

Mental Health & Well-Being Resources

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24/7 CRISIS & EMOTIONAL SUPPORT

If you or a loved one is experiencing a medical emergency, please call 911.

<p><u>988 Suicide and Crisis Lifeline</u> 800-273-8255</p> <ul style="list-style-type: none"> • Chat online • En Español 	<p>Free, confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States. <i>For TTY users, use preferred relay service or dial 711, then 988.</i></p>
<p><u>Crisis Text Line</u> Text HOME to 741741</p>	<p>A trained crisis counselor receives the text and responds from a secure online platform. The volunteer counselor will help you move from a hot moment to a cool moment.</p>
<p><u>Hope4NC Helpline</u> 855-587-3463</p> <ul style="list-style-type: none"> • Text “hope” to number above • Chat on website linked above 	<p>Free and confidential emotional support, counseling referrals and community resources for North Carolinians.</p>
<p><u>Hope4Healers Helpline</u> 919-266-2002</p>	<p>Mental health and resilience supports for health care professionals, emergency medical specialists, child care professionals, educators, disaster & first responders, and other staff who work in health care and educational settings and their families throughout the state.</p>
<p><u>National Grad Crisis Line</u> 877-72-3457</p>	<p>Free, confidential telephone counseling, crisis intervention, suicide prevention, and information and referral services for graduate students, provided by specially-trained counselors who have completed training to understand the unique issues faced by graduate students.</p>
<p><u>SAMHSA National Helpline</u> 1-800-662-HELP</p>	<p>Free, confidential treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.</p>
<p><u>SAMHSA Disaster Distress Helpline/Linea de Ayuda</u> 800-985-5990</p> <ul style="list-style-type: none"> • Text TalkWithUs or Hablanos to 66746 	<p>Toll-free, multilingual, and confidential national hotline dedicated to providing immediate crisis counseling for people experiencing emotional distress related to any natural or human-caused disaster.</p>
<p><u>Veteran’s Crisis Line</u> Dial 988, then press 1</p> <ul style="list-style-type: none"> • Text 838255 • Chat online 	<p>For Veterans in crisis or those concerned about one. NOTE: You don’t have to be enrolled in VA benefits or health care to call.</p>

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DUKE MENTAL HEALTH & WELL-BEING RESOURCES

Emotional Support & Behavioral Health Care at Duke

- [Duke Personal Assistance Services](#) (PAS) – 919-416-1727 – Faculty/employee assistance program – licensed professionals offers assessment, short-term counseling for Duke faculty and staff and their families (adults only), and referrals at no charge.
- [Duke Department of Psychiatry & Behavioral Sciences](#) (clinical appointments/patient care)
 - 919-684-0100 (Adult Care; 18+)
 - 919-385-3232 (Pediatric Care)

RESOURCES FOR ASIAN AMERICAN & PACIFIC ISLANDER COMMUNITY

- [Asian American Psychological Association](#) – Works to advance the mental health and well-being of Asian American communities through research, professional practice, education and policy. Their [provider directory](#) aims to connect Asian Americans to culturally aware providers who are prepared to meet their needs.
- [Asian Mental Health Collective](#) – An initiative to make mental health easily available, approachable and accessible to Asian communities worldwide.
- [Asians for Mental Health](#) – Searchable directory by state so you can find an AAPI-informed therapist near you.
- [National Asian American Pacific Islander Mental Health Association](#) – Organization focused on expanding access to high quality affordable mental health care for Asian American and Pacific Islanders, as well as empowering those who are seeking the best care for themselves. They have service providers in all 50 states, collaborate with many community-based organizations, and have specific resources to address racism and mental health, youth issues, Covid-19, and more.
- [Project Lotus](#) – Non-profit seeking to foster stigma-busting conversations around topics like the “model minority” myth, navigating sibling competition, engaging in activism and others that can take a toll on mental health. Also includes resources for kids and parents to help families understand how to seek support and better support one another.
- [South Asian Mental Health Initiative & Network](#) – Provides a practitioner directory as well as information on various topics such as alcoholism, depression, domestic violence, and more.
- [South Asian Therapists](#) – One of the largest South Asian mental health communities in the world, offering a therapist directory, a digital self-care package, and workbooks exploring therapeutic themes from a South Asian perspective.

