



**NATIONAL HEMOPHILIA FOUNDATION**  
*for all bleeding disorders*

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# MENTAL HEALTH RESOURCE LIST

This list is for individuals and families affected by bleeding disorders who are interested in exploring mental health support and resources. If you or someone you care about is experiencing an immediate crisis or having thoughts of self-harm or harming others, then seek immediate assistance by calling 9-1-1, calling 9-8-8 (Suicide & Crisis Lifeline), calling your healthcare provider, or going to the nearest emergency department.

NHF has an additional list of mental health crisis hotlines:

<https://www.hemophilia.org/sites/default/files/document/files/Mental%20Health%20Hotlines.pdf>

This list is for general information only. NHF does not give medical advice and always recommends consulting a healthcare provider if you are in need of care.

## BLEEDING DISORDERS SPECIFIC RESOURCES



### NHF Video: Skills for Coping with Anxiety and Depression

- About: This video discusses how stress can affect life, how to know when life is out of balance, and what resources are available to get back on track to enjoying life and loved ones. We explore coping strategies for depression and anxiety, ways to work with a healthcare team, and lifestyle approaches that can improve well-being. This video is based on findings from the Hemophilia Experiences, Results and Opportunities (HERO) study.
- Link: <https://www.youtube.com/watch?v=JHGQITja9ho&t=2s>

### NHF Town Hall Webinar - Stress & Anxiety: Coping with COVID-19

- About: On April 17th, 2020, experts from NHF answered your questions on how best to deal with stress in this townhall webinar titled Stress & Anxiety: Coping with COVID-19.
- Link: <https://youtu.be/w4CyXDuTiGY>

### Additional NHF Mental Health Videos

- About: NHF's online education provides free quality education on mental health issues to all members of the bleeding disorders community. These webinars and webcasts cover topics from how to handle anxiety and depression to taking care of your own wellbeing.
  - Link: [https://www.hemophilia.org/educational-programs/education/online-education?field\\_landing\\_category\\_target\\_id\\_2%5B%5D=465&field\\_date\\_value=All](https://www.hemophilia.org/educational-programs/education/online-education?field_landing_category_target_id_2%5B%5D=465&field_date_value=All)
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## BLEEDING DISORDERS SPECIFIC RESOURCES

### Articles from HEMAWARE: The Bleeding Disorders Magazine

*(click on each title for links to the articles)*

- Know the Signs of Anxiety and Depression
- Putting the Spotlight on Mental Health and Bleeding Disorders
- The Mental Health Challenge of Inhibitors
- Opening Up About Mental Health
- Finding Their Voices

### Let's Talk Mental Health

- About: Let's Talk is an immersive journey through the lives of five members of the U.S. bleeding disorders community. In it they open their hearts and lives to show how we can gain strength through the struggle, and that perhaps, we aren't so different after all. Produced in partnership with Mental Health Matters Too, the film is intended to spark conversation, increase awareness, and decrease stigma. This website provides easy-to-use links, resources, and tools for connection, screening, and receiving support.
- Link: <https://letstalkmh.com/>

### coreHEM Mental Health Outcome Instrument

- About: The coreHEM Mental Health Project is part of a larger project, coreHEM, which was an initiative co-led by the Green Park Collaborative (GPC), the National Hemophilia Foundation (NHF), and McMaster University. They partnered with the NHF to develop a patient-reported outcome measure that can be used to see how mental and emotional health outlook changes after a patient receives gene therapy for hemophilia.
- Link: <http://www.cmtpNet.org/green-park-collaborative/other-initiatives/other-initiatives/>

### Local Chapter and HTC Resources

- About: Your local Hemophilia Treatment Center (HTC) and Chapter can offer mental health resources and support specific to individuals and families affected by bleeding disorders. At an HTC, you can find social work staff dedicated to providing mental health information and referrals, and HTCs may also offer counseling and therapy services. Local chapters may offer resources and educational opportunities on the topic of mental health.
  - To find an HTC near you: <https://dbdgateway.cdc.gov/HTCDirSearch.aspx>
  - To find a chapter near you: <https://www.hemophilia.org/community-resources/resources-near-you/nhf-chapters>
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## EMERGENCY ASSISTANCE & HOTLINES



### 988 Suicide and Crisis Lifeline

- About: The National Suicide Prevention Lifeline is now the 988 Suicide and Crisis Lifeline. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.
- Website: <https://988lifeline.org/>
- Phone: 988

### National Domestic Violence Hotline

- About: This organization provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse. Callers can expect highly trained, experienced advocates to offer compassionate support, crisis intervention information, educational services, and referral services in more than 200 languages. Visitors to this site can find information about domestic violence, online instructional materials, safety planning, local resources, and ways to support the organization.
- Website: <https://www.thehotline.org/>
- E-mail: [nationaldeafhotline@adwas.org](mailto:nationaldeafhotline@adwas.org)
- Phone: 1-800-799-SAFE (7233) / 1-800-787-3224 (TTY)

