

MENTAL HEALTH RESOURCES

Salt Lake City

[HTTPS://UTAHPRIDECENTER.ORG/UTAH-PRIDE-CENTER/MENTAL-HEALTH/](https://utahpridecenter.org/utah-pride-center/mental-health/)

UTAH PRIDE CENTER PROVIDES MANY RESOURCES INCLUDING MENTAL HEALTH RESOURCES FOR LGBTQIA+ FOLKS AND FAMILY MEMEBERS.

[HTTPS://WWW.UPIHC.ORG/SERVICES](https://www.upihc.org/services)

THE UTAH PACIFIC ISLANDER HEALTH COALITION HAS A VARITY OF MENTAL HEALTH RESOURCES SPECIFICALLY FOR THE PACIFIC ISLANDER COMMUNITY.

[HTTPS://HOPESQUAD.COM/UTAH-RESOURCES/](https://hopesquad.com/utah-resources/)

HOPE SQUAD AS A VARAITY OF FREE OR REDUCE PRICED MENTAL HEALTH RESOURCES.

[HTTPS://VALLEYCARES.COM/](https://valleycares.com/)

VALLEY BEHAVIOR HEALTH IS A NONPROFIT THAT PROVIDES MENTAL HELATH SERVICES AT FREE OR REDUCED PRICES.

[HTTPS://HEALTHCARE.UTAH.EDU/HMHI/PROGRAMS/CRISIS-DIVERSION/](https://healthcare.utah.edu/hmhi/programs/crisis-diversion/)

THE UNIVERISTY OF UTAH CAN HELP WITH SUICDE PERVENTION OR MENTAL HEALTH CRISIS ASSISTANCE. VISIT THEIR PAGE FOR MORE INFO.

[HTTPS://ENCIRCLETOGETHER.ORG/SERVICES](https://encircletogether.org/services)

PROVIDES A VARITY OF RESOURCES TO SUPPORT THE MENTAL HEALTH OF LGBTQIA+ YOUTH AND THEIR FAMILY. YOU CAN DROP IN FOR IN PERSON RESOURCES OR PARTICIPATE ONLINE.

MENTAL HEALTH RESOURCES

Atlanta

[HTTPS://AAPHC.ORG/SERVICES/BEHAVIORAL-HEALTH](https://AAPHC.ORG/SERVICES/BEHAVIORAL-HEALTH)

ALBANY AREA PRIMARY CARE PROVIDES COUNSELING SERVICES, PSYCHIATRIC SERVICES, MENTAL HEALTH SERVICES, AND GROUP THERAPY SERVICES. ALL INCOME LEVELS ACCEPTED SLIDING SCALE OF FEES BASED ON INCOME.

[HTTPS://WWW.ANHC.CLINIC/SERVICES](https://www.anhc.clinic/services)

THE MISSION OF THE ATHENS NEIGHBORHOOD HEALTH CENTER IS TO PROVIDE AFFORDABLE, HIGH QUALITY HEALTHCARE AND MENTAL HEALTHCARE TO ALL INDIVIDUALS IN ATHENS-CLARKE COUNTY AND SURROUNDING AREAS.

[HTTPS://WWW.SKYLANDTRAIL.ORG/ABOUT/](https://www.skylandtrail.org/about/)

LOCATED IN ATLANTA, SKYLAND TRAIL IS A NATIONALLY RECOGNIZED NONPROFIT MENTAL HEALTH TREATMENT ORGANIZATION SERVING ADULTS AGES 18 AND OLDER AND ADOLESCENTS AGES 14 TO 17.

[HTTPS://WWW.MHAGEORGIA.ORG/GET-HELP/MENTAL-HEALTH-SCREENING/](https://www.mhageorgia.org/get-help/mental-health-screening/)

MENTAL HEALTH AMERICA OF GEORGIA IS A NON-PROFIT ORGANIZATION DEDICATED TO IMPROVING THE LIVES OF INDIVIDUALS WITH MENTAL HEALTH CHALLENGES AS WELL AS PROMOTING MENTAL WELLNESS THROUGHOUT GEORGIA.

