mental health needs of the greater Washington D.C. area.

DALLAS/FORT WORTH

▶ **NAMI North Texas/Dallas**

NAMI North Texas is an organization of families, friends and individuals whose lives have been affected by mental illness. Together, they advocate for better lives for those individuals who have a mental illness. They proudly serve Dallas, Rockwall, Denton and Collin Counties.

▶ **DFW Mental Health - City of Dallas Community Resources**

This printable list provides information on local Dallas mental health resources and services. It also includes resources for behavioral health and substance abuse among other related supports.

▶ **Mental Health America of Greater Dallas**

Mental Health America of Greater Dallas (MHA Dallas) is working to promote mental wellness through community education and policy advocacy. They serve as a catalyst to identify, assess and respond to mental health needs in the community by offering resources, support groups and mental health first aid information.

DENVER

▶ **Support for Mental Health - NAMI Denver**

NAMI Denver is an organization of families, friends and individuals whose lives have been affected by mental illness. Together, they advocate for better lives for those individuals who have a mental illness.

▶ **Mental Health Resources — HeyDenver.org**

It takes time to find the right provider for you. They encourage you to explore several options to see what feels most comfortable for you. These resources are known and trusted by our community members.



DENVER continued

▶ **Resources - Mental Health Colorado**

This directory outlines resources in the community, resources for those seeking immediate mental health help, as well as identity-based and culturally responsive healthcare.

DETROIT

▶ **Helping People Move from Crisis to Hope - Common Ground**

Whether you're dealing with a mental health emergency, need counseling or emergency shelter, or just need someone to talk to, Common Ground offers confidential crisis support, 24/7.

▶ **Resource Mental Health Toolkit Detroit - Well Beings**

The WELL BEINGS campaign addresses the critical health needs in America through broadcast content, original digital content, and impactful local events. This digital resource shares local community organizations that specialize in the mental health needs of the Greater Detroit area.

▶ **Free or Low Cost Mental Health Care - Michigan Health and Human Services**

Visit to find community mental health service programs, community health centers as well as a directory of free clinics.

HOUSTON

▶ **Mental Health Resources - NAMI Greater Houston**

At the heart of NAMI's mission is their "grassroots and the sharing of information with people living with mental illness, their families, friends, mental health professionals and the public." NAMI strives to offer hope, reform and resources to our Houston community through support, education and advocacy efforts.

▶ **Navigating the Resources for Mental Health in Houston**

This comprehensive guide will walk you through the various mental health resources available in Houston, including counseling centers, support groups and hotlines. They will explore the different types of therapies offered, such as cognitive behavioral therapy and mindfulness practices, as well as highlight local organizations that specialize in mental health advocacy.

▶ **Mental Health Resources - Mental Health America of Greater Houston**

This directory offers a printable wellness guide, a youth resource guide, as well as a plethora of other resource links for adult and family mental health services, behavioral health services, alcohol and drug services and health disability services.

KANSAS CITY

▶ **Behavioral Health Resources for Kansas City Residents**

You'll find a list of resources to support our community's mental health and substance use disorder needs here. If you or someone you know is seeking assistance, these organizations and services are available to help.



KANSAS CITY *continued*

▶ **Mental Health Support, Education & Resources - NAMI Greater Kansas City**

NAMI Greater Kansas City is an organization of families, friends and individuals whose lives have been affected by mental illness. Together, they advocate for better lives for those individuals who have a mental illness.

▶ **ReDiscover**

ReDiscover is a nonprofit community mental health center that provides comprehensive programs and services for adults and children whose lives have been affected by mental illness and/or substance use disorders.

LAS VEGAS

▶ **Mental Health Resources in Nevada - Hope Means Nevada**

Here you can discover a range of support and resources for various mental health needs, crisis support and addiction treatment.

▶ **Support for Mental Health - NAMI Southern Nevada**

NAMI Southern Nevada is a community of individuals, families, and friends affected by mental health conditions. They provide support, education, and advocacy to raise awareness, reduce stigma and improve access to mental health resources.

▶ **Las Vegas Mental Health Resource Toolkit - Well Beings**

The WELL BEINGS campaign addresses the critical health needs in America through broadcast content, original digital content and impactful local events. This digital resource shares local community organizations that specialize in the mental health needs of Las Vegas residents.

MILWAUKEE/MADISON

▶ **Free Mental Health Resources - Milwaukee Health Department**

Visit this link for a list of free or low-cost crisis and other mental health resources in the Milwaukee area.

