

# MENTAL HEALTH RESOURCES

## Mental Health: You Can Make a Difference

These resources offer a deeper dive on mental health topics. Many are also places to turn for help and support.

### All mental health topics

National Institute of Mental Health  
[www.nimh.nih.gov](http://www.nimh.nih.gov)

Center for Workplace Mental Health  
[www.workplacementalhealth.org/Mental-Health-Topics](http://www.workplacementalhealth.org/Mental-Health-Topics)

### Depression and anxiety disorders

Anxiety and Depression Association of America  
[www.adaa.org/understanding-anxiety](http://www.adaa.org/understanding-anxiety)

Depression Awareness Recognition and Treatment Hotline: 800-421-4211  
Depression and Bipolar Support Alliance: 800-826-3632

### Eating Disorders

National Eating Disorders Association  
[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

### Alcohol and substance use disorders

National Institute on Drug Abuse  
[www.drugabuse.gov/patients-families](http://www.drugabuse.gov/patients-families)

National Institute on Alcohol Abuse and Alcoholism  
[www.niaaa.nih.gov](http://www.niaaa.nih.gov)

### Suicide

The National Suicide Prevention Lifeline: 1-800-273-TALK (8255)  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

American Association of Suicidology  
[www.suicidology.org](http://www.suicidology.org)

Stress can complicate mental health problems. These apps can help you address stress and tension.

#### Happify

Customized program designed to increase happiness and optimism.

#### Stop, Breathe & Think

Short, guided meditations to help tame stress and build mindfulness.

#### MyBreath Lite

Learn personalized breathing techniques to reduce stress.

#### Pocket Yoga

Guided sessions for every skill level puts yoga at your fingertips.

### Your EAP is always available.

Phones are answered 24/7. EAP services are confidential. There is no cost to you for these services. The EAP can be used by your dependents and anyone living in your household.

If you ever feel you are in crisis, call and ask for immediate help. Call 911 if you feel you are at risk of hurting yourself or others.

**Together, all the way.®**



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