

# MENTAL HEALTH CRISIS OR MANAGEMENT: WHO TO TURN TO FOR HELP

<p><b>The National Suicide Prevention Lifeline</b> 1-800-273-TALK (8255) <a href="http://SuicidePreventionLifeline.org">SuicidePreventionLifeline.org</a></p>	<p><b>The Georgia Crisis &amp; Access Line</b> 1-800-715-4225 <a href="http://MyGCAL.com">MyGCAL.com</a></p>
<p><b>The Substance Abuse and Mental Health Services Administration (SAMHSA)</b> 1-800-662-HELP (4357) <a href="http://SAMHSA.gov">SAMHSA.gov</a></p>	<p><b>SAMHSA's Behavioral Health Treatment Services Locator</b> (substance abuse/addiction and/or mental health problems) <a href="http://FindTreatment.SAMHSA.gov">FindTreatment.SAMHSA.gov</a></p>
<p><b>Depression and Bipolar Support Alliance (DBSA) Chapters/Support Groups</b> In-person: <a href="https://tinyurl.com/DBSAInPerson">https://tinyurl.com/DBSAInPerson</a> Online: <a href="https://tinyurl.com/DBSAOnline">https://tinyurl.com/DBSAOnline</a></p>	<p><b>The National Resource Center on Psychiatric Advance Directives (PAD)</b> A PAD is a legal instrument that i) documents future treatment preferences of an individual diagnosed with a serious mental condition and ii) appoints a health proxy for emergencies. <a href="http://NRC-PAD.org/States">NRC-PAD.org/States</a></p>
<p><b>The Mood Tracker app</b> Keep track of important health measurements associated with bipolar disorder, depression and anxiety. <a href="http://MoodTracker.com">MoodTracker.com</a></p>	<p><b>BipolarLab</b> An Athens, Greece, provider of specialist clinical services for bipolar disorder and depression. They also provide remote services for those experiencing mild to moderate depression, hypomania or a similar symptomatic episode. <a href="http://BipolarLab.com">BipolarLab.com</a></p>
<p><b>The MoodGym online program</b> An Australian DIY method to help prevent &amp; manage symptoms of depression and anxiety. <a href="http://MoodGym.com.au">MoodGym.com.au</a></p>	<p><b>The Cognitive Behavioral Therapy for Insomnia (CBT-I) program</b> An insomnia treatment for adults. Insomnia and/or a lessened need for sleep can be symptoms of bipolar disorder. <a href="http://CBTforInsomnia.com">CBTforInsomnia.com</a></p>
<p><b>CREST.BD's Bipolar Wellness Center</b> A repository of self-management strategies, this resource includes the free Quality of Life tool and videos featuring bipolar performing artist, Victoria Maxwell. <a href="http://BDWellness.com">BDWellness.com</a></p>	

'I have often asked myself whether given the choice, I would choose to have manic depressive illness. Strangely enough, I think I would.'—Professor Kay Redfield Jamison, clinical psychologist and co-author of *Manic-Depressive Illness* (Oxford University Press), the classic textbook on bipolar disorder

## Need help? Want to help?

Call 1-800-950-NAMI

## Call 911

Remember to inform the operator it is a mental health emergency.

(6264)\*, text 'NAMI' to  
741741 or email  
[info@nami.org](mailto:info@nami.org)

The National Alliance on Mental Illness (NAMI) has chapters in all 50 states, the District of Columbia and the Virgin Islands.

(\*Mon–Fri; 10 a.m.–6 p.m.)

SeanCostelloFund.org • The Sean Costello Memorial Fund for Bipolar Research  
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