

## 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/>
- NAMI FaithNet - <https://www.nami.org/Get-Involved/NAMI-FaithNet>

### 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>
- Illinois Mental Health Collaborative - <http://www.illinoismentalhealthcollaborative.com/>
- Depression and Bipolar Support Alliance - <https://www.dbsalliance.org/>

### Programs

- Welcoming, Inclusive, Supportive, Engaging (WISE) Congregations – <https://www.mhn-ucc.org/wise-congregations/>
- 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/>