

MENTAL HEALTH: YOU CAN MAKE A DIFFERENCE

# + Mental Health Resources

These resources offer a deeper dive on mental health. Many are also places to turn for support.

## All mental health topics

National Institute of Mental Health  
[www.nimh.nih.gov](http://www.nimh.nih.gov)

## Depression and anxiety disorders

Anxiety and Depression Association of America  
[www.adaa.org/understanding-anxiety](http://www.adaa.org/understanding-anxiety)

Depression and Bipolar Support Alliance  
[www.dbsalliance.org](http://www.dbsalliance.org)

## OCD and related disorders

International OCD Foundation  
[www.iocdf.org](http://www.iocdf.org)

## Eating disorders

National Eating Disorders Association  
[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

## Alcohol and substance use disorders

Substance Abuse and Mental Health Services Administration  
[www.samhsa.gov](http://www.samhsa.gov)

National Institute on Alcohol Abuse and Alcoholism  
[www.niaaa.nih.gov](http://www.niaaa.nih.gov)

[www.rethinkingdrinking.niaaa.nih.gov](http://www.rethinkingdrinking.niaaa.nih.gov)

## Suicide

Call or text 988 to reach the 988 Suicide & Crisis Lifeline  
[988lifeline.org](http://988lifeline.org)

## Stress management

Stress can complicate mental health problems. The resources below offer strategies and techniques that you might try to shift your stress response.

### HelpGuide: Stress Management

[www.helpguide.org/articles/stress/stress-management.htm](http://www.helpguide.org/articles/stress/stress-management.htm)

### WebMD: Ways to Manage Stress

[www.webmd.com/balance/stress-management/stress-management](http://www.webmd.com/balance/stress-management/stress-management)

### Guided mindfulness practice

Available online from the UCLA Mindful Awareness Research Center<sup>1</sup>.  
[www.uclahealth.org/programs/marc/free-guided-meditations](http://www.uclahealth.org/programs/marc/free-guided-meditations)

<sup>1</sup>Mindfulness Meditations created by Diana Winston for the UCLA Mindful Awareness Research Center (MARC).  
© 2021 The Regents of the University of California. All Rights Reserved.

References to third-party organizations or companies, and/or their products, processes or services, does not constitute an endorsement or warranty thereof. Your use of such products, processes or services are at your sole risk.

This information is for educational purposes only. It's not medical advice. Always ask your doctor for appropriate examinations, treatment, testing and care recommendations.

All Evernorth Health Services products and services are provided exclusively by or through affiliates of the Evernorth companies. Some content provided under license.

881073kEN 04/24 © 2024 Evernorth Health Services. Use and distribution limited solely to authorized personnel.