

Section 7: Additional Resources

A. General Resources

Category	Resources	Location
Help with Bills	If you need help paying crucial bills:	www.needhelppayingbills.com
	If you need help paying utility bills:	www.utilitybillassistance.com
	If you need discounted telephone services:	www.phone-bill-assistance.com
Getting a job	<p>Every state offers vocational rehabilitation services. These services help prepare workers with mental or physical disabilities to get and stay in work.</p> <p>These sites have information on General Employment Supports & Tips, Career Research, Education & Training, Vocational Rehabilitation Services, and more.</p>	<p>State Vocational Rehabilitation Agencies</p> <p>Job Accommodation Network</p> <p>Ticket To Work (Social Security Administration)</p> <p>National Organization on Disability</p> <p>Project OPEN site, "Resources": www.peeremployment.com</p>
Planning Your Money	<p>This site has information on:</p> <ul style="list-style-type: none"> ▶ Budgeting ▶ Social Security Benefits ▶ Addiction & Financial Issues ▶ Money Saving Tips & Resources ▶ And more 	<p>Money Basics site, "Resources & Info": www.money-basics.info</p>
	<p>This section of the National Alliance for Mental Illness website explains Special Needs Estate Planning.</p>	<p>www.nami.org</p>
Affordable and Accessible Housing	<p>U.S. Department of Housing and Urban Development: Homelessness Assistance</p>	<p>http://portal.hud.gov</p>
	<p>Call the Housing Counseling Line of the U.S. Department of Housing and Urban Development for a referral to a local housing agency.</p>	<p>1-800-569-4287 or 1-888-466-3487</p>
	<p>State or local public housing authority – get on a waiting list if you are eligible for Section 8 housing.</p>	<p>Find a Local Public Housing Agency: http://portal.hud.gov</p>
	<p>NAMI Housing Toolkit</p>	<p>www.nami.org</p>
	<p>Technical Assistance Collaborative "Priced Out Findings": Compare an apartment home price in an area to monthly payments from Social Security Income.</p>	<p>www.tacinc.org</p>
Suicidal Thoughts, Self-Harm	<p>The National Suicide Prevention Lifeline is a 24-hour hotline. It is for anyone going through emotional distress or in a suicidal crisis. It is free and confidential.</p>	<p>1-800-273-8255 (TALK), http://us.reachout.com</p>

Category	Resources	Location
Expunging Criminal Records	People with arrests and convictions can sometimes get permission to not list their records on job applications. Contact local lawyers in your area.	www.lawyers.com www.nolo.com
Physical Health Care	Federally Qualified Health Centers (FQHCs) offer medical services for people with or without health insurance. You pay what you can afford.	www.fqhc.org/find-an-fqhc
Mental Health Care	The MentalHealth.gov website has information on mental health symptoms. This includes what to look for and how to get help quickly. It also has resources for people struggling with mental health problems and people who care about them.	www.mentalhealth.gov

B. Local Resources

Use the table below to write down helpful resources in your area.

Resource	Phone Number or Location
Police station (a local phone number, not 911):	
Fire department:	
Crisis center or local emergency hotline:	
Mental health center:	
Substance Abuse Treatment Center:	
Housing authority:	
Food pantry:	
Support group:	
Peer Support or Sponsor:	
Other:	
Other:	
Other:	
Other:	

C. National Resources

This list contains the names of several national groups. They can help people with mental health conditions and/or their loved ones.

The Substance Abuse and Mental Health Services Administration's (SAMHSA) Behavioral Health Treatment Services Locator

SAMHSA's Behavioral Health Treatment Services Locator has information about facilities for substance abuse, addiction, and/or mental health problems.

Website: findtreatment.samhsa.gov

The Administration for Community Living No Wrong Door (NWD) Program

NWD systems help people access the long-term services and supports system. These can be older adults. They can also be people with disabilities or with mental health conditions. These "no wrong door" systems make it easier to find information, services, and supports. NWD systems give unbiased information, advice, counseling, and help. This helps people make informed decisions about their long-term supports. It also helps people reach public and private long-term services and supports programs more easily.

You can use the map at the link below to locate the closest site for information or help with long-term services. This information helps you find support through other groups if no NWD is near you.

Website: www.adrc-tae.acl.gov/tiki-index.php?page=ADRCLocator

American Psychiatric Association

The American Psychiatric Association created an 18-minute video. It is about peer support roles in recovery for people with psychiatric and substance abuse conditions.

Video Title: "RTP Module 4 Peer Supports: Recovery-Oriented Care in Psychiatry Module 4: Peer Supports in Recovery"

Website: www.psychiatry.org

Depression and Bipolar Support Alliance (DBSA)

The Depression and Bipolar Support Alliance (DBSA) is a peer-directed national organization. It focuses on depression and bipolar disorder. These are the two most prevalent mental health conditions. DBSA is led by and created for people living with a mood disorder.

