



## *From Tour Guides to Resource Guides* Sample Booklet of Resources

### Emergency and Crisis Help

<b>Name</b>	<b>Phone</b>	<b>Website</b>	<b>Notes</b>
National Suicide Prevention Lifeline	800-273-8255	www.suicidepreventionlifeline.org	Available 8am - Midnight United Way referral service
Suicide Hotline/Talk Line	800-784-2433		
First Call for Help	800-725-5314		
National Youth Crisis Hotline	800-442-4673		
Alcohol and Drug Abuse Hotline	800-252-6465		
Grief Recovery Helpline	800-445-4808		Available 6am-9pm PST
National Runaway Switchboard	800-621-4000		

### Employment and Volunteer Information

<b>Name</b>	<b>Phone</b>	<b>Website</b>	<b>Notes</b>
Job Accommodation Network	800-526-7234	www.jan.wvu.edu	Disability employment assistance
Center for Psychiatric Rehabilitation	617-353-3549	www.bu.edu/cpr/jobschool	
Equal Employment Opportunity Commission	800-669-4000	www.eeoc.gov	
Job Accommodation Network	800-ADA-WORK	www.jan.wvu.edu	
*Foothill Community College	650-949-7777	www.foothill.fhda.edu	Low cost classes, re-entry Volunteer opportunities
Volunteer Match	415-241-6868	www.volunteermatch.org	
Hands On Network	404-979-2900	www.handsonnetwork.org	Volunteer opportunities
Good2Gether – Do Good Channel	Not Applicable	www.dogoodchannel.com	Volunteer opportunities

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## Mental Health Support Services

Name	Phone	Website	Notes
Center for Mental Health Services Health Resources and Services Administration	800-662-HELP	mentalhealth.samhsa.gov/databases  findahealthcenter.hrsa.gov	Lists of services by city or state
Depression and Bipolar Support Alliance	800-826-3632	www.DBSAlliance.org/findsupport	Local support group locator
National Alliance on Mental Illness	800-950-NAMI	www.nami.org	Local support group/services
National Mental Health Consumer's Self-Help Clearinghouse	(800) 553-4539	www.mhselfhelp.org	Lists of services by city or state
Local drop-in centers/ club houses			

## Financial and Housing Assistance

Name	Phone	Website	Notes
Housing Counseling Line, HUD	800-569-4287	www.hud.gov	
Homeowner Crisis Resource Center	866-557-2227	www.housinghelpnow.org	
Catholic Charities USA	703-549-1390	www.catholiccharitiesusa.org	
Local/State Department of Social Services			
Local/State Department of Mental Health Services			
Local Public Housing Authorities			
Local Centers for Independent Living			

## Substance Abuse Help

Name	Phone	Website	Notes
National Institute on Alcohol Abuse and Alcoholism	301-443-3860	www.niaaa.nih.gov	
National Institute on Drug Abuse	301-443-1124	www.nida.nih.gov	
Substance Abuse and Mental Health Services Administration	800-662-HELP	samhsa.gov	
Alcoholics Anonymous	212-870-3400	www.aa.org	
Narcotics Anonymous	818-700-0700	www.na.org	

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Addiction Resource Guide	914-725-5151	www.addictionresourceguide.com
National Clearinghouse for Alcohol and Drug Information	800-729-6686	ncadi.samhsa.gov

## Adolescent and Senior Services

Name	Phone	Website	Notes
American Academy of Child & Adolescent Psychiatry	202-966-7300	www.aacap.org	
Child & Adolescent Bipolar Foundation	847-256-8525	www.bpkids.org	
*Children's Health Council	866-242-6789	www.chconline.org	services for children
BenefitsCheckUp		www.benefitscheckup.org	info on Medicare Rx Extra Help
My Medicare Matters		www.mymedicarematters.org	resource on Medicare drug coverage
American Ass. Of Geriatric Psychiatry	301-654-7850	www.aagppa.org	
*Avenidas senior referral services	650-289-5400	www.avenidas.org	

