

National Resources

Want to know more about national resources or how to help a friend in need? The following is a list of organizations that can help with specific types of mental health disorders or challenges. Please remember that these resources do not supplement referring a friend to a mental health professional.

Anxiety Disorders

Anxiety Disorders Association of America
www.adaa.org

Attention Deficit/Hyperactivity Disorder

Children and Adults with Attention Deficit/Hyperactivity Disorder
www.chadd.org

Autism

Autism Society
www.autism-society.org

Bipolar Disorder and Depression

The Balanced Mind Parent Network
www.thebalancedmind.org

Depression and Bipolar Support Alliance
www.dbsalliance.org

International Bipolar Foundation
www.internationalbipolarfoundation.org

Borderline Personality Disorder

Borderline Personality Disorder Research Center
www.bpdresourcecenter.org

Eating Disorders

National Eating Disorders Association
www.nationaleatingdisorders.org

Renfrew Center for Eating Disorders
www.renfrewcenter.com

Schizophrenia

Brain and Behavior Research Center
www.bbrfoundation.org

Suicide Prevention and Emotional well-being

American Association of Suicidology
www.suicidology.org

America Foundation for Suicide Prevention
www.afsp.org

Kristin Brooks Hope Center
www.hopeline.com

The Jed Foundation
www.jedfoundation.org

National Organization for People of Color Against Suicide
www.nopcas.org

National Suicide Prevention Lifeline
www.suicidepreventionlifeline.org

Suicide Awareness Voices of Education
www.save.org

The Steve Fund
www.stevelfund.org

The Trevor Project
www.thetrevorproject.org

Therapy for Black Girls
www.therapyforblackgirls.com

Substance Abuse

Alcoholics Anonymous
www.aa.org

GenerationRx
www.generationrx.org

Narcotics Anonymous
www.na.org

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

National Institute on Drug Abuse
www.drugabuse.gov

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