

## HANDI HIGHLIGHTS - MAY 2024

We are celebrating Mental Health Awareness Month by highlighting mental health resources for people with bleeding disorders to help manage the stresses of living with a chronic disorder.



### Text resources

Mental health hotlines ([English](#) and [Spanish](#))

[Opening Up About Mental Health](#)

[How Do You Know if You're Depressed & What Can You Do About It?](#)

If you have questions for NBDF's social work working group, send them to [askasocialworker@bleeding.org](mailto:askasocialworker@bleeding.org).

Contact the **social worker** at your HTC for additional support and guidance on local resources.



### Crisis lines

Check out these crisis lines for **free, 24/7, confidential support** when your stress becomes overwhelming and managing it alone feels challenging.

Text line: Text **HOME** to 741741

Hotline: Call **988**



### Videos and podcasts

[Accessible Mindfulness](#) 

[Believe Unlimited](#)

[The Happiness Lab with Dr. Laurie Santos](#)

National Alliance on Mental Illness (NAMI): [Podcasts & Webinars](#) 



### Stay connected with NBDF and HANDI

[Subscribe](#) to receive the latest news and event updates.

Check out the [mental health educational programs](#) and [social work resources](#) available at NBDF.

Visit the [HANDI homepage](#) to submit a request for information and to learn the answers to frequently asked questions.