

+ Mental Health Resources

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

All mental health topics

National Institute of Mental Health
www.nimh.nih.gov

Depression and anxiety disorders

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

Depression and Bipolar Support Alliance
www.dbsalliance.org

OCD and related disorders

International OCD Foundation
www.iocdf.org

Eating disorders

National Eating Disorders Association
www.nationaleatingdisorders.org

Alcohol and substance use disorders

Substance Abuse and Mental Health Services Administration
www.samhsa.gov

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

Suicide

Call or text 988 to reach the 988 Suicide & Crisis Lifeline
988lifeline.org

Stress management

Stress can complicate mental health problems. The resources below offer strategies and techniques that you might try to shift your stress response.

HelpGuide: Stress Management

www.helpguide.org/articles/stress/stress-management.htm

WebMD: Ways to Manage Stress

www.webmd.com/balance/stress-management/stress-management

Guided mindfulness practice

Available online from the UCLA Mindful Awareness Research Center¹.
www.uclahealth.org/programs/marc/free-guided-meditations

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.

¹Mindfulness Meditations created by Diana Winston for the UCLA Mindful Awareness Research Center (MARC).
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