

EMPLOYEE ASSISTANCE PROGRAM

MENTAL HEALTH RESOURCES

- **American Academy of Child & Adolescent Psychiatry**
Promotes the healthy development of children, adolescents and families through advocacy, education, and research, and meets the professional needs of child and adolescent psychiatrists throughout their careers.
- **American Counseling Association**
Dedicated to the growth and enhancement of the counseling profession.
- **American Psychiatric Association**
Leading U.S. scientific and professional organization representing psychology, with more than 133,000 researchers, educators, clinicians, consultants, and students as its members.
- **Bring Change to Mind**
Dedicated to encouraging dialogue about mental health; raising awareness, understanding, and empathy.
- **Centers for Disease Control & Prevention**
Tools, resources, and information on mental health.
- **Children's Mental Health Network**
Fair and independent source of information about children's mental health, and forum for sharing diverse ideas and opinions about ways to improve the lives of children and youth living with mental health conditions and their families.
- **Health Unlocked**
Social network made up of over 1.5 million members and 315 public communities, covering more than 250 conditions to provide information, support, and tools that have been shown to improve health outcomes.
- **Healthline**
Tips, tools and resources to care for your mental and emotional well-being.
- **Mental Health America**
Promotes mental health as a critical part of overall wellness, including prevention services for all; early identification and intervention for those at risk; integrated care, services, and supports for those who need them; with recovery as the goal.
- **Mental Health First Aid**
Skills-based training course that teaches participants about mental health and substance-use issues.
- **Mental Health Forum**
Peer support forum for people who experience mental health issues where they can speak openly and anonymously about their mental health experiences.
- **MentalHealth.gov**
Provides one-stop access to U.S. government mental health and mental health problems information.



- **National Council for Mental Wellbeing**
Membership organization that drives policy and social change on behalf of nearly 3,200 mental health and substance use treatment organizations and the more than 10 million children, adults, and families they serve.
- **National Empowerment Center**
Carries a message of recovery, empowerment, hope and healing to people with lived experience of mental health issues, trauma, and extreme states.
- **National Federation of Families**
National family-run organization linking more than 120 state and local affiliates and national partners focused on the issues of children and youth with emotional, behavioral, or mental health needs and substance use challenges and their families.
- **National Institute of Mental Health**
Lead federal agency for research on mental disorders.
- **PsychHub**
Helps people overcome mental health challenges through multi-media education for every learning style.
- **Stamp Out Stigma**
Encourages people to talk about mental illness and substance use disorders to change perceptions and reduce stigma.
- **Substance Abuse and Mental Health Services Administration**
U.S. Department of Health and Human Services agency that leads public health efforts to advance the behavioral health of the nation through reducing the impact of substance abuse and mental illness on America's communities.
- **The National Alliance on Mental Illness**
Provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.
- **World Health Organization**
Provides data, fact sheets, and other resources on mental health.
- **YOUTH M.O.V.E.**
Youth-driven, chapter-based organization dedicated to improving services and systems that support positive growth and development by uniting the voices of individuals who have lived experience in various systems including mental health, juvenile justice, education and child welfare.

This document is for your information only. It is not meant to give medical advice. It should not be used to replace a visit with a provider. Magellan Health does not endorse other resources that may be mentioned here.