## Social Networking / Entertainment / Recreation

Name	Phone	Website	Notes
Meetup.com	Not applicable	www.meetup.com	Special interest groups by area
*Foothill Community College	650-949-7777	www.foothill.fhda.edu	Low cost classes, events
*Stanford University Events Calendar	650-723-2300	http://events.stanford.edu	Free/low cost events, music, etc
*Palo Alto Parks and Recreation Dept		www.cityofpaloalto.org/recreation/	
Sierra Club	415-977-5500	http://sierraclub.org/	Walks, activities
Local sports leagues			
Local community center			

## Legal Information

Name	Phone	Website	Notes
Bazelon Cntr. for Mental Health Law	202-467-5730	www.bazelon.org	legal advocate, mental disabilities
Comm. Mntl. & Physical Disability Law	202-662-1570	www.abanet.org/disability	Disability lawyers directory
Disability Rights Education Defense Fund	510-644-2555	www.dredf.org	National law/policy center
LawHelp.org	Not Applicable	www.lawhelp.org	helps find local legal resources

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Legal Directory	866-348-7394	<a href="http://www.legaldirectory.ws">www.legaldirectory.ws</a>	info on legal services
NAMI Legal Center	800-950-6264	<a href="http://www.nami.org">www.nami.org</a>	search for “legal center”
Nat'l. Assoc. of Protection & Advocacy	202-408-9514	<a href="http://www.napas.org">www.napas.org</a>	Network of disability rights agencies
National Empowerment Center	800-769-3728	<a href="http://www.power2u.org">www.power2u.org</a>	Info on legal services
Treatment Advocacy Center	703-294-6001	<a href="http://www.psychlaws.org">www.psychlaws.org</a>	Explains state's hospitalization laws

## Education (community/national, publications, programs)

Name	Phone	Website	Notes
Depression and Bipolar Support Alliance	800-826-3632	<a href="http://www.DBSAlliance.org">www.DBSAlliance.org</a>	
National Alliance on Mental Illness	800-950-NAMI	<a href="http://www.NAMI.org">www.NAMI.org</a>	
Mental Health America	800-969-6642	<a href="http://www.nmha.org">www.nmha.org</a>	
Center for Mental Health Services	800-789-2647	<a href="http://mentalhealth.samhsa.gov">mentalhealth.samhsa.gov</a>	
National Institute for Mental Health	866-615-6464	<a href="http://www.nimh.nih.gov">www.nimh.nih.gov</a>	
National Mental Health Consumer's Self-Help Clearinghouse	800-553-4539	<a href="http://www.mhselfhelp.org">www.mhselfhelp.org</a>	

## Health Care Insurance and Medications

Name	Phone	Website	Notes
HealthInsuranceInfo.net	Not applicable	<a href="http://www.healthinsuranceinfo.net">www.healthinsuranceinfo.net</a>	Guides for getting/ keeping insurance
Social Security Administration	800-772-1213	<a href="http://www.ssa.gov">www.ssa.gov</a>	Answers SSI and disability questions
Partnership for Prescription Assistance	888-477-2669	<a href="http://www.pparx.org">www.pparx.org</a>	Help in finding PAPs
Medicare – Patient Assistance	Not Applicable	<a href="http://www.medicare.gov/AssistancePrograms">www.medicare.gov/AssistancePrograms</a>	
Needy Meds	215-625-9609	<a href="http://www.needymeds.com">www.needymeds.com</a>	
Drug Digest		<a href="http://www.drugdigest.org">www.drugdigest.org</a>	Potential interactions
MedlinePlus		<a href="http://www.nlm.nih.gov/medlineplus/">www.nlm.nih.gov/medlineplus/</a>	Medication info
Together Rx Access	800-444-4106	<a href="http://togetherrxaccess.com">togetherrxaccess.com</a>	Discount card

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