

Mental Health Resources

Mental Health from MedlinePlus Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act as we cope with life.

How to Improve Mental Health from MedlinePlus: provides health information and tips for improving your mental health.

Depression from MedlinePlus Depression is more than just a feeling of being sad or “blue” for a few days. If you are one of the more than 19 million teens and adults in the United States who have depression, the feelings do not go away.

Anxiety from MedlinePlus Anxiety is a feeling of fear, dread, and uneasiness. It might cause you to sweat, feel restless and tense, and have a rapid heartbeat. It can be a normal reaction to stress. For example, you might feel anxious when faced with a difficult problem at work, before taking a test, or before making an important decision.

SAMHSA (The Substance Abuse and Mental Health Services Administration) leads public health efforts to advance the behavioral health of the nation and to improve the lives of individuals living with mental and substance use disorders, and their families.

Caring for your Mental Health – National Institute on Mental Health Mental health includes emotional, psychological, and social well-being. It affects how we think, feel, act, make choices, and relate to others. Mental health is more than the absence of a mental illness—it’s essential to your overall health and quality of life. Self-care can play a role in maintaining your mental health and help support your treatment and recovery if you have a mental illness.

NIH Emotional Wellness Toolkit: This NIH toolkit provides six strategies for improving your emotional health.

NIH Social Wellness Toolkit: This NIH toolkit provides six strategies for improving your social health.

CDC COVID-19: Care for Yourself: The Centers for Disease Control and Prevention (CDC) provides information on caring for yourself, particularly during the COVID-19 pandemic.

CDC COVID-19: Coping With Stress: CDC provides information on how to cope with stress, particularly during the COVID-19 pandemic.

Shareable Resources on Coping with COVID-19 from NIMH: Help raise awareness about coping with COVID-19 by sharing these resources, includes graphics and social media.

Get immediate help in a crisis

Call 911

Disaster Distress Helpline

- 1-800-985-5990 (press 2 for Spanish)
- text TalkWithUs for English or Hablanos for Spanish to 66746.
- Spanish speakers from Puerto Rico can text Hablanos to 1-787-339-2663.

National Suicide Prevention Lifeline

- 1-800-273-TALK (8255) for English,
- 1-888-628-9454 for Spanish
- [Lifeline Crisis Chat](#)

National Domestic Violence Hotline

- 1-800-799-7233
- text LOVEIS to 22522

National Child Abuse Hotline

- 1-800-4AChild (1-800-422-4453)
- text 1-800-422-4453

National Sexual Assault Hotline

- 1-800-656-HOPE (4673)
- [Online Chat](#)

The Eldercare Locator

- 1-800-677-1116 TTY Instructions

Veteran's Crisis Line

- 1-800-273-TALK (8255)
- [Crisis Chat](#)
- text: 8388255