

# MENTAL HEALTH RESOURCES LIST

## Improving Life with CF: A Primary Palliative Care Partnership

GEORGI19QI0

PIs: Anna Georgiopoulos, MD and Lara Dhingra, PhD

### General Resources:

1. **Massachusetts General Hospital:** <https://www.massgeneral.org/psychiatry/guide-to-mental-health-resources>  
Search here for a curated set of resources with a particular emphasis on materials useful to providers by the Psychiatry department experts.
2. **Mental Health First Aid's Mental Health Resource List:** <https://www.mentalhealthfirstaid.org/mental-health-resources/>  
Locate resources, support groups, helplines, and services for a range of various mental health concerns.
3. **MentalHealth.gov:** <https://www.mentalhealth.gov/>  
Access information on different types of mental illnesses and their symptoms, as well as resources to assist in talking about mental health with a loved one, whether you are a caregiver, educator, or individual seeking help.
4. **National Alliance on Mental Illness:** <https://www.nami.org/home>  
Find support services, treatment options, and resources from the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.
5. **National Institute of Mental Health (NIMH):** <https://www.nimh.nih.gov/health/find-help/index.shtml>  
Find information on mental health resources and education, as well as national organizations.
6. **Psychology Today:** [www.psychologytoday.com](http://www.psychologytoday.com)  
Search for a therapist, psychiatrist, or support group in your area.

### Financial Resource:

1. **Bureau of Primary Healthcare Services:** <http://www.bphc.hrsa.gov/>  
Find health centers in your area that provide primary care for people who do not have insurance or do not have complete insurance.

### Therapeutic Resources:

1. **MindShift CBT:** <https://www.anxietycanada.com/resources/mindshift-cbt/>  
Access information on scientifically proven strategies based on Cognitive Behavioral Therapy.
2. **Meditation/Relaxation Websites:**  
Online app-based free/paid guided meditation and relaxation technology. These guided courses are recommended by doctors and therapists.

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Meditation Oasis	<a href="https://www.meditationoasis.com/">https://www.meditationoasis.com/</a>
Insight Timer	<a href="https://insighttimer.com/">https://insighttimer.com/</a>
Inner Health Studio	<a href="https://www.innerhealthstudio.com/">https://www.innerhealthstudio.com/</a>
Calm	<a href="https://www.calm.com/">https://www.calm.com/</a>
Breathe2Relax	<a href="#">Breathe2relax</a>
Headspace	<a href="https://www.headspace.com/">https://www.headspace.com/</a>
Simply Being	<a href="#">Simply Being</a>
Breethe	<a href="https://breethe.com/">https://breethe.com/</a>
U.S. Department of Veterans Affairs (VA Mobile)	<a href="https://mobile.va.gov/app/mindfulness-coach">https://mobile.va.gov/app/mindfulness-coach</a>
UCLA Mindful App	<a href="https://www.uclahealth.org/marc/ucla-mindful-app">https://www.uclahealth.org/marc/ucla-mindful-app</a>

### **National Helplines:**

- 1. CRISIS Text Line:** <https://www.crisistextline.org/>  
Text "HOME" to 741741  
The helpline is a free international text service that provides support 24 hours a day, 7 days a week through a crisis counselor. A live, trained crisis counselor receives the text and responds from a secure online platform.
- 2. National Suicide Prevention Hotline:** <https://suicidepreventionlifeline.org/>  
1-800-273-8255 or **988**  
The helpline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. This service also provides advancing best practice guides for professionals.
- 3. Substance Abuse and Mental Health Services Administration (SAMHSA):**  
**Behavioral Health Treatment Services Locator:** <https://findtreatment.samhsa.gov/>  
**National Helpline:** 1-800-662-HELP (4357)  
The helpline is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.
- 4. The Trevor Project:** <https://www.thetrevorproject.org/>  
1-866-488-7386  
The helpline from a national organization that provides free crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ) young people under 25. This service provides 24/7 free confidential support by trained counselors to young people in crisis via call, text or chats. This organization also offers free online learning modules for professionals that work with youths.