

# Mental Health Resources

## What is mental health?

Mental health includes our emotional, psychological and social well-being. It shapes how we handle stress, relate to others and make choices.

Mental health problems can affect our thoughts and moods. And how we act.

## Mental health and wellness

Good mental health helps people to be their best. It helps people cope with stress. It helps people perform better in all parts of life.

There are ways to maintain good mental health. They include:

- Connecting with others
- Staying positive
- Being physically active
- Helping others
- Getting enough sleep
- Learning coping skills
- Getting professional help if needed

Mental health problems are common. But help is available. People with mental health problems can get better. It happens over time. The first step is getting help.

## How to get mental health help

Some people may not get the help they need because they don't know where to start. These resources can help.

- Talk to your primary care doctor or another health care professional. Ask them to connect you with the right mental health services.
- Talk to someone you trust. Such as a social worker or religious counselor.

There are other types of people and places who can help find services. Or they can provide services.

- Mental health specialists, such as
  - Psychiatrists
  - Psychologists
  - Social workers
- Mental health counselors
- Community mental health centers

- Outpatient clinics
- Social service agencies
- Private clinics
- Employee assistance programs

### Emergency help

Get help right away in the case of a possible emergency.

- Call 911.
- Contact the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). Or go to [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org). Crisis workers are on hand at all times. Your call goes to the nearest crisis center. These centers provide counseling and referrals. Your call is private.

### Other resources

Many groups can help you find information on mental health. Or help you find local services. They include:

- SAMHSA Treatment Referral Helpline: 1-877-SAMHSA7 (1-877-726-4727). Speak to a live person, Monday through Friday, from 8 a.m. to 8 p.m. Eastern time.
- Mental Health America: [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net). Call 1-800-969-6642.
- National Alliance on Mental Illness (NAMI): [www.nami.org](http://www.nami.org). Email [info@nami.org](mailto:info@nami.org) or call 1-800-950-6264.

### Learn more about mental health

Want to learn more about mental health? You can find help at [www.mentalhealth.gov](http://www.mentalhealth.gov).

*This document is for your information only. It is not meant to give medical advice. It should not be used to replace a visit with a provider. Magellan Health Services does not endorse other resources that may be mentioned here.*