

Mental Health Resources

Below, you'll find a list of resources to help you and your loved ones navigate challenges that may arise.

Active Minds

Active Minds is a nonprofit organization supporting mental health awareness, education, research and advocacy for students and young adults ages 14 through 25.

American Foundation for Suicide Prevention

AFSP raises awareness, funds scientific research, and provides resources and aid to those affected by suicide.

Anxiety and Depression Association of America (ADAA)

ADAA is an international nonprofit organization known for its specific focus on anxiety and depression. Provides information, support, and resources for individuals and their loved ones.

Anxiety in the Classroom

This online resource is for school personnel, students, and their families and provides useful information, resources, and materials about anxiety and OCD.

Balancing Stress Fundamentals

Students are exposed to a barrage of stressors during the college experience. This website provides "A Student's Guide to Managing Stress."

Child Mind Institute

The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders.

Depression and Bipolar Support Alliance (DBSA)

DBSA provides hope, support, and education to improve the lives of people with mood disorders.

International OCD Foundation

The International OCD Foundation is a nonprofit serving individuals with OCD and related disorders, their family members and loved ones, mental health professionals and researchers.

Make the Connection

Make the Connection connects veterans, their families, and others to mental health information, a tool for finding local mental health resources, and videos of veterans sharing their stories.

Mental Health America (MHA)

MHA is a community-based nonprofit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all Americans.

National Alliance on Mental Illness (NAMI)

NAMI is dedicated to building better lives for Americans affected by mental illness. Known for comprehensive information on various mental health conditions, support groups, advocacy, and crisis resources.

National Association of Anorexia Nervosa and Associated Disorders (ANAD)

ANAD is a nonprofit organization providing support, awareness, advocacy, referral, education, and prevention to those struggling with eating disorders. It provides resources for families, schools and the eating disorder community.

National Council for Mental Wellbeing

Known for advocacy, policy, and public education on mental health issues. Offers resources for individuals and families.

Substance Abuse and Mental Health Services Administration (SAMSHA)

SAMHSA is a government-funded agency that leads public health efforts to reduce the impact of substance abuse and mental illness on America's communities. SAMSHA provides data, statistics, and treatment information on substance abuse and mental health.

The Trevor Project

The Trevor Project is a nonprofit organization focused on suicide prevention efforts among lesbian, gay, bisexual, transgender, queer, and questioning youth.

WISE

WISE is a Wisconsin coalition of organizations and individuals promoting inclusion and support for all affected by mental illness by advancing evidence-based practices for stigma reduction.

988 Suicide & Crisis Lifeline

The 988 Lifeline provides 24/7 free and confidential support for people in distress, prevention and crisis resources.