▶ **Support for Mental Health - NAMI Wisconsin**

NAMI Wisconsin is an organization of families, friends and individuals whose lives have been affected by mental illness. Together, they advocate for better support, resources and recovery for all.

▶ **Crisis Services - Wisconsin Department of Health Services**

This website provides information and education on crisis services and a list of providers and resources.

MINNEAPOLIS/ST. PAUL

▶ **Community Mental Health Resource List - Minneapolis College**

This directory lists the website links and contact information for mental health resources in the Minneapolis community.



MINNEAPOLIS/ST. PAUL *continued*

▶ **[Home Page - NAMI Minnesota](#)**

NAMI Minnesota offers in-person and online mental health classes, as well as support groups for families and adults living with mental illness. On their website, you can access local and national resources.

▶ **[Culturally Specific Mental Health Resources - City of Minneapolis](#)**

This directory contains contact information for mental health resources that serve diverse cultural populations. The list is organized by sub-population: African American, Asian, East African, Latinx, LGBTQ+, queer and trans specific crisis phone support, Indigenous and Immigrants and Refugees.

NASHVILLE

▶ **[Behavioral Health and Wellness Services - Nashville Health Department](#)**

This resource list provides information about local resources and services that offer low/no cost help. It also lists both national and local hotlines and resources.

▶ **[Resource Toolkit Nashville - Well Beings](#)**

The WELL BEINGS campaign addresses the critical health needs in America through broadcast content, original digital content, and impactful local events. This digital resource shares local community organizations that specialize in the mental health needs of residents in Middle Tennessee.

▶ **[Support for Mental Health - NAMI Tennessee](#)**

NAMI Tennessee is a grassroots, non-profit, self-help organization dedicated to improving quality of life for people with mental illness and their families through support, education and advocacy.

NEW ORLEANS

▶ **[Mental Health Resources - LCMC Health](#)**

This page includes a community resource guide for our patients and community members to help you access mental health services in the Greater New Orleans Area.

▶ **[New Orleans Musicians' Clinic & Assistance Foundation](#)**

Here you'll find a directory of mental health resources specifically for musicians and creative community members among other local and national and community specific resources.

▶ **[Support for Mental Health - NAMI Southeast Louisiana](#)**

NAMI Southeast Louisiana is an organization of families, friends and individuals whose lives have been affected by mental illness. Together, they advocate for better lives for those individuals who have a mental illness.



PHILADELPHIA

▶ [**Philadelphia Mental Health Support and Resources - Healthy Minds Philly**](#)

Visit this site for 24/7 mental and behavioral health services and resources for support groups, black therapists, LGBTQ+, grief and youth mental health.

▶ [**Department of Behavioral Health and Intellectual disAbility Services - City of Philadelphia**](#)

This department is working with individuals and families to help Philadelphians live healthy, self-determined lives. They work with families and communities to provide care and services for people with mental illness, people struggling with addictions and people with intellectual disabilities.

▶ [**Drexel Psychological Services Center - Drexel University**](#)

The Drexel Psychological Services Center is a training facility run by the Department of Psychological and Brain Sciences. The Center works to offer highly competent, scientifically informed treatments to residents of Philadelphia and surrounding areas at affordable rates.

PHOENIX/TUCSON

▶ [**A giant list of mental health resources in Tucson - This is Tuscon**](#)

Here you'll find mental health support in Tucson and beyond. This article features local mental health resource, as well as specific programs for youth, the LGBTQ+ community, veterans, employment and abuse and addiction.

▶ [**Mental Health Support, Education & Resources - NAMI Valley of the Sun**](#)

NAMI Valley of the Sun is dedicated to improving the quality of life for people in Arizona with mental illness and their families through support, education, and advocacy.

▶ [**Mental and Emotional Health Resources - Lighthouse Social Services**](#)

This website suggests organizations across the state of Arizona that specialize in different aspects of mental and emotional healthcare.

PITTSBURGH

▶ [**Health and Safety Resources - The City of Pittsburgh, PA**](#)

Here you'll find Crisis Resources for Allegheny County, including those for housing, mental health, personal and financial, food, homelessness, seniors, disability community and substance use among others.

▶ [**Mental Health - Allegheny County Department of Human Services**](#)

Get 24/7 help or ongoing support for mental health issues from the local resources listed here.

▶ [**Pittsburgh Mental Health Resource Toolkit - Well Beings**](#)

The WELL BEINGS campaign addresses the critical health needs in America through broadcast content, original digital content, and impactful local events. This digital resource shares local community organizations that specialize in the mental health needs of residents in the Greater Pittsburgh area.



