

## Websites – Mental Health Information

**\*\*National Catholic Partnership on Disability – NCPD** -- <http://www.ncpd.org/>

The National Catholic Partnership on Disability (NCPD) was established in 1982 to implement in parishes and dioceses throughout the United States the 1978 *Pastoral Statement of U.S. Catholic Bishops on Persons with Disabilities*. NCPD is guided by the following mission:

*Rooted in Gospel values that affirm the dignity of every person, the National Catholic Partnership on Disability (NCPD) works collaboratively to ensure meaningful participation of people with disabilities in all aspects of the life of the Church and society.*

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<http://whydisabilitymatters.org/about/>

### **Disability Matters**

The focus of Disability Matters is to encourage every church to embrace disability. It is not about a program, or a new ministry, but a way for people at church to do life together. We want to see disability as an organic part of every church, with the belief and understanding that we are all valuable members of the Body of Christ.

### **National Apostolate for Inclusion Ministry**

Order from [www.NAFIM.org](http://www.NAFIM.org) - or call 800-736-1280

God Loves Your Child with Disabilities - brochure

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**National Organization on Disability (NOD):** Order from NOD - [www.nod.org](http://www.nod.org) –  
or (202) 293-5960.

**1. That All May Worship: An Interfaith Welcome to Persons with Disabilities.** Single copy purchase \$10.00. 52 pages.

**2. From Barriers to Bridges: A Community Action Guide for Congregations and People with Disabilities.** **3. Loving Justice.** *ADA and the Religious Community.* 25 pages

### **The Caring Clergy Project**

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**\*\*<http://www.caringclergyproject.org/home.html>**

**\*\*The Caring Clergy Project is sponsored by the Interfaith Network on Mental Illness, a nonprofit organization whose mission is to increase awareness and understanding of mental illness among clergy, staff, lay leaders and members of faith communities and help them more effectively develop and nurture supportive environments for persons dealing with mental illnesses and their families and friends.**

Realizing that most clergy and faith leaders do not have much extra time to explore issues around mental illness, we developed this website to help you become better equipped in your work to handle mental illness issues and to provide resources for your congregant's mental health challenges.

### **Interfaith Network on Mental Illness (INMI)**

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<http://www.inmi.us/>

<http://www.inmi.us/resources.html> -- MENTAL HEALTH RESOURCES FOR FAITH COMMUNITY LEADERS, STAFF AND MEMBERS

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**[Mental Health Ministries](http://www.mentalhealthministries.net/)** has evolved into an ecumenical and interfaith outreach. It works with faith communities, advocacy groups, community organizations and mental health professionals. It focuses on using one's faith and spirituality as an important part of the recovery and treatment process and as a way for family members to find strength and hope in caring for a loved one with a mental illness.

<http://www.mentalhealthministries.net/>

Resources: <http://www.mhankyswoh.org/support>

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## **Pathways 2 Promise:**

<http://www.pathways2promise.org/> -- **Pathways to Promise** is an interfaith technical assistance and resource center which offers liturgical and educational materials, program models, and networking information to promote a caring ministry with people with mental illness and their families. These resources are used by people at all levels of faith group structures from local congregations to regional and national staff.

### **Mental Health Ministry Tool Kit --**

<http://www.pathways2promise.org/resources/mental-health-ministry-tool-kit/>

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<http://www.mentalhealth.gov/> - www.mentalhealth.gov offers a variety of resources to help your congregation start a conversation about mental health.

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Download an excellent booklet produced by the Archdiocese of Chicago: **Mental Illness And Faith Community Outreach: Communities Of Compassion And Justice** - <http://www.miministry.org/booklet.pdf>

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## **NAMI FaithNet**

<http://www.nami.org/namifaithnet> - **NAMI FaithNet** is a network composed of members and friends of NAMI (National Alliance on Mental Illness). It was established to (1) facilitate the development within the faith community of a non-threatening, supportive environment for those with serious mental illness and their families, (2) point out the value of one's spirituality in the recovery process from mental illness and the need for spiritual strength for those who are caretakers, (3) educate clergy and congregations concerning the biologic basis and characteristics of mental illness, and (4) encourage advocacy of the faith community to bring about hope and help for all who are affected by mental illness.