## DIRECT SUPPORT & ASSISTANCE ORGANIZATIONS



### National Alliance on Mental Illness (NAMI)

- About: The nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.
- Website: <https://www.nami.org/Home>
- Contact NAMI: <https://www.nami.org/contact-us>
- Phone: 800-950-6264 (Helpline), 703-524-7600 (Main Office)

### Mental Health America (MHA)

- About: The nation's leading community-based nonprofit organization dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all Americans.
  - Website: <https://www.mhanational.org/>
  - Contact MHA: <https://www.mhanational.org/get-involved/contact-us>
  - Phone: 703-684-7722, 800-969-6642 (Toll Free)
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## DIRECT SUPPORT & ASSISTANCE ORGANIZATIONS

### Depression and Bipolar Support Alliance

- About: A national organization focusing on mood disorders including depression and bipolar disorder.
- Website: <https://www.dbsalliance.org/>
- E-mail: [info@dbsalliance.org](mailto:info@dbsalliance.org)
- Phone: 800-826-3632 (Toll Free)

### The Trevor Project

- About: The leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.
- Website: <https://www.thetrevorproject.org/>
- E-mail: [info@thetrevorproject.org](mailto:info@thetrevorproject.org)
- Phone: 1-866-488-7386

### The Jed Foundation

- About: Nonprofit organization that protects emotional health and prevents suicide for teens and young adults. They partner with high schools and colleges to focus on mental health, address substance misuse, and provide suicide prevention programs and systems.
- Website: <https://www.jedfoundation.org/>
- Phone: 212-647-7544

### Veterans Crisis Line

- About: US Veterans and their families, friends, and loved ones can experience significant stress, transition, and a variety of unknowns. Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many are veterans themselves.
- Website: <https://www.veteranscrisisline.net/>
- Phone: 1-800-273-8255 (Press 1)

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## OTHER NATIONAL & INTERNATIONAL ORGANIZATIONS

(NOT DIRECT ASSISTANCE)



### World Health Organization (WHO): Mental Health and Substance Abuse

- About: WHO works to promote mental health and prevent mental, neurological and substance use disorders. The WHO supports the expansion of access to affordable, quality care for everyone who needs it.
  - Website: [https://www.who.int/mental\\_health/en/](https://www.who.int/mental_health/en/)
  - E-mail: [msb@who.int](mailto:msb@who.int)
  - Phone: +41 22 791 4385
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## OTHER NATIONAL & INTERNATIONAL ORGANIZATIONS

(NOT DIRECT ASSISTANCE)

### National Institute of Mental Health (NIMH)

- About: The leading federal agency for research on mental health disorders. It is one of the 27 institutes and centers that make up the National Institutes of Health (NIH), and the largest biomedical research agency in the world. NIH is part of the U.S. Department of Health and Human Services (HHS).
- Website: <https://www.nimh.nih.gov/index.shtml>
- E-mail: [nimhinfo@nih.gov](mailto:nimhinfo@nih.gov)
- Phone: 866-615-6464, 866-415-8051 (Toll Free)

### The Substance Abuse and Mental Health Services Administration (SAMHSA)

- About: The agency within the U.S. Department of Health and Human Services (HHS) that leads public health efforts to advance the behavioral health of the nation.
- Website: <https://www.samhsa.gov/>
- E-mail: [SAMHSAInfo@samhsa.hhs.gov](mailto:SAMHSAInfo@samhsa.hhs.gov)
- Phone: 800-662-4357 (Helpline), 877-726-4727 (General Questions)

### Anxiety and Depression Association of America (ADAA)

- About: Founded in 1979, the ADAA is an international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, obsessive-compulsive disorder, post-traumatic stress disorder, and co-occurring disorders through education, practice, and research.
- Website: <https://adaa.org/>
- E-mail: [information@adaa.org](mailto:information@adaa.org)
- Phone: 240-485-1001

### Child Mind Institute

- About: Independent, national nonprofit organization dedicated to transforming the lives of children and families struggling with mental health and learning disorders. They deliver the highest standards of care, advance the science of the developing brain, and empower parents, professionals, and policymakers to support children when and where they need it most.
- Website: <https://childmind.org/>
- E-mail: [speakup@childmind.org](mailto:speakup@childmind.org)
- Phone: 212.308.3118 (New York City) / 650.931.6565 (San Francisco Bay Area)

### MentalHealth.gov

- About: MentalHealth.gov aims to educate and guide: the general public, health and emergency preparedness professionals, policy makers, government and business leaders, school systems, and local communities.
- Website: <https://www.mentalhealth.gov/>

**This list was originally compiled by Nick Kallinicou and would not be possible without the help of the entire HANDI team.**