Phone: 1-800-826-3632

Website: www.dbsalliance.org

Eldercare Locator

The Eldercare Locator is a public service of the Administration on Aging, U.S. Department of Health and Human Services. This service connects older adults, people with disabilities, and their families with information on many services.

Phone: 1-800-677-1116

Website: www.eldercare.gov

Families Advocating for Voices of Resilience (FAVOR)

Families Advocating for Voices of Resilience (FAVOR) supports all families. It especially supports those families with children with mental health conditions. They offer workshops for parents. They also provide families with resources for support. The support group sessions are confidential. Support partners help families use various systems. FAVOR also offers youth and peer mentoring.

Website: www.favorfamilies.org

Faces and Voice of Recovery (FAVOR)

Faces and Voices of Recovery assists, organizes and mobilizes Americans. It focuses on people in recovery from addiction to alcohol and other drugs, their families, friends and allies. FAVOR helps them form recovery community organizations and networks. The goal is to promote the right and resources to recover through advocacy, education and demonstrating the power and proof of long-term recovery.

Website: www.facesandvoicesofrecovery.org

Hearing Voices Network (HVN) USA

The Hearing Voices Network (HVN) USA thinks there are many ways to understand the experience of hearing voices and other extreme experiences. It is part of an international collaboration between professionals, people with lived experience, and their families. They aim to create a different approach to coping with emotional distress. The focus is empowering and helping people. It does not start from the view that they have a chronic illness.

Website: www.hearingvoicesusa.org

International Association of Peer Supporters (iNAPS)

The International Association of Peer Supporters promotes using peer support services worldwide. iNAPS is made up of people who provide peer support services in a wide range of settings. Some of these include recovery coaches and addiction recovery specialists, researchers, and family member supporter. Others include state and federal policy makers and people in other roles who endorse and champion the peer support movement.

Website: www.inaops.org

Legal Action Center

The Legal Action Center is a non-profit law and policy group. It is the only one in the country whose sole mission is to fight discrimination against people with histories of addiction, HIV/AIDS, or criminal records. It also advocates for sound public policies in these areas.

Website: www.lac.org

Medicare

Get answers to Medicare billing, expense, and claims questions and medical records issues.

Phone: 1-800-MEDICARE (1-800-633-4227)

Website: www.medicare.gov

Medicare: Planning for Your Discharge (Publication 11376)

This document is from the Centers for Medicare & Medicaid Services (CMS). It is a discharge planning checklist. It helps patients and their family member(s) or guardian(s) preparing to leave a hospital, nursing home, or other care setting.

Website: www.medicare.gov/Publications/Pubs/pdf/11376.pdf

Medicare's Nursing Home Compare

Nursing Home Compare has detailed information about every Medicare and Medicaid-certified nursing home in the country.

Website: www.medicare.gov/nhcompare/

Medicare Rights Center

The Medicare Rights Center is a national, non-profit consumer service organization. It works to ensure access to affordable health care for older adults and people with disabilities. It does this through counseling and advocacy, educational programs, and public policy efforts.

Website: www.medicarerights.org

Mental Health America (MHA)

Mental Health America (MHA) is a community-based non-profit. It wants to help all Americans achieve wellness by living mentally healthier lives. A commitment to promote mental health as a critical part of overall wellness drives their work. They focus on prevention services for all, early identification and intervention for those at risk, and integrated care and treatment for those who need it. The goal is recovery.

Website: www.mentalhealthamerica.net/finding-help

National Alliance on Mental Illness (NAMI)

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for Americans affected by mental illness. Their toll-free NAMI HelpLine provides free referrals, information and support.

Phone: 800-950-NAMI (6264)

Website: www.nami.org

National Association on Alcohol, Drugs and Disability, Inc. (NAADD)

The National Association on Alcohol, Drugs and Disability Inc., (NAADD) promotes awareness and education about substance abuse. NAADD's goal is to help people know about issues related to alcoholism, drug addiction, and substance abuse that those with other disabilities face. It offers a peer approach. This improves access to services and information. It also improves access to professional helping facilities like drug rehab, education, and prevention. This is done through the joint efforts of interested individuals and groups across the country.

Website: www.naadd.org

National Disability Rights Network (NDRN)

The National Disability Rights Network (NDRN) is a non-profit membership group. It supports the federally mandated Protection and Advocacy (P&A) Systems and Client Assistance Programs (CAP). These are for people with disabilities. The P&A Systems includes the Protection and Advocacy for Individuals with Mental Illness (PAIMI) program. PAIMI aims to protect the rights of people with mental illness from abuse and neglect.

Website: www.ndrn.org

You can search a list of P&A, CAP, and PAIMI programs on the following webpage:

Website: www.ndrn.org/en/ndrn-member-agencies.html

National Transitions of Care Coalition (NTOCC)

NTOCC helps patients, supportive individuals, health care professionals, and policy makers trying to address the challenges of patients moving between care settings. Tools and resources made by NTOCC are available to everyone in the health care industry. This includes providers, payers, patients, and consumers.

