

# MENTAL HEALTH RESOURCES: DEPRESSION, SUICIDE, & ANXIETY

## SUICIDE

### AMERICAN ASSOCIATION OF SUICIDOLOGY

Promotes research, public awareness and education, and training for professionals and volunteers.

### AMERICAN FOUNDATION FOR SUICIDE PREVENTION

Provides information about suicide, support for survivors, prevention, research, and more.

### SUICIDE PREVENTION RESOURCE CENTER

This website has factsheets on suicide by state and population characteristics, as well as other educational resources.

## DEPRESSION

### DEPRESSION SCREENING

Aimed at educating people about clinical depression, this website offers a confidential way for people to get screened for symptoms of depression and guide people towards appropriate help.

### DEPRESSION & BIPOLAR SUPPORT ALLIANCE

A comprehensive support resource provides education, tools, peer support, and inspiring stories of recovery.

## ANXIETY

### ANXIETY DISORDERS OF AMERICA ASSOCIATION

Promotes the diagnosis, treatment, and cure of anxiety disorders.

### E-COUCH

This website provides information about emotional problems, what causes them, how to prevent them, and how to treat them. It also includes a set of evidence-based online interventions created to teach the user strategies to improve their mood and emotional state.

### FREEDOM FROM FEAR

Provides information, screening tools, and more resources on many types of anxiety disorders.

**National Suicide Prevention Lifeline**  
1-800-273-8255 or  
text HOME to  
741741

**WARMLINES**  
Speaking to someone on these calls are typically free, confidential, and run by people who understand what it's like to struggle with mental health problems.