[HTTPS://GAHOPE.ORG/](https://gahoep.org/)

FOR INDIVIDUALS AND FAMILIES, GEORGIA HOPE OFFERS MENTAL HEALTH SERVICES IN THE STATE OF GA. WE PROVIDE AN ARRAY OF SERVICES DESIGNED TO MEET THE INDIVIDUAL NEEDS OF EACH PERSON, BASED ON YOUR PREFERENCES AND DESIRES.

[HTTPS://NAMINORTHSIDEATLANTA.ORG/](https://naminorthsideatlanta.org/)

NAMI NORTHSIDE ATLANTA IS AN ORGANIZATION OF FAMILIES, FRIENDS AND INDIVIDUALS WHOSE LIVES HAVE BEEN AFFECTED BY MENTAL ILLNESS. TOGETHER, WE ADVOCATE FOR BETTER LIVES FOR THOSE INDIVIDUALS WHO HAVE A MENTAL ILLNESS.

MENTAL HEALTH RESOURCES

Orlando

[HTTPS://MHACF.ORG/](https://mhacf.org/)

MENTAL HEALTH ASSOCIATION OF CENTRAL FLORIDA (MHACF) IS ONE OF THE OLDEST NONPROFITS IN CENTRAL FLORIDA AND IS THE LEADING COMMUNITY-BASED NONPROFIT DEDICATED TO ADDRESSING THE NEEDS OF THOSE LIVING WITH MENTAL ILLNESS AND PROMOTING THE OVERALL MENTAL HEALTH OF ALL.

[HTTPS://WWW.MHRCFLORIDA.COM/ABOUT-MHRC.HTML](https://www.mhrcflorida.com/about-mhrc.html)

MENTAL HEALTH RESOURCE CENTER, INC. (MHRC) IS A FLORIDA NONPROFIT CORPORATION THAT PROVIDES A WIDE RANGE OF BEHAVIORAL HEALTH AND SOCIAL SERVICES TO THE COMMUNITY. INCLUDED IN MHRC'S SERVICE ARRAY ARE 24-HOUR EMERGENCY SERVICES; INPATIENT PSYCHIATRIC SERVICES FOR CHILDREN, ADOLESCENTS AND ADULTS;

[HTTPS://NAMIGO.ORG/RESOURCES/ABOUT-MENTAL-ILLNESS/](https://namigo.org/resources/about-mental-illness/)

NAMI CONNECTION IS A SUPPORT GROUP FOR PEOPLE WITH MENTAL HEALTH CONDITIONS. YOU WILL GAIN INSIGHT FROM HEARING THE CHALLENGES AND SUCCESSES OF OTHERS, AND THE GROUPS ARE LED BY TRAINED LEADERS WHO'VE BEEN THERE.

[HTTPS://WWW.HISPAFAM.COM/](https://www.hispaafam.com/)

HISPANIC FAMILY COUNSELING, INC. WAS FOUNDED WITH A DESIRE TO SERVE THE DIVERSE COMMUNITY IN CENTRAL FLORIDA. OUR FOCUS IS TO ASSIST WITH EMOTIONAL AND MENTAL HEALTH NEEDS.

[HTTPS://ZEBRAYOUTH.ORG/PROGRAMS-SERVICES/MENTAL-HEALTH-COUNSELING/](https://zebrayouth.org/programs-services/mental-health-counseling/)

THE ZEBRA YOUTH'S MENTAL HEALTH COUNSELING PROGRAM PROVIDES TRAUMA INFORMED, AGE AND DEVELOPMENTALLY APPROPRIATE THERAPY AND IS DESIGNED FOR THE UNIQUE EXPERIENCES AND NEEDS OF THE HOMELESS OR AT-RISK LGBTQ+ YOUTH WHO TURN TO US FOR HELP AND SUPPORT. AGES 13-24

[HTTPS://988LIFELINE.ORG/](https://988lifeline.org/)

THE 988 SUICIDE & CRISIS LIFELINE IS A NATIONAL NETWORK OF LOCAL CRISIS CENTERS THAT PROVIDES FREE AND CONFIDENTIAL EMOTIONAL SUPPORT TO PEOPLE IN SUICIDAL CRISIS OR EMOTIONAL DISTRESS 24 HOURS A DAY, 7 DAYS A WEEK IN THE UNITED STATES.

