

Mental Health, Suicide Prevention, and Addiction Resources

“What matters not so much is where you stand...but with what force you are moving in which direction.”
The Lubavitcher Rebbe

Mental Health Resources

- National Alliance on Mental Illness (NAMI) <https://www.nami.org/>
- Temple University Collaborative on Community Inclusion <http://tucollaborative.org/community-inclusion-resources/>
- National Institute of Mental Health (NIMH) <https://www.nimh.nih.gov/health/find-help/index.shtml>

Suicide Prevention Resources

- If you or someone you know is in an emergency, call [The National Suicide Prevention Lifeline](https://suicidepreventionlifeline.org/chat/) at 800-273-TALK (8255) <https://suicidepreventionlifeline.org/chat/> or call 911 immediately.

Addiction Resources

- Alcohol Abuse: Alcoholics Anonymous <https://www.aa.org>
- Cocaine Abuse: Cocaine Anonymous <https://ca.org>
- Gambling: Gamblers Anonymous <http://www.gamblersanonymous.org/ga/>
- Narcotics: Narcotics Anonymous <https://www.na.org>
- Sex Addiction: Sexaholics Anonymous <https://www.sa.org>
- Food Disorders: Food Addicts in Recovery Anonymous <https://www.foodaddicts.org>
- 12 Steps Program - for a full list of all 12-step programs available. <https://www.addictioncenter.com/treatment/12-step-programs/>

Substance Abuse and Mental Health Services Association (SAMSHA)

- National Helpline – 1-800-662-HELP (4357) - <https://www.samhsa.gov/find-help/national-helpline>

Where can you refer family members of someone struggling with an addiction?

- [Al-Anon](https://al-anon.org) and [AlaTeen](https://al-teen.org) <https://al-anon.org>