



## NATIONAL RESOURCES

**AMERICAN FOUNDATION FOR SUICIDE PREVENTION** .....[www.afsp.org](http://www.afsp.org)  
(800) 273.TALK

**DEPRESSION AND BIPOLAR SUPPORT ALLIANCE (DBSA)** .....[www.dbsalliance.org](http://www.dbsalliance.org)  
730 N. Franklin Street, Suite 501, Chicago, IL 60654-7225 (800) 826.3632

*The Depression and Bipolar Support Alliance is a peer-directed national organization focusing on depression and bipolar disorder. DBSA provides resources such as audio and video casts, interactive online resources and printed materials, as well as local support groups.*

**FAMILIES ANONYMOUS**.....[www.familiesanonymous.org](http://www.familiesanonymous.org)

*Families Anonymous is a self-help support group for families who are experiencing problems such as alcohol or drugs or related unacceptable behavior. It is based on the Twelve Steps of Alcoholics Anonymous and focuses on the family.*

**INTERNATIONAL BIPOLAR FOUNDATION** ..... [www.internationalbipolarfoundation.org](http://www.internationalbipolarfoundation.org)  
8895 Towne Centre Drive, #105-360, San Diego, CA 92122 (858) 764.2496

*International Bipolar Foundation is an online resource for those with bipolar disorder and their caregivers. The website provides webinars and educational videos as well as a monthly newsletter.*

**MENTAL HEALTH AMERICA**.....[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)  
*Is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all Americans. (RX information.)*

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)**.....[www.nami.org](http://www.nami.org)  
3803 N. Fairfax Drive, Suite 100 Arlington, VA 22203 (847) 716.2252

*NAMI is the foundation for NAMI State organizations and NAMI affiliates who work in local communities to raise awareness and provide free education, advocacy and support group programs.*

**RECOVERY INTERNATIONAL (Formerly Recovery, Inc.)** .....[www.lowselfhelpsystems.org](http://www.lowselfhelpsystems.org)  
105 W. Adams Street, Suite 2940, Chicago, IL 60603 (866) 221.0302

*Recovery International is a mental health self-help organization. It provides mental health self-help community groups, telephone and online meetings.*

**TREATMENT ADVOCACY CENTER** ..... [www.treatmentadvocacycenter.org](http://www.treatmentadvocacycenter.org)  
*Non-profit that works at the national, state, and local levels to educate the public and civic, legal, criminal justice, and legislative communities on the benefits of assisted treatment, also known as involuntary commitment, in an effort to decrease homelessness, jailings, suicide, violence and other devastating consequences caused by a lack of treatment.*

**To schedule a customized mental health awareness training or find out more information visit our website at [visionforchange.net](http://visionforchange.net) or call (630) 234.7477.**