**Mental Health Resources**

**National Alliance on Mental Illness (NAMI)**

\*National advocacy organization with support groups and individual/family education

\*in-person support groups

\* NAMI.org and naminc.org and nami-wake.org

\*NAMI helpline (800) 950-NAMI

**Depression and Bipolar Support Alliance (DBSA)**

\*National advocacy group for mood disorders

\*online support groups

\* dbsalliance.org and trianglencdbsa@gmail.com

**Anxiety and Depression Association of America**

\*free in-person or virtual support groups

\*online anxiety and depression forum

\*Spanish language group available

\* addaa.org

**7 Cups**

\*online support groups, chat rooms and forums to discuss experiences, share feelings and provide daily check-ins

\*One-on-one chats available 24-7 with volunteers, with online training for volunteers

\* 7cups.com

**Mental Health America**

\*source of information on mental illness, webinars, mindfulness tools

\*online support group

\*Anonymous online chats

\* mhanational.org

**Postpartum Support International**

\*online support groups five days a week

\*groups for specific communities and topics

\* postpartum.net

**PTSD Foundation of America**

\* Peer mentoring, group meetings and other resources

\* Crisis hotline

\* ptsdusa.org

**PTSD United**

\*support groups and forums

\* ptsdunited.org

**PTSD Alliance**

\* Information on a variety of support resources

\* ptsdalliance.org

**International OCD Foundation**

\* educational materials, support group lists

\* Iocdf.org