

Statewide and National Mental Health Resources:

National Suicide Hotline

(800) 999-9999

California Department of Mental Health

California's public mental health system with services and information available for adults and children

1-800-896-4042

www.dmh.ca.gov

California Network of Mental Health Clients

A peer-run advocacy organization for mental health consumers

1-800-626-7447

www.californiaclient.org

Center for Mental Health Services

Provides information about mental health

1-800-789-2647

Mental Health Association of California

Information and advocacy for people with mental health problems

(916) 557-1167

(800) 273-8255

National Alliance for the Mentally Ill (NAMI)

An advocacy group for people with mental illness and their families

(800) 950-6264

National Mental Health Association

Information, advocacy and referrals for adults and children

(800) 969-6642

(800) 433-5959

Protection and Advocacy

Information on the rights of people with mental health disabilities

(800) 776-5746

Websites:

www.caregiver.org – Family Caregiver Alliance

www.psych.org – American Psychiatric Association

www.safemedication.com – Provides easy-to-understand information about medications

www.supportpath.com – Support groups and chat rooms for patients and family members

www.healthyplace.com - Communities/support groups regarding mental illness