

Mental Health Resources

Anxiety

Anxiety and Depression Association of America: Support Groups

- <https://adaa.org/supportgroups>

Anxiety Central – forum for people with anxiety to post and read discussions about anxiety

- <https://www.anxiety-central.com>

Coping tips:

- <https://www.samhsa.gov/find-help/disaster-distress-helpline/coping-tips>
- <https://www.cdc.gov/mentalhealth/stress-coping/cope-with-stress/index.html>

Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline:

- 1-800-662-4357

National Helpline Database:

- <https://www.verywellmind.com/national-helpline-database-4799696>

The Anxiety Network: Help and Support

- <https://anxietynetwork.com/anxiety-help-and-support>

Substance abuse and mental health services – main page:

- Free service with a 24/7 national helpline (1-800-662-4357) that can refer you to treatment centers, community support groups and resources, and support and therapy groups.
- <https://www.samhsa.gov/find-help/national-helpline>

Schizophrenia

Schizophrenia Alliance (self-help group)

- <https://sczaction.org/peer-support-groups/>

Find a local support group

- <https://sczaction.org/find-a-support-group/>

Mental Health America:

- <https://www.mhanational.org/conditions/schizophrenia>

Mental Health Resources

Depression

National Suicide Prevention Hotline:

- 24/7 free support line for those in crises
- 1-800-273-8255

Crisis Text Line:

- text “home” to 741741

Anxiety and Depression Association of America (ADAA):

- <https://adaa.org/>

Healthy Minds TV series:

- <https://www.bbrfoundation.org/healthy-minds-tv>

NAMI Helpline:

- 1-800-950-NAMI (6264) or info@nami.org

National Sexual Assault Hotline:

- 800-656-HOPE (4673)

National Domestic Violence Hotline:

- 800-799-SAFE (7233)

Bi-Polar

National Alliance of Mental Health – NAMI:

- <http://www.nami.org/>

Psycom:

- <https://www.psycom.net/>

Choices in Recovery:

- <http://www.choicesinrecovery.com/>

Mental Health Resources

Apps for Mental Health

- MindShift
- What's Up
- Talk space
- Moodkit

Help304 WV's Emotional Strengthline

- Call 1-877-HELP304, text 877-435-7304, or chat with a professional at <http://www.help304.com>

HELP4WV

- 24/7 call, text, and chat line for addiction and mental health issues
- Call 844-435-7498

Bureau for Behavioral Health Office of Children, Youth and Families

- Offers primary prevention programs and self-services including lists of facilities in WV for further treatment
- Call 304-356-4811.

Dietary Guidelines

- <https://dietaryguidelines.gov>
- <https://myplate.gov>