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RESOURCES FOR BLACK COMMUNITY

- [Black Virtual Wellness Directory](#) – Find a Black therapist, doula, yoga teacher, mediator and much more.
- [Black Men Heal](#) – Limited and selective free mental health service opportunities for Black men.
- [Black Mental Health Alliance](#) – Their mission is to develop, promote and sponsor trusted culturally-relevant educational forums, trainings and referral services that support the health and well-being of Black people and their communities. Serves clinicians, communities, families and individuals.
- [Black Mental Wellness](#) – Provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, as well as training opportunities for students and professionals.
- [Black Women’s Health Imperative](#) – Organization advancing health equity and social justice for Black women through policy, advocacy, education, research and leadership development.
- [Boris Lawrence Henson Foundation](#) – Provides access to localized and Black-culturally competent therapy resources sourced through a network of clinicians, service providers, counselors, and thought leaders. The foundation is named in honor of Boris Lawrence Henson, father of Academy Award and Emmy nominated actress and founder Taraji P. Henson, who suffered mental health challenges without resources or support.
- [Ebony's Mental Health Resources by State](#) – List of Black-owned and focused mental health resources by state as compiled by Ebony magazine.
- [Melanin and Mental Health](#) – Connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities. Promotes the growth and healing of diverse communities through its website, online directory and events.
- [Mocha Health](#) – Health and wellness resource for Black women, with special focuses on racial disparities and maternal morbidity and mortality. The community encourages positive social and behavioral lifestyle changes for more improved health outcomes.
- [Ourselves Black](#) – Provides information on promoting mental health and developing positive coping mechanisms through a podcast, online magazine and online discussion groups.
- [Sista Afya](#) – Organization that provides mental wellness education, resource connection and community support for Black women.
- [The Steve Fund](#) – Organization focused on supporting the mental health and emotional well-being of young people of color. Their pillars include building knowledge and thought leadership, creating programs and strategic partnerships, promoting awareness and dialogue and producing immediate impact for students through tech innovations.
- [Therapy for Black Girls](#) – Online space dedicated to encouraging the mental wellness of Black women and girls. Offers listing of mental health professionals across the country who provide high quality, culturally competent services to Black women and girls, an informational podcast and an online support community.

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RESOURCES FOR LATINX COMMUNITY

- [American Society of Hispanic Psychiatry](#) – Promotes the research, education, advocacy and support for those in the Hispanic community. Includes a “[Find a Physician](#)” feature.
- [Latinx Therapy](#) – A database for Latinx individuals seeking a diversity of mental health and wellness resources, courses and workshops. The website also offers a national directory to help find a therapist and navigate the patient/client-mental health provider journey.
- [Melanin and Mental Health](#) – Connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities. Promotes the growth and healing of diverse communities through its website, online directory and events.
- [Psychology Today](#) – Directory of Hispanic/Latinx therapists.
- [Therapy for Latinx](#) – Provides resources for the Latinx community to heal, thrive, and become advocates for their own mental health. Includes a database of therapists who either identify as Latinx or have worked closely with and understand the unique needs of the Latinx community.

OTHER MENTAL HEALTH & WELL-BEING RESOURCES

General Resources

- [American Psychological Association \(APA\) Resources](#)
- [American Psychiatric Association \(APA\) Resources for Patients & Families](#)
- [National Institute of Mental Health \(NIMH\) Mental Health Information](#)
- [National Alliance on Mental Illness \(NAMI\)](#)
- [Mental Health America \(MHA\)](#)
- [National Center for Posttraumatic Stress Disorder \(PTSD\)](#)

Resources Geared Toward Children & Families

- [American Association of Child and Adolescent Psychiatry Resources for Families & Youth](#)
- [National Child Traumatic Stress Network \(NCTSN\) Resources](#)

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