

# COLLABORATOR RESOURCE GUIDE

This resource guide was developed to help employers offer their employees the appropriate mental health, substance use, and other resources. The resources below come from MHA's network of trusted partners and supporters, and these topics are included in the guide:

1. Suicide and Crisis Prevention Information
2. Mental Health and Substance Use Assistance
3. Workplace Mental Health Resources
4. Caregiver Resources
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7. Peer and Recovery Support
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## Suicide and Crisis Prevention Information

If you or a coworker is in crisis, please call or text a resource below, call 911, or go to an emergency room immediately.

**988 Suicide & Crisis Lifeline:** The Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7. Services are available for:

- For deaf and hard of hearing individuals: TTY users, use your preferred relay service or dial 711 then 988.
- Chat [988lifeline.org](https://988lifeline.org).
- Veterans: Call 988 then press 1 to reach the Veterans Crisis Line (VCL). The VCL is also available via [chat](#) and text to 838255.

**Crisis Text Line:** Text MHA to 741-741 to text with a trained Crisis Counselor for free, anonymous, 24/7 support.

**Warmline.org:** Warmlines are staffed by trained peers who have been through their mental health struggles and know what it's like to need someone to talk to.

## Mental Health and Substance Use Assistance

### [SAMHSA Behavioral Health Treatment Services](#)

**Locator:** SAMHSA's Behavioral Health Treatment Services Locator is a confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance use and mental health concerns.

**Psychology Today Therapist Finder:** Psychology Today has an extensive database of therapists where you can filter search results based on therapist gender, accepted insurance, types of therapy, and more.

**wikiHow:** wikiHow is an online community with an extensive database of how-to guides. Check out their course, created in collaboration with MHA: [Boost Your Well-Being: wikiHow's Healthy Mind Masterclass](#)

## Workplace Mental Health Resources

**Empower Work:** Empower Work is a national nonprofit that runs a free, confidential text line to support vulnerable workers dealing with workplace difficulties, including work-related mental health issues. The text line is staffed by trained peer counselors, who provide real-time support to those dealing with work-related stress and anxiety, discrimination, harassment, bullying, and unsafe working conditions. To connect with a peer counselor, text 510-674-1414 or go to [empowerwork.org](https://empowerwork.org).

**FlexJobs:** FlexJobs is the leading career service for remote and flexible job listings, expert remote career advice, and career coaching services. FlexJobs believes that remote and flexible work can positively impact people's lives and transform organizations to be more healthy, inclusive, productive, and environmentally friendly.

**Health Links:** Health Links' Workplace Mental Health Module helps organizations assess their existing mental health supports and provides recommendations to meet the needs of employees. The module includes a survey, toolkit, customized recommendations, and advising sessions to use evidence-based practices to improve employee mental health.

**Holmes Murphy & Associates:** Holmes Murphy & Associates is a 90-year-old privately held insurance brokerage service provider committed to addressing mental health and well-being in workplaces. They provide resources such as the [13 Step Quick Action Guide for Addressing Mental Health and Suicide Prevention](#) and [Building a Caring Culture: Addressing Mental Health in the Workplace](#), a co-branded whitepaper by MindWise Innovations, CSDZ, and Holmes Murphy & Associates. Resources include case studies of how companies in various industries address workplace mental health with empathy.

**International Employee Assistance Digital Archive:** The archive is a free and publicly accessible site where employee assistance program (EAP) and related professionals post original works, historical documents, other empirical papers, and multimedia focused on EAP and broader workplace behavioral health. The archive has grown to over 23,500-page visitors and more than 149,000 file downloads.

**Job Accommodation Network (JAN):** JAN is the leading source of free, expert, and confidential guidance on workplace accommodations and disability employment issues. Staff at JAN offer one-on-one guidance on workplace accommodations, the Americans with Disabilities Act (ADA) and related legislation, and self-employment and entrepreneurship options for people with disabilities.

