



## Support, Education, Research and Advocacy

The following is a listing of agencies and organizations that give information about mental illness, offer support groups, do advocacy on behalf of people with mental illnesses and their families, and/or support or do research into these illnesses. Some have local offices and contact people. Contact your United Way or the national organization for further information.

**Alzheimer's Association, Inc.**, (800) 272-3900; [www.alz.org](http://www.alz.org). Provides, support groups for families, educational and patient care materials, information about local resources and services.

**Alzheimer's Disease Education and Referral Center**, (800) 438 4380; <https://www.nia.nih.gov/alzheimer>. A service of the National Institute on Aging which distributes information on Alzheimer's disease, current research activities and services available to patients and families.

**American Foundation for Suicide Prevention**, <http://afsp.org/>. Support group and other information available.

**Anxiety and Depression Association of America**, [adaa.org](http://adaa.org), (240) 485-1001. This organization's purpose is to promote the prevention and cure of anxiety disorders and depression, and to improve the lives of people who suffer from them. Educational and informational materials, a newsletter, and referral services are available.

**Autism Society of America**, (301) 657-0881; (800) 328-8476; [www.autism-society.org](http://www.autism-society.org)

**Brain and Behavior Research Foundation**, [bbrfoundation.org](http://bbrfoundation.org); (800) 829-8289; [info@bbrfoundation.org](mailto:info@bbrfoundation.org) The Brain and Behavior Research Foundation invests in scientific research and believes that science is the purveyor of hope for improving the lives of the mentally ill. They have an informative newsletter.

**Center for Mental Health Services (CMHS)**, [cmhs.gov](http://cmhs.gov); CMHS is a component of the Substance Abuse and Mental Health Services Administration of the U.S. Public Health Service. An informational kit is available. There also is a web site, the Knowledge Exchange Network; [www.citymatch.org/projects/data-use-online-training/local-data-sources/center-mental-health-services-cmhs-%E2%80%93-samhsa](http://www.citymatch.org/projects/data-use-online-training/local-data-sources/center-mental-health-services-cmhs-%E2%80%93-samhsa)

**Center for Psychiatric Rehabilitation**, Boston University College of Health and Rehabilitation Sciences, 940 Commonwealth Avenue West, Boston, MA 02215; <https://cpr.bu.edu>; The Center is a research, training, and service organization dedicated to improving the lives of persons who have psychiatric disabilities. The Center also publishes the Psychosocial Rehabilitation Journal.

**Children and Adults with Attention Deficit Disorder (CHADD)**, [www.chadd.org/](http://www.chadd.org/). The organization provides education, advocacy and support for individuals with ADHD. In addition to their informative website, CHADD also publishes a variety of printed materials to keep members and professionals current on research advances, medications and



treatments affecting individuals with ADHD. These materials include Attention magazine, Attention weekly, a free electronically mailed current events newsletter, as well as other publications of specific interest to educators, professionals and parents.

**Compassionate Friends, Inc.**, National Headquarters for Bereaved Parents, (630) 990-0010; [www.compassionatefriends.org](http://www.compassionatefriends.org). Information available on starting a bereavement support group.

**COMPEER**, (800) 836-0475; [www.compeer.org](http://www.compeer.org). Matches caring, sensitive, trained volunteers with mental health consumers in a one-to-one relationship. Training materials, resources, and information about setting up a program are available.

**Critical Mental Health Resources for College Students**, Guidelines for handling anxiety, depression, suicide, bipolar disorder, eating disorder, addiction, self-harm, and struggles with identity, with links to each state's social and health services site and many other helpful links, <http://www.onlinecolleges.net/for-students/mental-health-resources/>

**Dayton Suicide Prevention Center**, **Suicide Prevention Center**, Dayton, OH; (937) 229-7777; Suicide hotline: (800) 320-4357 or (937) 226-0818. Information on support groups, educational materials for K-12, and a speakers bureau.

**Department of Justice**, [ada.gov](http://ada.gov), Office of Americans with Disabilities Act; (800) 514-0301 (voice); (800) 514-0383 (TTY).

**Emotions Anonymous**, [emotionsanonymous.org](http://emotionsanonymous.org), (651) 647-9712; St. Paul, MN; Support groups and information for consumers of mental health services.

**Families for Depression Awareness**, <http://www.familyaware.org>. A national nonprofit organization helping families recognize and cope with depression and bipolar disorder to get people well and prevent suicides. They provide education, support, and advocacy.

**The Federation of Families for Children's Mental Health**, 1021 Prince Street, Alexandria, VA 22314-2971; (240) 403-1901; [www.ffcmh.org](http://www.ffcmh.org); A parent-run organization focused on the needs of children and youth with emotional, behavioral or mental disorders and their families. Informational and educational materials and a newsletter are available. They also have information about, support groups and have referral information.

**Grow in America**, [growinamerica.org](http://growinamerica.org), (217) 352-6989. A group for consumers of mental health services, which has local chapters that provide information and support groups. Some groups work with people who have both mental illness and a substance abuse problem.

**Indianapolis Center for Congregations**, [centerforcongregations.org](http://centerforcongregations.org), (866) 307-2381. The Indianapolis Center for Congregations is a resource/referral agency for churches of all faiths, offering seminars and workshops.



