

# MENTAL HEALTH RESOURCE LIST



This list is for those affected by bleeding disorders seeking mental health resources. If you or someone you care about is having an immediate crisis or having thoughts of self-harm or harming others, then seek immediate assistance by calling 9-1-1, calling 9-8-8 (Suicide & Crisis Lifeline), calling your healthcare provider, or going to the nearest emergency department.

This list is for general information only. NBDF does not give medical advice and always recommends talking with a healthcare provider if you need care.

Scan for NBDF Mental  
Health Crisis Hotlines



## BLEEDING DISORDERS SPECIFIC RESOURCES



### NBDF Video: Skills for Coping with Anxiety and Depression

**About:** This video discusses how stress can affect life and explores coping strategies for depression and anxiety, ways to work with a healthcare team, and lifestyle approaches that can improve well-being. This video is based on findings from the Hemophilia Experiences, Results and Opportunities (HERO) study.



### NBDF Town Hall Webinar - Stress & Anxiety: Coping with COVID-19

**About:** On April 17th, 2020, experts from NBDF answered your questions on how best to deal with stress in this townhall webinar titled Stress & Anxiety: Coping with COVID-19.



### Additional NBDF Mental Health Videos

**About:** NBDF's online education provides free quality education on mental health issues to all members of the bleeding disorders community. These webinars and webcasts cover topics from how to handle anxiety and depression to taking care of your own well-being.





## Articles from HEMAWARE: The Bleeding Disorders Magazine

- [\(click on each title for links to the articles\)](#)
- [Know the Signs of Anxiety and Depression](#)
- [Putting the Spotlight on Mental Health and Bleeding Disorders](#)
- [The Mental Health Challenge of Inhibitors](#)
- [Opening Up About Mental Health](#)
- [Finding Their Voices](#)

## Let's Talk Mental Health

**About:** Let's Talk is an immersive journey through the lives of five members of the U.S. bleeding disorders community. In it they open their hearts and lives to show how we can gain strength through the struggle, and that perhaps, we aren't so different after all. Produced in partnership with Mental Health Matters Too, the film is intended to spark conversation, increase awareness, and decrease stigma. This website provides easy-to-use links, resources, and tools for connection, screening, and receiving support.



## Bleeding Disorders Substance Use and Mental Health Access Coalition (BD SUMHAC)

**About:** BD SUMHAC works to ensure patients with a bleeding disorder have equitable access to mental health and substance use treatment facilities. [BD SUMHAC's Access Toolkit](#) is designed to empower you and give you the tools to help you or your loved one get access to inpatient/residential mental health and substance use disorder treatment facilities.



## Local Chapter and HTC Resources

**About:** Your local Hemophilia Treatment Center (HTC) and Chapter can offer mental health resources and support specific to individuals and families affected by bleeding disorders.

At an HTC, you can find social work staff dedicated to providing mental health information and referrals. HTCs may also offer counseling and therapy services. Local chapters may offer resources and educational opportunities on the topic of mental health.

FIND AN HTC



FIND A CHAPTER



# EMERGENCY ASSISTANCE & HOTLINES



## 988 Suicide and Crisis Lifeline

**About:** The National Suicide Prevention Lifeline is now the 988 Suicide and Crisis Lifeline. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

**Phone:** 988



## National Domestic Violence Hotline

**About:** This organization provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse. Callers can expect highly trained, experienced advocates to offer compassionate support, crisis intervention information, educational services, and referral services in more than 200 languages. Visitors to this site can find information about domestic violence, online instructional materials, safety planning, local resources, and ways to support the organization.

**E-mail:** [nationaldeafhotline@adwas.org](mailto:nationaldeafhotline@adwas.org)

**Phone:** 1-800-799-SAFE (7233) / 1-800-787-3224 (TTY)



# DIRECT SUPPORT & ASSISTANCE ORGANIZATIONS



## National Alliance on Mental Illness (NAMI)

**About:** The nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

**Contact NAMI:** <https://www.nami.org/contact-us>

**Phone:** 800-950-6264 (Helpline), 703-524-7600 (Main Office)



## Mental Health America (MHA)

**About:** The nation's leading community-based nonprofit organization dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all Americans.

