

Mental Health Resources



Meeting with a New Therapist?

Some helpful questions which can be asked during an initial session with a new therapist to assess whether they'd be a good fit for you are:

- How might you best be able to help me?
- Have you dealt with concerns such as mine before and if so, how frequently?
- How does this process work?
- What is a reasonable timeline for meeting and for treatment?

Listen to the therapist's answers and determine if you think they'd be a good fit for you.

Did you feel comfortable or rushed during the conversation? Did you feel that the therapist was knowledgeable about your specific concerns? Did they ask good questions?

Dealing With Grief

- **GriefShare** seminars and support groups are led by people who understand what you are going through and want to help. You'll gain access to valuable GriefShare resources to help you recover from your loss and look forward to rebuilding your life. Visit www.griefshare.org.
- Visit www.verywellmind.com/best-online-grief-support-groups-4842333 for a list of the best online grief support groups of 2021.

SAMHSA

The **Substance Abuse and Mental Health Services Administration** (SAMSHA) offers a confidential, free and 24/7 phone line that can provide referrals to local treatment centers, community groups and local organizations that can help. Visit www.samhsa.gov or call **800.662.4357**.

National Suicide Hotline

The **National Suicide Hotline** is a 24/7 free and confidential support for any individual in immediate distress. The number is **800.273.8255**.

LiveWell

The **LiveWell Foundation** is a nonprofit organization that offers free support and counseling services regardless of location. Led by a diverse group of trained volunteers, LiveWell offers video-based support groups to offer help to those living with depression and anxiety. Visit www.livewell-foundation.org.

NAMI

The **National Alliance on Mental Illness (NAMI)** is a national organization with several affiliate groups across the country. Many affiliate groups are hosting online support groups via Zoom. NAMI is offering daily and weekly remote therapy sessions and support groups that are currently open to the public for individuals, families, teens, and LGBTQ+ members. There is no cost to participate in these services. Visit <https://nami.org>.