
Transitioning to Outpatient Care – A Guide to National Mental Health Resources

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Providing patients with resources as they transition from inpatient psychiatric units to outpatient care is vital for their continued support and recovery. Here are several valuable national resources:

1. **National Alliance on Mental Illness (NAMI)**
 - Website: [nami.org](https://www.nami.org)
 - Phone: 1-800-950-NAMI (1-800-950-6264)
 - Offers support groups, education programs, and advocacy for individuals with mental illness and their families.
2. **Substance Abuse and Mental Health Services Administration (SAMHSA)**
 - Website: [samhsa.gov](https://www.samhsa.gov)
 - National Helpline: 1-800-662-HELP (1-800-662-4357)
 - Provides information on substance use and mental health disorders, treatment options, and a national helpline.
3. **Depression and Bipolar Support Alliance (DBSA)**
 - Website: [dbsalliance.org](https://www.dbsalliance.org)
 - Offers peer-led support groups for individuals living with depression and bipolar disorder.
4. **Mental Health America (MHA)**
 - Website: [mhanational.org](https://www.mhanational.org)
 - Provides resources for mental health awareness, including screening tools and information on mental health conditions.
5. **American Foundation for Suicide Prevention (AFSP)**
 - Website: [afsp.org](https://www.afsp.org)
 - Offers resources for suicide prevention, including education, advocacy, and support for those affected by suicide.
6. **Anxiety and Depression Association of America (ADAA)**
 - Website: [adaa.org](https://www.adaa.org)
 - Provides information on prevention, treatment, and symptoms of anxiety, depression, and related conditions.
7. **National Institute of Mental Health (NIMH)**
 - Website: [nimh.nih.gov](https://www.nimh.nih.gov)
 - Offers a wealth of information on mental disorders, research, and education.
8. **Veterans Crisis Line**
 - Website: [veteranscrisisline.net](https://www.veteranscrisisline.net)
 - Phone: 1-800-273-8255 and Press 1
 - Provides 24/7 support for Veterans and their loved ones.
9. **National Suicide Prevention Lifeline**
 - Website: [suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org)
 - Phone: 988 (988 has replaced the former lifeline 1-800-273-TALK)
 - Offers 24/7, free and confidential support for people in distress, prevention, and crisis resources.
10. **The Trevor Project**
 - Website: [thetrevorproject.org](https://www.thetrevorproject.org)
 - Phone: 1-866-488-7386
 - Provides crisis intervention and suicide prevention services to LGBTQ young people under 25.
11. **Postpartum Support International (PSI)**
 - Website: [postpartum.net](https://www.postpartum.net)

- Dedicated to helping families suffering from postpartum depression, anxiety, and distress. Offers a helpline, support groups, and information on perinatal mood and anxiety disorders.

12. National Maternal Mental Health Hotline

- Contact Information: Call or text 1-833-9-HELP4MOMS (1-833-943-5746)
- Provides 24/7, free, confidential support and resources to pregnant and postpartum individuals experiencing mental health challenges. Offers help in English and Spanish.