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

Last updated March 2024

I also added a list of national resources that we might want to include in the section on discharge planning.

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
 - 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
 - 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
 - Offers peer-led support groups for individuals living with depression and bipolar disorder.
- 4. Mental Health America (MHA)**
 - Website: 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
 - 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
 - Provides information on prevention, treatment, and symptoms of anxiety, depression, and related conditions.
- 7. National Institute of Mental Health (NIMH)**
 - Website: nimh.nih.gov
 - Offers a wealth of information on mental disorders, research, and education.
- 8. Veterans Crisis Line**
 - Website: 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
 - 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
 - Phone: 1-866-488-7386
 - Provides crisis intervention and suicide prevention services to LGBTQ young people under 25.

[Learn more about these fact sheets and give feedback.](#)
www.thecarlatreport.com

11. Postpartum Support International (PSI)

- Website: 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.