**Mental Health Coalition (MHC):** MHC is a nonprofit organization comprised of passionate and influential organizations, brands, and individuals who have joined forces to end mental health stigma. MHC created a [Roadmap](#) that guides managers on how to have important conversations around mental health in the workplace. This guide is filled with actionable steps to help managers address mental health with their teams to improve the workplace culture around mental health.

**Mind Share Partners:** Mind Share Partners is a national nonprofit changing workplace mental health culture so employees and organizations can thrive. It builds public awareness, hosts communities to support mental health employee resource group (ERG) leaders, and provides custom workplace training, strategic advising, and on-demand solutions. Mind Share Partners offers free [toolkits](#), [frameworks](#), [research](#), and resources in its [blog](#). It also runs two columns in Forbes and Thrive Global and publishes articles in Harvard Business Review. Diversity, equity, and inclusion (DEI) are intrinsically tied to mental health, and that lens is core to its work and activities.

**National Guidelines for Workplace Suicide Prevention:** National leaders from diverse industries have been working for several years to freely develop and disseminate the national guidelines for workplace suicide prevention. The guidelines are based on eight guiding principles and nine practices that cover upstream, midstream, and downstream approaches to prevention and intervention in the workplace. To access the materials and learning community, visit [the website](#) and pledge to make suicide prevention a health and safety priority for your workplace or professional organization.

**National Organization on Disability (NOD):** NOD increases employment opportunities for Americans with disabilities. Its programs and services enable companies to realize the competitive advantages of hiring people with disabilities. NOD's [Disability Employment Tracker](#) is a free benchmarking tool that allows companies to measure their progress in disability inclusion against more than 200 participating companies.

**The National Institute for Occupational Safety and Health (NIOSH):** The **NIOSH Worker Well-Being Questionnaire** (NIOSH WellBQ) provides an integrated assessment of worker well-being across multiple spheres, including individuals' quality of working life, circumstances outside of work, and physical and mental health status. The NIOSH WellBQ is intended to help researchers, employers, workers, practitioners, and policymakers understand the well-being of workers and target interventions to improve worker well-being, among other applications.

## Caregiver Resources

**Caregiver Action Network (CAN):** CAN is the nation's leading family caregiver organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, diseases, or the frailties of old age. Individuals can reach out to their **Caregiver Help Desk** for guidance and support.

**Eldercare Locator:** The Eldercare Locator, a public service of the Administration on Aging and U.S. Department of Health and Human Services, is a nationwide service that connects older Americans and their caregivers with information on senior services.

## Child and Adolescent Mental Health

**National Federation of Families for Children's Mental Health:** The National Federation of Families for Children's Mental Health has local chapters that can assist individuals with various issues, including navigating the system, advocating for their child, and finding support groups.

**American Academy for Child and Adolescent Psychiatry (AACAP):** AACAP is a national organization that provides mental health information for professionals and families. It has various resources useful for families, especially its **Facts for Families** section, which includes downloadable fact sheets.

## Chronic Disease Resources

**American Diabetes Association:** The American Diabetes Association's Center for Information and Community Support provides individuals with access to trained information specialists who can help guide them through the different resources and information available to them to the wide-ranging issues that can be present with diabetes.

**American Heart Association:** The American Heart Association is the nation's oldest and largest voluntary organization for fighting cardiovascular diseases and

stroke. The website provides a wide range of resources and information on specific conditions.

**National Cancer Institute (NCI):** NCI's Cancer Information Service is a federally funded cancer education program that provides accurate, up-to-date, and reliable information that is easy to understand. Individuals can speak with a trained information specialist, who can answer cancer-related questions in English and Spanish.

**National Pancreas Foundation (NPF):** NPF provides hope for those suffering from pancreatitis, pancreatic cancer, and familial chylomicronemia syndrome (FCS) through funding cutting edge research, advocating for new and better therapies, and providing support and education for patients, caregivers, and health care professionals.

## Peer and Recovery Support

Peers are people in recovery from mental illness or substance use. Consumer services are for individuals who are not ready to see a professional or want a friendlier navigator.

**Inspire:** Access MHA's Inspire Community to engage with peers, who share similar experiences, across hundreds of condition-specific support communities.

