

MENTAL HEALTH RESOURCES

Mental Health: You Can Make a Difference

These resources offer a deeper dive on mental health topics. Many are also places to turn for help and support.

All mental health topics

National Institute of Mental Health
www.nimh.nih.gov

Center for Workplace Mental Health
www.workplacementalhealth.org/Mental-Health-Topics

Depression and anxiety disorders

Anxiety and Depression Association of America
www.adaa.org/understanding-anxiety

Depression and Bipolar Support Alliance
www.dbsalliance.org

Eating Disorders

National Eating Disorders Association
www.nationaleatingdisorders.org

Alcohol and substance use disorders

Substance Abuse and Mental Health Services Administration
www.samhsa.gov

National Institute on Alcohol Abuse and Alcoholism
www.niaaa.nih.gov

Suicide

988 Suicide & Crisis Lifeline: **988**
988lifeline.org

Stress can complicate mental health problems. These resources can help you address stress and tension.

Happify by Twill

Customized science-based program designed to help overcome negative thoughts and improve well-being.

Pocket Yoga

Guided sessions for every skill level puts yoga at your fingertips.

Guided mindfulness practice

Available online from the UCLA Mindful Awareness Research Center¹.
<http://marc.ucla.edu/mindful-meditations>

Your EAP is always available.

Phones are answered 24/7. EAP services are confidential. There is no cost to you for these services. The EAP can be used by your dependents and anyone living in your household.

If you ever feel you are in crisis, call and ask for immediate help. Call 911 if you feel you are at risk of hurting yourself or others.

Together, all the way.®



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