

Mental Health Resources

COVID-19 Harvard Alumni/ae Community Helps (HACH) Initiative - Class of 1980

Being vigilant and taking action means less stress and a greater sense of control. Recognizing it is **OK to not be OK** in a world that has been turned upside down can be liberating. Summon the courage to feel your feelings, knowing your path may be circuitous and rocky at times. But.... **help is available.**



- The National Alliance on Mental Illness provides advocacy, education, and support and raises public awareness of mental illness at <https://www.nami.org/Home>
- The **NAMI Helpline** can be reached Monday through Friday, 10 am–6 pm ET at 1-800-950-NAMI (6264) or info@nami.org.

- **SAMHSA's** mission is to reduce the impact of substance abuse and mental illness on America's communities. Learn more at <https://www.samhsa.gov/>
- **SAMHSA's National Helpline:** 1-800-662-HELP (4357) free, confidential, 24/7/365 treatment referral and information service (English and Spanish) for individuals/families facing mental and/or substance use disorders.
- **National Suicide Prevention Lifeline:** 1-800-273-TALK (8255); En Español: 1-888-628-9454; For the deaf/hard of hearing/have hearing loss, Lifeline via TTY at 1-800-799-4889.



- **The Crisis Text Hotline** is available 24 hours a day, 7 days a week throughout the U.S. It serves anyone, in any type of crisis, connecting them with a crisis counselor who can provide support and information.
- Learn more at The Crisis Text Hotline: <https://www.crisistextline.org/>
- Text "HELLO" to 741741 for help.

- **MentalHealth.gov** provides one-stop access to U.S. government information on mental health and mental health issues.



- The CDC says "Mental health includes our emotional, psychological, and social well-being and affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life...."
- Check out **CDC mental health resources** at: <https://www.cdc.gov/mentalhealth/index.htm>

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- [Sign up for curated information](#) to help stay up-to-date on the ever-evolving COVID-19.
- To access scientifically-based guidance on COVID-19 provided privately on a 1:1 basis, contact: hrclassof1980helps@gmail.com. Responses to your inquiries will be provided within a reasonable time frame, with a goal of within 48 hours.