**Supportiv:** Supportiv is a digital peer-to-peer support network that enables people to process, cope with, heal from, and problem solve mental health (e.g., anxiety, depression) and daily life struggles (e.g., loneliness, family pressure, parenting challenges, relationship conflicts, work stress) in safe, professionally moderated micro-community chats.

**Compeer:** Compeer is a nonprofit organization that provides consumers (both children and adults) with friendship relationships to assist them in their path to recovery. The organization has affiliates across the country to which people can reach out directly.

## Disorder and Issue Specific Resources

MHA has a wide range of information on disorders that can be found **here**.

**Anxiety and Depression Association of America (ADAA):** ADAA is an international nonprofit organization dedicated to the prevention, treatment, and the cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through the alignment of science, treatment, and education.

**ChoicesInRecovery.com:** Find support and information for people with schizophrenia, schizoaffective, and bipolar disorder and their caregivers, including strategies

for success that can be used daily by people living with mental health conditions.

**Depression and Bipolar Support Alliance (DBSA):** DBSA envisions wellness for people living with mood disorders. DBSA offers peer-based, wellness-oriented support and empowering services and resources available 24/7, in local support groups, in audio and video casts, or in printed materials distributed by DBSA, their chapters, and mental health care facilities across America.

**Self-Injury Recovery Anonymous (SIRA):** SIRA provides a safe space for individuals who engage in physical self-injury to come together to share experiences, strength, and hope without judgment or criticism to stop physical self-injury.

**National Resource Center on ADHD:** The National Resource Center on ADHD is a program for the Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD), a national nonprofit organization providing education, advocacy, and support for individuals with ADHD.

**National Alliance for Eating Disorders:** The National Alliance for Eating Disorders is a national nonprofit organization dedicated to the outreach, education, early intervention, support, and advocacy for all eating disorders.

**Postpartum Support International:** The mission of Postpartum Support International is to promote awareness, prevention, and treatment of mental health issues related to childbearing in every country worldwide.

**American Foundation for Suicide Prevention (AFSP):** AFSP is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education, and advocacy to act against suicide. AFSP has local chapters in all 50 states with programs and events nationwide.

## **General Assistance**

**2-1-1 Information and Referral Line:** Each state has a 2-1-1 Information and Referral Line for free and confidential information and referral. Call 2-1-1 for help with food, housing, employment, health care, counseling, and more.

**Community Health Centers:** Community health centers provide individuals with access to low-cost health care. Most often, what an individual pays will be determined by their income. These centers are located in urban and rural areas and provide prenatal care, baby shots,

general primary care, and referrals to specialized care, including mental health, substance use, and HIV/AIDS.

**National Domestic Violence Hotline:** The National Domestic Violence Hotline provides individuals access to highly trained expert advocates to talk confidentially with anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.

**Rape, Abuse & Incest National Network (RAINN):** RAINN is the nation's largest anti-sexual violence organization. RAINN operates the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense.

## **Military and Veteran Assistance**

**Vet Center Call Center:** The Veteran Center Call Center is an around-the-clock confidential call center where combat veterans and their families can call to talk about their military experience or any other issue they are facing in their readjustment to civilian life by calling 1-877-927-8387.

**Military OneSource:** Military OneSource is a Department of Defense-funded program providing comprehensive information on every aspect of military life at no cost to active duty, Guard and reserve service members, and their families. Information includes deployment, reunion, relationships, grief, spouse employment education, parenting, and child care.

**Veterans Crisis Line (VCL):** VCL is a 24/7, confidential crisis support line for veterans and their loved ones. Call 988 then press 1 to reach the VCL, or access via [chat](#) and text (838255).

## **Spanish and Other Language Assistance**

**National Alliance for Hispanic Health Su Familia:** The National Alliance for Hispanic Health Su Familia program provides families and individuals free, reliable, and confidential health information in Spanish and English by calling 1-866-783-2645.

**Office of Minority Health Resource Center:** The Office of Minority Health Resource Center is a one-stop-shop for minority health literature, research, and referrals.