

The National Alliance on Mental Illness (NAMI) Resource

NAMI offers free resources and information on mental illness.

Visit NAMI for more information on the following topics:

Support and Education

If you or someone you know is struggling, you are not alone. There are many supports, services and treatment options that may help. [Click here](#) for more info.

Helpline Resource Directory (English and Spanish)

NAMI Helpline volunteers and staff have compiled this directory of outstanding resources to help you identify possible options to meet your needs. The resources included in the NAMI National Resource Directory are not endorsed by NAMI, and NAMI is not responsible for the content of or service provided by any of these resources. Throughout this directory you will find NAMI Knowledge Articles that provide detailed resources, support options, and information. They may also be accessed at helplinefaqs.nami.org for your convenience.

Video Resource Library

Browse our featured videos of inspirational stories, PSAs, education shorts and more. [Click here](#) for more info.

Podcasts and Webinars

Visit [this link](#) for more information.

Teen and Young Adult Helpline

NAMI is proud to introduce the Teen & Young Adult (T&YA) HelpLine: A free nationwide peer-support service providing information, resource referrals, and support to teens and young

adults. Our T&YA Specialists are young people who understand what you're going through because they have been through stuff, too. They are experienced and well-trained. They care and want to help you find a way forward. Reach out by phone, text, or chat.

Chat with us.

Text **Friend** to [62640](tel:62640) to immediately connect with a Helpline Specialist trained to provide resources, information, and support.

Call

If you are a teen or young adult with questions about mental health, call [1-800-950-NAMI \(6264\)](tel:1800950NAMI6264) to speak with a NAMI Helpline specialist now.

In An Emergency?

[Text](#), [call](#) or [chat](#) with **988** to speak with the Suicide and Crisis Lifeline.
Help is available 24/7.

College Guide

[This guide](#) can also be helpful for corpsmembers at residential sites or on hitches.

Going to college is a big step, and big steps come with excitement, the unknown, and, usually, a healthy amount of stress.

That's not only OK, but also to be expected. And it's the reason for this guide designed by—and for—students just like you.

This Guide was made to help you navigate some of the life changes that come with heading off to college. Below is how it's laid out:

Relationships and Self-Care – tips on how to adjust to your new living situation (even if it's just living at home but in your new role as a college student), take care of yourself, and make and manage new relationships.

Mental Health, Identity, and Race – explore information about understanding identity, bringing your full self to campus, and mental health resources and tips specific to LGNTQ students and students of color.

Self-Advocacy, HIPAA, & FERPA – there are resources that outline your rights concerning mental health and self-advocacy. That may not sound very interesting, but never forget that, even as a student, you have rights. This guide will help you exercise them if you need to.

Taking Care of your Mental Health – you can find information on coping with a current diagnosis in a new environment, finding and speaking with health-care providers, and learning about peer groups and other support.

Staying Safe – resources on navigating any difficult situations you may face. You'll find good info about recreational substance use and misuse, what toxicity looks like in relationships, and how to help yourself or your friends avoid or manage dangerous or risky situations.

[Click here](#) for more info.