**NAMI FaithNet** is not a religious network but rather an outreach to all religious organizations.

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### **NAMI National** -- <http://www.nami.org/>

**NAMI, the National Alliance on Mental Illness**, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. - See more at: <http://www.nami.org/About-NAMI#sthash.sOea7Sf1.dpuf>

### **NAMI Ohio** -- <http://www.namiohio.org/>

#### **NAMI Ohio link to local affiliates and activities**

[http://www.namiohio.org/mental\\_health\\_affiliates/mental\\_health\\_contacts](http://www.namiohio.org/mental_health_affiliates/mental_health_contacts)

#### **NAMI national link for state and local contact information** – Find your Local NAMI Affiliate

[http://www.nami.org/Template.cfm?Section=Your\\_Local\\_NAMI&Template=/CustomSource/AffiliateFinder.cfm](http://www.nami.org/Template.cfm?Section=Your_Local_NAMI&Template=/CustomSource/AffiliateFinder.cfm)

<http://www.nami.org/connection/>

**NAMI National Connection Recovery Support Group information** - NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who've been there. - See more at: <http://www.nami.org/connection/#sthash.DUzUbREj.dpuf>

#### **NAMI – Montgomery County, Ohio:** <http://www.nami-mc.org/links.html>

NAMI-Montgomery County, 409 E. Monument Ave Suite 102, Dayton, OH 45402 | [info@nami-mc.org](mailto:info@nami-mc.org) | (937) 299-3667

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### **American Psychological Association** - <http://www.apa.org/>

APA is the leading scientific and professional organization representing psychology in the United States. Our mission is to advance the creation, communication and application of psychological knowledge to benefit society and improve people's lives.

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## **National Institute of Mental Health (NIMH)**

<http://www.nimh.nih.gov/index.shtml>

The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders. NIMH is one of the 27 Institutes and Centers that make up the National Institutes of Health (NIH), the nation's medical research agency. NIH is part of the U.S. Department of Health and Human Services (HHS).

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## **Mental Health America**

<http://www.mentalhealthamerica.net/>

Mental Health America (MHA) - founded in 1909 - is the nation's leading community-based nonprofit dedicated to helping Americans achieve wellness by living mentally healthier lives. Our work is driven by our commitment to promote mental health as a critical part of overall wellness, including prevention for all, early identification and intervention for those at risk, integrated health, behavioral health and other services for those who need them, and recovery as a goal.

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**Christian Learning Center: Creating Inclusive Communities** - <http://www.clcnetwork.org/>

**How we can help your Church:** <https://www.clcnetwork.org/for-churches/how-we-help-your-church/>

**Advocating for your child:** <https://www.clcnetwork.org/for-families/advocating-for-your-child/>

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## **The FIVE STAGES – Changing Attitudes** - <http://www.the5stages.com/>

The Five Stages - Diagram

[http://www.the5stages.com/wp-content/uploads/2013/10/The5Stages\\_2014.pdf](http://www.the5stages.com/wp-content/uploads/2013/10/The5Stages_2014.pdf)

**Resources:**

Handouts: <http://www.the5stages.com/resources/handouts/>

Other Resources:

## **Amazing Blogs**

[Making Us Whole](http://www.MakingUsWhole.wordpress.com) -- [www.MakingUsWhole.wordpress.com](http://www.MakingUsWhole.wordpress.com)

[Disability Matters](http://whydisabilitymatters.org/) - <http://whydisabilitymatters.org/>

[Ellen Stumbo](http://www.ellenstumbo.com) -- [www.ellenstumbo.com](http://www.ellenstumbo.com)

[Thin Places – Faith, Family & Disability](http://www.patheos.com/blogs/thinplaces/) -- <http://www.patheos.com/blogs/thinplaces/>

[Gillian Marchenko](http://www.GillianMarchenko.com) -- [www.GillianMarchenko.com](http://www.GillianMarchenko.com)

[Church 4 Every Child](http://www.DrGrcevich.wordpress.com) -- [www.DrGrcevich.wordpress.com](http://www.DrGrcevich.wordpress.com)

[Special Needs Parenting](http://www.specialneedsparenting.net) -- [www.specialneedsparenting.net](http://www.specialneedsparenting.net)

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## **Key Ministry – A Church for every Child**

<http://www.keyministry.org/our-mission/>

[The Network – Disability Concerns](http://network.crcna.org/disability-concerns) -- <http://network.crcna.org/disability-concerns>

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**The MIGHTY** - Real People. Real Stories. We face disability, disease and mental illness together.

<http://themighty.com/>

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**Ohio Department of Mental Health (ODMH)** -- <http://mha.ohio.gov/>

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DBSA - Depression Bipolar Support Alliance

<http://www.dbsalliance.org>

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ONE MIND™

<http://1mind4research.org>: ONE MIND™ is an independent, non-partisan, non-profit organization dedicated to curing the diseases of the brain and eliminating the stigma and discrimination associated with mental illness and brain injuries.

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Substance Abuse and Mental Health Services Administration (SAMHSA)

<http://www.samhsa.gov>

<http://store.samhsa.gov/home>

EQI.org --- <http://eqi.org/index.htm>

This site is a place where you can find useful, practical and important information about emotions and life. It contains information about emotional intelligence, some tools and resources, and some new ideas.

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NARSAD The Brain and Behavior Research Fund

<http://bbrfoundation.org/>

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Tardive Dyskinesia

<http://www.tarivedyskinesia.com>

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**Military Specific:**

**Moral Injury**

<http://www.moralinjury.info/>

**Military Outreach USA**

<http://www.militaryoutreachusa.org/>

**Help for Service Members and Their Families**

Current and former service members may face different mental health issues than the general public.