MENTAL HEALTH RESOURCES

Charlotte

[HTTPS://WWW.KELLINFOUNDAATION.ORG/ADULTS](https://www.kellinfooundation.org/adults)

WE OFFER AN ARRAY OF FREE MENTAL HEALTH AND SUBSTANCE USE TREATMENT SERVICES FOCUSED ON THREE AREAS: NAVIGATION/CASE MANAGEMENT, COUNSELING ASSESSMENT AND TREATMENT, AND SUPPORT SERVICES

[HTTPS://WWW.COTTAGEHCS.COM/SERVICES](https://www.cottagehcs.com/services)

WITH AN EMPHASIS ON A CLIENT CENTERED APPROACH AND EVIDENCE-BASED TECHNIQUES, WE PROMOTE BOTH PHYSICAL AND MENTAL WELL-BEING.

[HTTPS://CAROLINACSS.COM/REHAB-OUR-SERVICES](https://carolinacss.com/rehab-our-services)

. WE SERVE ADULTS, CHILDREN, AND FAMILIES WHO ARE STRUGGLING WITH MENTAL HEALTH AND SUBSTANCE USE DISORDERS. OUR APPROACH IS A SIMPLE ONE, TO PROMOTE SEAMLESS SERVICES AND SUPPORT TO THOSE WITH MENTAL ILLNESS, SUBSTANCE ABUSE, AND/OR DISABILITIES.

[HTTPS://HOPEWAY.ORG/RESOURCES](https://hopeway.org/resources)

HOPEWAY STRIVES TO BE SEEN AS AN EDUCATIONAL LEADER AND ADVOCATE IN OUR COMMUNITY TO INCREASE UNDERSTANDING, AWARENESS AND ACCEPTANCE OF THE DIAGNOSIS AND TREATMENT OF MENTAL ILLNESS.

[HTTPS://NAMINC.ORG/](https://naminc.org/)

NAMI CONNECTION IS A SUPPORT GROUP FOR PEOPLE WITH MENTAL HEALTH CONDITIONS. YOU WILL GAIN INSIGHT FROM HEARING THE CHALLENGES AND SUCCESSES OF OTHERS, AND THE GROUPS ARE LED BY TRAINED LEADERS WHO'VE BEEN THERE.

[HTTPS://988LIFELINE.ORG/](https://988lifeline.org/)

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MENTAL HEALTH RESOURCES

Arlington

[HTTPS://WWW.NVFS.ORG/OUR-SERVICES/MENTAL-HEALTH/](https://www.nvfs.org/our-services/mental-health/)

NVFS PROVIDES CULTURALLY COMPETENT, LANGUAGE-SPECIFIC MENTAL HEALTH SERVICES FOR ALL AGES IN VARIOUS SETTINGS TO ENSURE NEIGHBORS FROM ALL BACKGROUNDS HAVE ACCESS TO THE SUPPORT THEY NEED.

[HTTPS://WWW.WHITMAN-WALKER.ORG/CARE-PROGRAM/BEHAVIORAL-HEALTH-ASSESSMENT-AMP-REFERRAL](https://www.whitman-walker.org/care-program/behavioral-health-assessment-amp-referral)

BEHAVIORAL HEALTH PROGRAMS INCLUDE PEER SUPPORT, SUBSTANCE USE TREATMENT, PSYCHOTHERAPY, PSYCHIATRY, AND GENDER AFFIRMING ASSESSMENT. WE OFFER SERVICES TO ADULTS AND YOUTH.

[HTTPS://WWW.DREAMSOFHOPFOUNDATION.ORG/SERVICE-PAGE/OUTPATIENT-THERAPY?REFERRAL=SERVICE_LIST_WIDGET](https://www.dreamsofhopefoundation.org/service-page/outpatient-therapy?referral=service_list_widget)

OUTPATIENT THERAPY SCREENING IS CONDUCTED DURING THIS APPOINTMENT. INDIVIDUAL THERAPY SESSIONS WITH A THERAPIST THROUGH A LOCAL PROVIDER FOR TALK THERAPY (DREAMS OF HOPE WILL COVER THE COST FOR SESSIONS IF THE INDIVIDUAL DOES NOT HAVE INSURANCE.)