PORTLAND

▶ **MHAHO - Mental Health & Addiction Association of Oregon**

MHAHO is an inclusive peer-run organization dedicated to self-direction honoring the voice of lived experience. They support these aims through education, advocacy, recovery peer services, training, technical assistance, community collaboration, and through developing the peer workforce and leadership.

▶ **Supporting Mental Health - Portland.gov**

This article explores how to move through difficult feelings and thoughts towards greater well-being mentally and emotionally. By embracing our own experiences, we can reduce the stigma surrounding mental distress. This page also features local support resources.

▶ **MENTAL HEALTH RESOURCES – Portland Mental Wellness**

The Portland Mental Wellness practice is focused on supporting clients with anxiety, chronic pain/illness, grief/loss, medication management, men's issues, personal development and relationship therapy among other concerns. Their resources page features local and national links.

SAN DIEGO

▶ **Managing Your Mental Wellness - San Diego County Behavioral Health Services**

Here you will find a list of various trusted resources to help you navigate mental health challenges and daily stressors in categories such as general mental health resources, resources for families, parents, caregivers and youth, online and phone supports, emotional support and wellness, disaster relief and preparedness and assistance and benefit programs.

▶ **San Diego Mental Health Resources Guide - It's Up to Us**

It's Up to Us is about helping San Diegans talk openly about mental health, recognize signs of challenges, find local resources, and seek support. They aim to inspire wellness, reduce stigma and prevent suicide.

▶ **Crisis Resources - Whole Wellness Therapy**

Whole Wellness Therapy specializes in trauma recovery through online and in-person therapy in San Diego. Their resources page includes crisis hotlines, emergency services as well as additional emotional support resources.

SAN FRANCISCO BAY AREA

▶ **Get help for mental health or substance use - SF.gov**

Visit to find localized information on crisis hotlines, emergency assistance, urgent care, and drop-in services. Resources are sorted based on type and immediacy of need.

▶ **Home - Mental Health Association of San Francisco**

For over 70 years, MHASF has reflected the forward-thinking San Francisco is known for. They fight stigma and discrimination in mental health across diverse communities to change policy, perception, and people. They offer a Warm Line where callers can access mental health support for issues such as interpersonal relationships, anxiety, pain, depression, and finances among other topics.



MENTAL HEALTH RESOURCES

GEOGRAPHICALLY BASED COMMUNITIES

SAN FRANCISCO BAY AREA *continued*

▶ **Support, Education, and Empowerment Mental Health - NAMI San Francisco**

NAMI San Francisco helps individuals with mental health conditions and their loved ones build better lives. They offer a helpline, support groups, and multilingual resources.

SEATTLE

▶ **Support & Resources - NAMI Seattle**

NAMI Seattle provides support groups, runs a resource referral helpline and uplifts other local community mental health resources.

▶ **Mental and emotional well-being - Washington State Department of Health**

Where can I find support for my mental health and well-being? This can be a stressful time. It is normal that you or your loved ones might feel anxious, sad, scared or angry. You are not alone. It is okay to seek out and ask for help. The resources here are a good place to start.

▶ **Emotional Support - Peer Seattle**

Peer Washington envisions a community of peers connected by shared experience in compassionate support of one another. They cultivate powerful, healthy lives by providing peer emotional support and development services to those impacted by addiction, mental health and/or HIV/AIDS.

SOUTH FLORIDA

▶ **Mental Health Links - Florida Department of Health**

The Florida Department of Health offers quick links and resources for mental health.

▶ **Mental Health Services - Axis Helps**

A number of organizations, community groups, and hotlines are providing mental health services throughout South Florida. They also list a number of national resources that are available. Costs and requirements vary by program

▶ **Disaster Mental Health Resources - Florida Disaster Division of Emergency Management**

NAMI San Francisco helps individuals with mental health conditions and their loved ones build better lives. They offer a helpline, support groups, and multilingual resources.

ST. LOUIS

▶ **Homepage - NAMI STL**

NAMI St. Louis serves St. Louis County, St. Louis City, St. Charles County, Lincoln County, Franklin County, Warren County and Jefferson County. Visit to view their local resources.

▶ **Mental Health Help - St. Louis, MO Government Website**

If you are in the City of St. Louis and struggling with a mental health issue, these resources can help. Visit this link for a local directory of mental health and other important resources.

▶ **St. Louis Area Resource Directory - Start Here**

Start Here provides general information, street addresses, phone numbers and websites for dozens of agencies, shelters, employment resources, food pantries and other organizations throughout the St. Louis area.