

Mental Health Websites

www.mentalhealthfirstaid.org

Mental Health First Aid is a national program to teach the skills to respond to the signs of mental illness and substance use.

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.

[**SAMHSA - Substance Abuse and Mental Health Services ...**](#)

<https://www.samhsa.gov>

[**Grief.com - Help For Grief Because LOVE Never Dies**](#)

<https://grief.com>

Grief.com is dedicated to help everyone deal with the often unknown terrain that comes along with all kinds of grief. Through education, information and other helpful resources we hope to make the challenging road of grief a little easier.

[**National Suicide Prevention Lifeline - Official Site**](#)

<https://suicidepreventionlifeline.org>

<https://www.nimh.nih.gov>

The **National Institute of Mental Health (NIMH)** is the largest scientific organization in the world dedicated to research focused on the

understanding, treatment, and prevention of mental disorders and the promotion of mental health.

[Online Support Groups - Mental Health America](#)

www.mentalhealthamerica.net/find-support-groups

The National **Mental Health Consumers' Self-Help Group** Clearinghouse also maintains a Directory of Consumer-Driven Services which includes peer-run organizations throughout the United States that offer a variety of supportive services and activities, including peer-run **support groups**.