# Mental Health
## resource guide

**Mental health care matters. It is important to maintain our mental health as well as we maintain our physical health.**

### Mental Health America

https://mhanational.org/

*Mental Health America is the nation's leading nonprofit dedicated to the promotion of mental health, well-being, and condition prevention.*

### National Alliance on Mental Health

https://www.nami.org/

*NAMI is dedicated to building better lives for the millions of Americans affected by mental illness. Our Alliance includes more than 650 NAMI State Organizations and Affiliates who work in your community to raise awareness and provide support and education to those in need.*

### American Foundation of Suicide Prevention

https://afsp.org/

*AFSP is dedicated to saving lives and bringing hope to those affected by suicide, including those who have experienced a loss. AFSP creates a culture that's smart about mental health by engaging in the following core strategies:*

### Substance Abuse and Mental Health Service Administration

https://www.samhsa.gov/

*SAMHSA leads public health and service delivery efforts that treat mental illness, especially serious mental illness, prevent substance abuse and addiction, and provide treatments and supports to foster recovery while ensuring access and better outcomes for all.*

### The Jed Foundation

https://jedfoundation.org/

*The Jed Foundation (JED) is a nonprofit that protects emotional health and prevents suicide for our nation's teens and young adults.*

## BetterHelp

https://www.betterhelp.com/

*BetterHelp was founded in 2013 to remove the traditional barriers to therapy and make mental health care more accessible to everyone. Today, it is the world's largest therapy service — providing professional, affordable, and tailored therapy in a convenient online format.*

## Cerebral

https://cerebral.com/

*Cerebral offers comprehensive, evidence-based mental health care with a team of over 600 clinicians.*

## New Harbinger Publications

https://newharbingerpublications.substack.com/p/welcome-to-new-harbinger

*Our Substack is where mental health expertise meets real life. We're a psychology-focused publishing company dedicated to bridging the gap between research and everyday experience. We publish a mix of content for both clinicians and everyday readers.*

## Mental Health Matters Too

https://mentalhealthmatterstoo.com/

*Mental Health Matters Too's Mission is to normalize the conversation about mental health in the bleeding disorders community and provide direction on resources for mental wellness and care.*

## BD SUMHAC

https://www.bdsumhac.org/

*BD SUMHAC's goal is to improve access to inpatient and residential mental health and substance use disorder treatment for people with bleeding disorders.*

## NBDF: Hemaware

https://hemaware.org/mind-body/putting-spotlight-mental-health-and-bleeding-disorders

*If you or someone you love is struggling with mental health issues, you're not alone. Help is available both in the bleeding disorders community and beyond.*

## HFA: Learning Central

https://www.hemophiliafed.org/learning-central/

*With new families being diagnosed, ever-changing treatment options, and policy and financial issues unique to the bleeding disorders community, HFA recognizes the need for ongoing patient and caretaker education.*

*Indicates that the program is designed specifically for people living with bleeding disorders.*

Mental Health resource guide