

# Mental health and well-being resources

Mental illness doesn't just affect the person with the disease. It also affects anyone who cares about, lives or works with that person. Chances are mental illness has affected your life in some way. The more you know, the better you can help people recognize the signs and reach out for support. These resources can help.

## Mental Health First Aid

Learn more about mental health problems and how to respond. Similar to CPR and First Aid training, Mental Health First Aid helps people identify, understand and respond to mental health issues. You can find a local training at [mentalhealthfirstaid.org](https://www.mentalhealthfirstaid.org).

### General mental well-being

- [National Institute of Mental Health](#)
- [Mental Health America](#)
- [Centers for Disease Control and Prevention: Mental Health](#)

### Mental health concerns

- [Anxiety Disorders Association of America](#)
- [Depression Bipolar Support Alliance](#)
- [Schizophrenia and Related Disorders Alliance of America](#)
- [Postpartum Support International \(PSI\)](#)
- [National Alliance for the Mentally Ill](#)

### Children's resources

- [Autism Society of America](#)
- [Children and Adults with Attention Deficit Disorder \(CHADD\)](#)
- [Prevent Child Abuse America](#)

### Addiction

- [Alcoholics Anonymous](#)
- [Narcotics Anonymous](#)
- [Gamblers Anonymous](#)
- [Al-Anon/Alateen](#)
- [SAMHSA National Mental Health Information Center — Substance Abuse and Mental Health Services Administration](#)

### Crisis and suicide prevention

- [American Foundation for Suicide Prevention](#)
- [Suicide Prevention Resources Center](#)
- [The Suicide and Crisis Lifeline - 988](#)
- [Stop a Suicide](#)
- [The Trevor Project](#)
- [The Crisis Text Line - 741741](#)
- [The Trans-Lifeline](#)

You don't have to be a mental health professional to listen and show someone you care. You can make a difference.