**International Conference of War Veteran**

**Ministers**, [www.vietnamveteranministers.org](http://www.vietnamveteranministers.org) (formerly the National Conference of Viet Nam Veteran Ministers).

**Learning Disabilities Association of America**, [ldaamerica.org/](http://ldaamerica.org/); (412) 341-1515. The organization provides support to people with learning disabilities, their parents, teachers and other professionals with cutting edge information on learning disabilities, practical solutions and a comprehensive network of resources.

**Matrix Research Institute/Penn Research and Training Center of Mental Illness and Work**, 6008 Wayne Avenue, Philadelphia, PA 19144; (215) 438-8200; (215) 438-1506 (TDD).

**Mental Health America**, (800) 969-6642; [www.mentalhealthamerica.net/](http://www.mentalhealthamerica.net/); dedicated to helping American achieve wellness by living mentally healthier lives.

National Alliance on Mental Illness (NAMI), [www.nami.org](http://www.nami.org); Arlington, VA; (703) 524-7600. Helpline is (800) 950-6264. A support, education and advocacy organization of families of persons with a mental illness, those who have the illness and mental health professionals. It provides referrals and information about its local chapters which have educational and referral information and support groups. NAMI provides literature, videotapes, posters and newsletters.

**NAMI FaithNet**, [nami.org/NAMIFaithnet](http://nami.org/NAMIFaithnet); An interfaith resource network of NAMI members, friends, clergy and congregations of all faith traditions who wish to encourage faith communities who are welcoming and supportive of persons and families living with mental illness.

**National Association of Anorexia Nervosa and Associated Disorders**

(ANAD), [www.anad.org/](http://www.anad.org/); Helpline: (630) 577-1330.

**National Clearing House for Alcohol and Drug Information**, **NCADI**; (800) 729-6686; A national clearing house for alcohol and drug information overseen by the Substance Abuse and Mental Health Services Administration (SAMHSA) of the United States Department of Health and Human Services. It offers brochures, videotapes, guides and surveys, many of which pertain to children and youth.

**National Eating Disorders Association**, [www.NationalEatingDisorders.org](http://www.NationalEatingDisorders.org); email at [info@nationaleatingdisorders.org](mailto:info@nationaleatingdisorders.org); Toll-Free Information & Referral Helpline (800) 931-2237. Nonprofit organization working to prevent eating disorders, eliminate body dissatisfaction, and provide treatment referrals to those suffering from anorexia, bulimia and binge eating disorder and those concerned with body image, eating and weight issues.

**National Institute for Mental Health (NIMH)**, 866-615-6464; [www.nimh.nih.gov](http://www.nimh.nih.gov). A division of the National Institutes of Health (NIH) which has available educational and informational literature, videotapes, posters and public service announcements.



**National Mental Health Consumer's Self-Help Clearinghouse**, [mhselfhelp.org](http://mhselfhelp.org). The nation's first peer-run national technical assistance center, has played a major role in the development of the mental health consumer/survivor/ex-patient (c/s/x) movement. The movement strives for dignity, respect, and opportunity for those diagnosed with mental health conditions, often called peers. Individuals who receive or have received mental health services continue to reject the label of "those who cannot help themselves."

**National Mental Health Services Knowledge Exchange Network**, [www.mentalhealth.org](http://www.mentalhealth.org) A network sponsored by a SAMHSA division, the Center for Mental Health Services (CMHS). The Network offers information about federal, state, and local mental health agencies; CMHS technical assistance centers; other clearing houses and information centers; consumer and family advocacy, mental health, and professional organizations.

**National Suicide Prevention Lifeline**, 1-800-273-TALK (8255) is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. By dialing 1-800-273-TALK, the call is routed to the nearest crisis center in our national network of more than 150 crisis centers. The Lifeline's national network of local crisis centers, provides crisis counseling and mental health referrals day and night. [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**Obsessive Compulsive Anonymous (OCA)**, [obsessivecompulsiveanonymous.org](http://obsessivecompulsiveanonymous.org); (516) 739-0662. Information and support groups.

**Obsessive Compulsive Disorder Foundation**, (617) 973-5801; [www.ocfoundation.org](http://www.ocfoundation.org). Referrals, support group, educational materials, videotapes, buttons, posters and a newsletter are available.

**Office of Juvenile Justice Delinquency Prevention**, [ojjdp.gov](http://ojjdp.gov); OJJDP provides national leadership, coordination, and resources to prevent and respond to juvenile delinquency and victimization. OJJDP supports states and communities in their efforts to develop and implement effective and coordinated prevention and intervention programs and to improve the juvenile justice system so that it protects public safety, holds justice-involved youth appropriately accountable, and provides treatment and rehabilitative services tailored to the needs of juveniles and their families.

**Panic Disorder Education Program**, NIMH, 5600 Fishers Lane, Room 7-99, Rockville, MD 20857; (800) 647-2642 or (301) 443-4536. Educational materials are available which include a videotape, brochures, and pamphlets.

**Postpartum Support International**, [www.postpartum.net](http://www.postpartum.net); (800) 944-4773; provides current information, resources, education about perinatal mental health, and advocates for further research and legislation to support perinatal mental health.

**Tourette Syndrome Association of America**, [www.tourette.org](http://www.tourette.org); 888-4-TOURET