

Community Resources Handout

Telephone Resources:

Call **211** if available in your area. 211 is a free confidential community information, referral, and crisis line with services 24 hours/day. Use the crisis line for urgent problems (if not able to talk to your psychiatrist, counselor, or telephone nurse advisor). Or call 211 to find out what community options and services are available to you.

Call **1-800-273-TALK (8255)** for National Suicide Prevention Lifeline.

Online Resources: (Go to the following websites to explore them)

<http://www.resourcehouse.org> lets you search for services, support, resources, and organizations.

<http://www.medlineplus.gov> for information about health topics, illnesses, drugs and supplements, a medical encyclopedia, health news, and more.

<http://www.csh.umn.edu> for information at Center for Spirituality and Healing. Click on “Taking Charge of Your Health” to Create a Healthy Lifestyle, Learn to Navigate the Healthcare System or Explore Healing Practices.

Go to <http://www.takingcharge.csh.umn.edu/wellbeing-model> to explore your health & wellness.

<http://www.nami.org/Find-Support> for information and resources from National Alliance on Mental Illness.

<http://www.dbsalliance.org> for support and information from the Depression and Bipolar Support Alliance website

<http://www.samhsa.gov> for substance abuse and mental health resources.

<http://www.mentalhelp.net> for mental health support, information & resources.

Go to <http://mentalhealthamerica.net> for helpful screening tools, information and fact sheets