MENTAL HEALTH RESOURCES FOR FAITH COMMUNITIES

Crisis Contacts
- National Suicide Prevention Lifeline – (800) 273-8255 (becoming 988)
- Veterans Crisis Line - (800) 273-8255, press 1
- Military Helpline – (888) 457-4838
- Illinois Warm Line - (866) 359-7953
- NAMI Helpline – (800) 950-NAMI
- Substance Abuse Treatment Referral Hotline – (800) 662-4357

Faith-Based Mental Health Education
- UCC Mental Health Network - http://www.mhn-ucc.org/
- Interfaith Network on Mental Illness - http://inmi.us/
- Pathways to Promise - https://www.pathways2promise.org/
- Gift of Voice - https://giftofvoice.com/
- Hoyleton Ministries - https://hoyleton.org/

Secular Mental Health Education
- National Alliance for Mental Illness (NAMI) - https://www.nami.org/
- NAMI – Southwest Illinois Affiliate - https://namiswi.org/
- National Institute of Mental Health (NIMH) - https://www.nimh.nih.gov/
- Substance Abuse and Mental Health Services Administration (SAMSHA) - https://www.samhsa.gov/
- Illinois Department of Mental Health (DMH) - https://www.dhs.state.il.us/page.aspx?item=29763
- Depression and Bipolar Support Alliance - https://www.dbsalliance.org/

Programs
- Mental Health First Aid - https://www.mentalhealthfirstaid.org/
- Companionship Training for Congregations - https://www.pathways2promise.org/companionship-training/
- Wellness Recovery Action Plan (WRAP) for individuals - https://mentalhealthrecovery.com/wrap-is/