Website: www.ntocc.org/

Project OPEN

Project OPEN is a group that offers help with many career and educational areas to people with mental health needs. Their resources include General Employment Supports & Tips, Career Research, Education & Training, Vocational Rehabilitation Services, and more.

Website: www.peeremployment.com

Quality Improvement Organization (QIO)

QIOs are private, mostly not-for-profit organizations. Doctors and other health care professionals staff them. The health care professionals are trained to review medical care. They also help beneficiaries with complaints about the quality of care. They implement improvements in the quality of care available throughout the continuum of care.

Website: www.ahqa.org

Substance Abuse and Mental Health Services Administration (SAMHSA)

The Substance Abuse and Mental Health Services Administration (SAMHSA) is an agency within the U.S. Department of Health and Human Services. It leads public health efforts to advance the behavioral health of the nation. Its website contains information on mental disorders and recovery supports. It also includes information on prevention services, treatment, and other topics.

Website: www.samhsa.gov

U.S. Food and Drug Administration (FDA)

The U.S. Food and Drug Administration (FDA) website provides guidelines for how to dispose of medicines you have not used and no longer need. You should not just throw medicine away in the trash.

Website: www.fda.gov/Drugs/ResourcesForYou/Consumers

Department of Veterans Administration (VA)

The Department of Veterans Affairs serves America's Veterans. It advocates to ensure that they receive medical care, benefits, social support, and lasting memorials. The Department promotes the health, welfare, and dignity of all Veterans in recognition of their service to this Nation. VA also provides benefits and services to eligible survivors, spouses, dependents, and parents of Veterans. It also helps the caregivers of certain disabled Veterans.

Website: www.va.gov

Wellness Recovery Action Plan (WRAP)

People are encouraged to visit the Wellness Recovery Action Plan (WRAP) website. The tool linked below provides a basis of things to think about after a crisis. It includes the following sections:

- ▶ Post-Crisis Plan
- ▶ Post-Recovery Supporters List
- ▶ When I Arrive Home
- ▶ Issues to Consider
- ▶ Resuming Responsibilities
- ▶ Reflections for the Future

Website: www.mentalhealthrecovery.com

Post-Crisis Tool: [PostCrisisPlan.pdf](#)

Young People in Recovery (YPR)

Young People in Recovery focuses on empowering young people in or seeking recovery. Their national leadership team creates and helps local community-led chapters through grassroots organizing and training. Chapters support young people and help them to gain stable jobs. It also helps them get secure suitable housing and explore continuing education. Chapters also promote for better accessibility of these services and other recovery resources.

Website: youngpeopleinrecovery.org

Wellness Recovery Action Plan (WRAP)

Individuals are encouraged to visit the Wellness Recovery Action Plan (WRAP) website. The tool linked below provides a framework of things to consider after a crisis and includes the following sections:

- ▶ Post-Crisis Plan
- ▶ Post-Recovery Supporters List
- ▶ When I Arrive Home
- ▶ Issues to Consider
- ▶ Resuming Responsibilities
- ▶ Reflections for the Future

Website: www.mentalhealthrecovery.com

Post-Crisis Tool: [PostCrisisPlan.pdf](#)

Young People in Recovery (YPR)

Young People in Recovery focuses on empowering young people in or seeking recovery. Their national leadership team creates and cultivates local community-led chapters through grassroots organizing and training. Chapters support young people by empowering them to obtain stable employment, secure suitable housing, and explore continuing education. Chapters also advocate on the local and state levels for better accessibility of these services and other effective recovery resources.

Website: youngpeopleinrecovery.org

D. Advance Health Care Directive

Read this section to learn about Advance Directives. You will also learn how to create one for yourself.

An Advance Health Care Directive is a legal document. It explains the health care services you want to receive. This is in case an illness prevents you from making decisions for yourself. It allows you to appoint a “health care proxy.” This person will have authority to make decisions about your health care. The advance directive can also outline your wishes about specific treatments you do or do not want for yourself.

Planning with an advance directive puts in writing what is important to you. This can give your loved ones a sense of peace when they need to make decisions about your health care since it explains your wishes.

Laws vary by state. You may want to speak with a lawyer. You could also speak with your state’s attorney general’s office. You are not required to get legal counsel for an advance directive. But, this can be helpful.

Do I Have an Advance Health Care Directive?

Yes

If yes, save or print the Advance Health Care Directive. Then, save it with this toolkit.

No

If no, go to the links below for more information. You can find advance directive forms unique to your state.

Need More Information?

For more information on advance directives, please visit these resources:

www.bazelon.org

Explains what advance directives are and why they are important

www.nrc-pad.org

Includes a downloadable advance directive for each state.