MENTAL HEALTH RESOURCES

Mental Health: You Can Make a Difference

These resources offer a deeper dive on mental health topics. Many are also places to turn for help and support.

**All mental health topics**
National Institute of Mental Health
www.nimh.nih.gov

Center for Workplace Mental Health
www.workplacementalhealth.org/Mental-Health-Topics

**Depression and anxiety disorders**
Anxiety and Depression Association of America
www.adaa.org/understanding-anxiety

Depression and Bipolar Support Alliance
www.dbsalliance.org

**Eating Disorders**
National Eating Disorders Association
www.nationaleatingdisorders.org

**Alcohol and substance use disorders**
National Institute on Drug Abuse
www.drugabuse.gov/patients-families

National Institute on Alcohol Abuse and Alcoholism
www.niaaa.nih.gov

**Suicide**
The National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
www.suicidepreventionlifeline.org

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Stress can complicate mental health problems. These apps can help you address stress and tension.

**Happify**
Customized program designed to increase happiness and optimism.

**Stop, Breathe & Think**
Short, guided meditations to help tame stress and build mindfulness.

**Pocket Yoga**
Guided sessions for every skill level puts yoga at your fingertips.

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Your EAP is always available.

Phones are answered 24/7. EAP services are confidential. There is no cost to you for these services. The EAP can be used by your dependents and anyone living in your household.

If you ever feel you are in crisis, call and ask for immediate help. Call 911 if you feel you are at risk of hurting yourself or others.

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