**Contact MHA:** <https://www.mhanational.org/get-involved/contact-us>

**Phone:** 703-684-7722, 800-969-6642 (Toll Free)



## Depression and Bipolar Support Alliance

**About:** A national organization focusing on mood disorders including depression and bipolar disorder.

**E-mail:** [info@dbsalliance.org](mailto:info@dbsalliance.org)

**Phone:** 800-826-3632 (Toll Free)



## DIRECT SUPPORT & ASSISTANCE ORGANIZATIONS



### The Trevor Project

**About:** The leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

**E-mail:** [info@thetrevorproject.org](mailto:info@thetrevorproject.org)

**Phone:** [1-866-488-7386](tel:1-866-488-7386)



### National Maternal Mental Health Hotline

**About:** Pregnant or just had a baby? The National Maternal Mental Health Hotline is free, confidential, and available 24/7 in English and Spanish. Professional counselors answer Hotline calls and texts. They may be licensed health care professionals, certified educators, or specialists.

**Phone:** [1-833-TLC-MAMA](tel:1-833-TLC-MAMA)



### The Jed Foundation

**About:** Nonprofit organization that protects emotional health and prevents suicide for teens and young adults. They partner with high schools and colleges to focus on mental health, address substance misuse, and provide suicide prevention programs and systems.

**Phone:** [212-647-7544](tel:212-647-7544)



### Veterans Crisis Line

**About:** US Veterans and their families, friends, and loved ones can experience significant stress, transition, and a variety of unknowns. Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many are veterans themselves.

**Phone:** [1-800-273-8255](tel:1-800-273-8255) (Press 1)



## OTHER NATIONAL & INTERNATIONAL ORGANIZATIONS (NOT DIRECT ASSISTANCE)



### World Health Organization (WHO): Mental Health and Substance Abuse

**About:** WHO works to promote mental health and prevent mental, neurological and substance use disorders. The WHO supports the expansion of access to affordable, quality care for everyone who needs it.

**E-mail:** [msb@who.int](mailto:msb@who.int)

**Phone:** [+41 22 791 4385](tel:+41227914385)



## OTHER NATIONAL & INTERNATIONAL ORGANIZATIONS (NOT DIRECT ASSISTANCE)



### National Institute of Mental Health (NIMH)

**About:** The leading federal agency for research on mental health disorders. It is one of the 27 institutes and centers that make up the National Institutes of Health (NIH), and is part of the U.S. Department of Health and Human Services (HHS).

**E-mail:** [nimhinfo@nih.gov](mailto:nimhinfo@nih.gov)

**Phone:** [866-615-6464](tel:866-615-6464), [866-415-8051](tel:866-415-8051) (Toll Free)



### The Substance Abuse and Mental Health Services Administration (SAMHSA)

**About:** The agency within the U.S. Department of Health and Human Services (HHS) that leads public health efforts to advance the behavioral health of the nation.

**E-mail:** [SAMHSAInfo@samhsa.hhs.gov](mailto:SAMHSAInfo@samhsa.hhs.gov)

**Phone:** [800-662-4357](tel:800-662-4357) (Helpline), [877-726-4727](tel:877-726-4727) (General Questions)



### Anxiety and Depression Association of America (ADAA)

**About:** Founded in 1979, the ADAA is an international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, obsessive-compulsive disorder, post-traumatic stress disorder, and co-occurring disorders through education, practice, and research.

**E-mail:** [information@adaa.org](mailto:information@adaa.org)

**Phone:** [240-485-1001](tel:240-485-1001)



### Child Mind Institute

**About:** Independent, national nonprofit organization dedicated to transforming the lives of children and families struggling with mental health and learning disorders. They deliver the highest standards of care, advance the science of the developing brain, and empower parents, professionals, and policymakers to support children when and where they need it most.

**E-mail:** [speakup@childmind.org](mailto:speakup@childmind.org)

**Phone:** [212.308.3118](tel:212.308.3118) (New York City) / [650.931.6565](tel:650.931.6565) (San Francisco Bay Area)



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