

# HOW ARE YOU, REALLY?



## Resources

There are several reputable organizations that provide information about mental health. Discover more information below:

### **Mental Health Resources**

#### [National Alliance on Mental Illness](#)

General mental illness information for individuals, family members and professionals.

#### [Mental Health America](#)

Resource to find therapists, psychiatrists, and information for various mental illnesses.

#### [Anxiety and Depression Association of America](#)

Information about anxiety disorders, links to therapists, treatment, and support.

#### [Depression & Bipolar Support Alliance](#)

Information regarding depression, bipolar, and other related mental illnesses, treatment, and support.

#### [Substance Abuse and Mental Health Services Administration](#)

Information for community members and mental health professionals related to substance abuse, and mental health illnesses.

#### [National Suicide Prevention Lifeline](#)

Resources for community members and mental health professionals regarding suicide prevention.

## OUR COMMUNITY CARES

For more information, visit [ColumbusUnitedWay.com/mentalhealth](https://www.columbusunitedway.com/mentalhealth)

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## [The Kim Foundation](#)

Provides continued education and awareness information regarding mental health and suicide prevention.

### **Mental Health Resources – Youth Focused**

## [Your Life Your Voice](#)

Interactive resource for youth, parents, professionals and community members providing information on the subjects that impact youth mental health.

## [The Jason Foundation](#)

Resources, tools, education and awareness information for youth, parents, professionals, and community members to equip resources to help identify and assist at-risk youth.

### **Mental Health Resources – Veteran Focused**

## [Veterans Crisis Line](#)

Locate local resources for support or chat live with a VA mental health clinician.

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