**Service Members**

**Military OneSource** - <http://www.militaryonesource.mil/>

**Military OneSource** is a free service provided by the Department of Defense to Service Members and their families to help with a broad range of concerns, including possible mental health problems. Call and talk anytime, 24 hours a day, 7 days a week, at 1-800-342-9647.

**DCoE Outreach Center** - <http://www.dcoe.mil/Families/Help.aspx>

**The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury**

(DCoE) provides information and resources about psychological health, [post-traumatic stress disorder](#) (PTSD), and traumatic brain injury. To contact the center:

- Call 1-866-966-1020, 24 hours a day, 7 days a week
- **Real Warriors Live Chat** - <http://www.realwarriors.net/livechat>
- E-mail [resources@dcoeoutreach.org](mailto:resources@dcoeoutreach.org)

**TRICARE®** - **TRICARE®** is the health care program serving Uniformed Service members, retirees, and their families worldwide.

<http://www.tricare.mil/>

**Veterans**

**U.S. Department of Veterans' Affairs Mental Health Resources**

The [U.S. Department of Veterans' Affairs Mental Health Resources](http://www.mentalhealth.va.gov/index.asp) provides information about mental health and support services specifically for veterans. <http://www.mentalhealth.va.gov/index.asp>

- The [VA Mental Health](http://www.mentalhealth.va.gov/VAMentalHealthGroup.asp) <http://www.mentalhealth.va.gov/VAMentalHealthGroup.asp> - connects Veterans to mental health services the VA provides for Veterans and Families. All mental health care provided by VHA supports recovery. The programs aim to enable people with mental health problems to live meaningful lives in their communities and achieve their full potential.
- [Vet Centers](http://www.vetcenter.va.gov/): <http://www.vetcenter.va.gov/> -- Community based centers that provide a range of counseling, outreach and referral services to eligible Veterans in order to help them make a satisfying post-war readjustment to civilian life.
- [National Center for Post-Traumatic Stress Disorder](http://www.ptsd.va.gov/): <http://www.ptsd.va.gov/>  
The center's purpose is to improve the well-being and understanding of individuals who have experienced traumatic events, with a focus on American Veterans.
- [National Call Center for Homeless Veterans](http://www1.va.gov/HOMELESS/NationalCallCenter.asp):  
<http://www1.va.gov/HOMELESS/NationalCallCenter.asp> -- Resource to ensure homeless Veterans or Veterans at-risk for homelessness have access to trained counselors 24/7. The hotline is intended to assist homeless Veterans, their families, VA Medical Centers, federal, state and local partners, community agencies, service providers and others in the community.
- [Make the Connection](http://maketheconnection.net/) -- <http://maketheconnection.net/> -- is VA's public awareness and outreach campaign. The goal of the campaign is to raise awareness on mental health symptoms, conditions, and treatment and encourage Veterans to get the care and support they have earned through their service.

## Resources for Both Service Members and Veterans

### National Resource Directory (NRD)

<https://www.ebenefits.va.gov/ebenefits/nrd>

The [National Resource Directory \(NRD\)](https://www.ebenefits.va.gov/ebenefits/nrd) connects wounded warriors, Service Members, Veterans, and their families with national, state, and local support programs. The NRD is a partnership among the Departments of Defense, Labor, and Veterans Affairs.

### DoD/VA Outreach

<http://www.veterantraining.va.gov/>

[Moving Forward](http://www.veterantraining.va.gov/): A free, on-line educational and life coaching program that teaches Problem Solving Skills to help you to better handle life's challenges. It is designed to be especially helpful for Veterans, service members and their families.

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### Suicide:

Suicide Prevention Lifeline

<http://www.suicidepreventionlifeline.org/>

**The Mighty** - Real People. Real Stories. We face disability, disease and mental illness together.

<http://themighty.com/>

**SPRC Library & Resources – Suicide Prevention Resource Center – for Clergy**

[http://www.sprc.org/library\\_resources/items/suicide-prevention-intervention-and-response-video-series-clergy-pastors-min](http://www.sprc.org/library_resources/items/suicide-prevention-intervention-and-response-video-series-clergy-pastors-min)

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**National Suicide Prevention Lifeline – 1-800-273-TALK (8255) or [Live Online Chat](#)**

If you or someone you know is suicidal or in emotional distress, contact the [National Suicide Prevention Lifeline](#). Trained crisis workers are available to talk **24 hours a day, 7 days a week**. Your confidential and toll-free call goes to the nearest crisis center in the Lifeline national network. These centers provide crisis counseling and mental health referrals.

**SAMHSA Treatment Referral Helpline – 1-877-SAMHSA7 (1-877-726-4727)**

Get general information on mental health and locate treatment services in your area. Speak to a live person, Monday through Friday from 8 a.m. to 8 p.m. EST