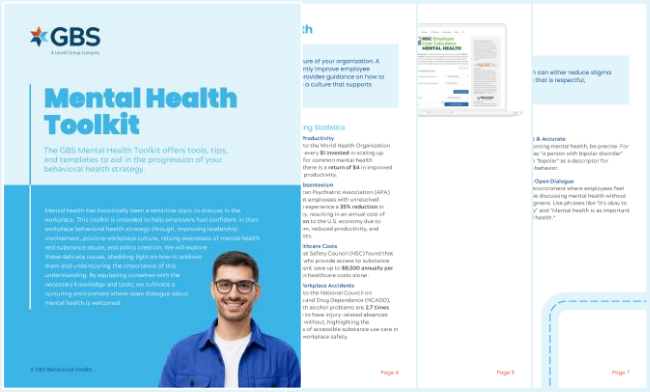
Mental Health Resources

Mental Health Toolkit

The GBS Mental Health Toolkit offers tools, tips, and templates to aid in the progression of your behavioral health strategy.

Download Now >



Mental Health America

Bell Seal Certification
mhanational.org >

The Bell Seal for Workplace Mental Health national certification program recognizes employers committed to creating mentally healthy workplaces.

Online Screening
mhanational.org >

Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition.

Native & Strong

nativeandstrong.org >
Call 988, Press 4

Confidential support for people experiencing suicidal thoughts or emotional distress. The lifeline is available 24/7, offering help, information, and local resources.

1 in 5: Start the Conversation Guide

1in5.info >

The Start the Conversation Guide is a central component of the 1in5 Campaign. It aims to conquer the discomfort of discussing mental health by providing information and tools to foster a culture that supports emotional wellbeing. Although this guide is primarily designed for use in the workplace, the concepts and tools can be applied in virtually any setting.

We R Native

wernative.org >

A comprehensive health resource for Native youth, by Native youth, providing content and stories about the topics that matter most to them. They strive to promote holistic health and positive growth in local communities and nation at large.

StrongHearts Native Helpline

strongheartshelpline.org >
1-844-7NATIVE (762-8483)

StrongHearts Native Helpline is a 24/7 safe, confidential and anonymous domestic and sexual violence helpline for Native Americans and Alaska Natives, offering support and advocacy.

Indian Health Service

IHS.gov/findhealthcare >

The Indian Health Service, an agency within the Department of Health and Human Services , is responsible for providing federal health services to American Indians and Alaska Natives.

Live On

LiveOnUtah.org >

Live On is a statewide effort to prevent suicide by promoting education, providing resources, and changing our culture around suicide and mental health. We're getting the word out to Utahns through a variety of multimedia messages and campaigns.

Live Through This

LiveThroughThis.org >

Live Through This is a collection of portraits and true stories of suicide attempt survivors across the United States.

Psychology Today

PsychologyToday.com >

Find verified mental health professionals in the United States.

Man Therapy

ManTherapy.org >

Suicide is a complex issue with no easy answers. But one thing's for sure – the best defense is a good offense. Each man is on their own journey of well-being, trying to navigate their own issue and opportunities. Man Therapy takes a comprehensive, upstream approach and meets men where they are.

National Alliance on Mental Illness

nami.org >

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

American Foundation for Suicide Prevention

afsp.org >

AFSP is dedicated to saving lives and bringing hope to those affected by suicide, including those who have experienced a loss.

Substance Abuse & Mental Health Services Administration (SAMHSA)

SAMHSA.gov >

SAMHSA is a leading agency within the U.S. Department of Health and Human Services dedicated to improving behavioral health and reducing the impact of substance abuse and mental illness on individuals and communities. SAMHSA's helpline provides free, confidential assistance 24/7 for individuals facing mental health or substance use challenges. Trained specialists offer support, information, and referrals to local treatment facilities.

FindTreatment.gov

FindTreatment.gov >

A confidential and anonymous resource for persons seeking treatment for mental and substance use disorders in the United States and its territories.

In The Rooms

InTheRooms.com >

In The Rooms is for people already in recovery, those seeking immediate help from any addiction, and for the families, friends, and allies of those people. They offer a range of addiction recovery programs and services.

Faces & Voices of Recovery

FacesandVoicesofRecovery.org >

Faces & Voices of Recovery is dedicated to advancing peer support services and recovery efforts everywhere. From recovery pop-ups and trainings to RCO certifications and accreditation, they advocate for normalizing recovery and de-stigmatizing addiction.

Utah Support Advocates for Recovery Awareness

UtahRecovers.org >

USARA provides short-term peer coaching in healthcare and emergency settings, long-term peer recovery coaching, family support services, and are engaged in legislative advocacy.

Al-Anon

Al-Anon.org >

Al-Anon provides support for families and friends of individuals struggling with alcoholism. Meetings offer a safe space to share experiences and gain coping strategies.

Mindfulness Apps

Calm >

Insight Timer >

Headspace >

Happier >