[HTTPS://FAMILYINSIGHT.NET/SERVICES/MENTAL-HEALTH-SKILL-BUILDING/](https://familyinsight.net/services/mental-health-skill-building/)

THIS SERVICE IMPROVES A CLIENT'S WELL BEING BY ESTABLISHING A SUPPORT NETWORK OF SAFETY, EDUCATION AND EMPOWERING THE CLIENT TO INCREASE OVERALL QUALITY OF LIFE BY MANAGING AND CONTROLLING SYMPTOMS. OUR SERVICES INCLUDE EXTENSIVE COLLABORATION WITH OUTSIDE PROFESSIONALS AND 24/7 CRISIS MANAGEMENT.

[HTTPS://WWW.RBHA.ORG/CONTACT.ASPX](https://www.rbha.org/contact.aspx)

RBHA PROVIDES A CONTINUUM OF SERVICES TO MEET THE NEEDS OF ADULTS NEEDING BEHAVIORAL HEALTH CARE IN THE CITY OF RICHMOND AND ACROSS THE REGION. WE UNDERSTAND THAT INDIVIDUALS AND FAMILIES MAY HAVE MULTIPLE NEEDS AND CO-OCCURRING BEHAVIORAL HEALTH CHALLENGES THAT REQUIRE A COMPREHENSIVE APPROACH TO TREATMENT AND SUPPORT.

[HTTPS://988LIFELINE.ORG/](https://988lifeline.org/)

THE 988 SUICIDE & CRISIS LIFELINE IS A NATIONAL NETWORK OF LOCAL CRISIS CENTERS THAT PROVIDES FREE AND CONFIDENTIAL EMOTIONAL SUPPORT TO PEOPLE IN SUICIDAL CRISIS OR EMOTIONAL DISTRESS 24 HOURS A DAY, 7 DAYS A WEEK IN THE UNITED STATES.

MENTAL HEALTH RESOURCES

San Mateo and Newport Beach

[*HTTP://PEACE-IT-TOGETHER.ORG/COUNSELING-SERVICES*](http://peace-it-together.org/counseling-services)

WE OFFER AFFORDABLE AND CONFIDENTIAL COUNSELING SERVICES FOR INDIVIDUALS, COUPLES AND FAMILIES. WE HAVE SPECIALIZED TRAINED PROFESSIONALS WHO CAN HELP YOU IN ANY OF THESE AREAS:

[*HTTPS://WWW.NAMIOC.ORG/SUPPORT-GROUPS*](https://www.namio.org/support-groups)

NAMI ORANGE COUNTY'S SUPPORT GROUPS ARE FOR INDIVIDUALS 18 YEARS & OLDER WHO ARE FAMILY MEMBERS OR WHO CARE ABOUT SOMEONE WITH A MENTAL HEALTH CONDITION, INDIVIDUALS LIVING WITH A MENTAL HEALTH CONDITION THEMSELVES, AND HEALTH CARE PROFESSIONALS IN THE MEDICAL FIELD. MEETINGS ARE HELD IN A CASUAL & CONFIDENTIAL ENVIRONMENT, WHERE SHARING AND CARING IS THE FOCUS.

[*HTTPS://WWW.NEWPORTMENTALHEALTH.ORG/SERVICES/OUTPATIENT-EMERGENCY-SERVICES/*](https://www.newportmentalhealth.org/services/outpatient-emergency-services/)

NEWPORT MENTAL HEALTH PROVIDES TRAUMA INFORMED EVIDENCE-BASED SERVICES TO CHILDREN, ADOLESCENTS, FAMILIES, AND ADULTS WHO ARE EXPERIENCING PROBLEMS WITH MENTAL ILLNESS, OR STRESS IN THEIR LIVES THAT WOULD BENEFIT FROM COUNSELING AND OTHER BEHAVIORAL HEALTH SERVICES AND SUPPORTS.

[*HTTPS://WWW.HOAG.ORG/ABOUT-HOAG/COMMUNITY-BENEFIT/HOAG-PROGRAMS/MENTAL-HEALTH-CENTER/*](https://www.hoag.org/about-hoag/community-benefit/hoag-programs/mental-health-center/)

OUR BILINGUAL AND BICULTURAL STAFF CAN PROVIDE CULTURALLY COMPETENT SERVICES IN ENGLISH, SPANISH OR FARSI. OUR SERVICES BEGIN WITH AN INITIAL EVALUATION/CONSULTATION PROCESS WHICH INCLUDES A ONE-HOUR FACE-TO-FACE APPOINTMENT WITH A MENTAL HEALTH PROFESSIONAL.

[*HTTPS://WWW.KEDREN.ORG/SERVICES/BEHAVIORAL-HEALTH/ADULT-SERVICES/GENERAL-SERVICES/*](https://www.kedren.org/services/behavioral-health/adult-services/general-services/)

OUR HIGHLY TRAINED MENTAL HEALTH STAFF, TOGETHER WITH OUR STRONG LEADERSHIP, CREATE AN UNWAVERING COMMITMENT TO QUALITY SERVICES BASED ON OUR BELIEF IN THE RESILIENCY AND POTENTIAL OF THE INDIVIDUAL WE SERVE.

[*HTTPS://988LIFELINE.ORG/*](https://988lifeline.org/)

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MENTAL HEALTH RESOURCES

New York City

[HTTPS://WWW.NYC.GOV/SITE/DOH/HEALTH/HEALTH-TOPICS/NYC-WELL.PAGE](https://www.nyc.gov/site/doh/health/health-topics/nyc-well.page)

NYC WELL IS YOUR CONNECTION TO FREE, CONFIDENTIAL CRISIS COUNSELING, MENTAL HEALTH AND SUBSTANCE USE SUPPORT, INFORMATION AND REFERRALS. YOU CAN REACH THE TOLL-FREE HELP LINE 24 HOURS A DAY, 7 DAYS A WEEK BY PHONE, TEXT AND ONLINE CHAT.

[HTTPS://NAMINYCMETRO.ORG/LIVING-WITH-A-MENTAL-HEALTH-CONDITION/](https://naminycmetro.org/living-with-a-mental-health-condition/)

WE'RE HERE FOR YOU IF YOU'RE STRUGGLING WITH YOUR MENTAL HEALTH OR SUPPORTING A LOVED ONE. 212-684-3264
HELPLINE@NAMINYC.ORG

[HTTPS://WWW.METROPOLITANCENTER.COM/SERVICES/](https://www.metropolitancenter.com/services/)

METROPOLITAN CENTER FOR MENTAL HEALTH (MCMH) IS A NON-PROFIT, OUTPATIENT BEHAVIORAL HEALTH ORGANIZATION FOUNDED IN 1962, DEDICATED TO PROVIDING AFFORDABLE PSYCHOLOGICAL AND PSYCHIATRIC TREATMENT TO SUPPORT THE EMOTIONAL WELL-BEING OF PEOPLE LIVING IN ITS SURROUNDING COMMUNITY.

[HTTPS://INSTITUTE.ORG/HEALTH-CARE/SERVICES/BEHAVIORAL-HEALTH/](https://institute.org/health-care/services/behavioral-health/)

FEELING SAD OR HOPELESS? ANXIOUS OR WORRIED? TROUBLE CONCENTRATING? NOT INTERESTED IN THINGS YOU USUALLY LIKE TO DO? CONCERNED ABOUT A FAMILY MEMBER? PROBLEMS IN YOUR RELATIONSHIP? WE CAN HELP. WE OFFER COUNSELING AND OTHER SERVICES FOR CHILDREN, ADOLESCENTS, ADULTS, AND FAMILIES. ALL SERVICES ARE COMPLETELY CONFIDENTIAL.

[HTTPS://NATIONALDEPRESSIONHOTLINE.ORG/NEW-YORK](https://nationaldepressionhotline.org/new-york)

THE NEW YORK STATE OFFICE OF ADDICTION SERVICES AND SUPPORTS OFFERS THE NY HOPELINE. IT'S AVAILABLE FOR ANY RESIDENT TO CALL AND RECEIVE FREE AND CONFIDENTIAL INFO/RESOURCES ON MENTAL AND/OR BEHAVIORAL HEALTH MATTERS. CALL 877-846-7369 OR TEXT "HOPENY" AT 467369 ANYTIME TO REACH A TRAINED SPECIALIST WHO CAN HELP.

[HTTPS://988LIFELINE.ORG/](https://988lifeline.org/)

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