

## Regional Mental Health & Wellness Resources

The following list has been developed for you to simplify the process of finding local mental health resources. It includes agencies, organizations, and individual mental health professionals. You are responsible for researching professionals to find the best professional to meets your needs. Individual providers and resources in this list are not endorsed or recommended in any way by Teach For America. Teach For America has neither screened nor evaluated any of these individuals, groups or services.

<p>Employee Assistance Program (EAP):</p>	<p><b>Employee Assistance Programs (EAPs)</b> are employee benefit programs offered by some employers. EAPs are intended to help employees deal with personal problems that might adversely impact their work performance, health, and well-being. EAPs generally include short-term counseling and referral services for employees and their household members.</p> <p>An EAPs services are usually free to the employee and their household members. EAPs also offer specialized such as: financial advisors, attorneys, travel agents, elder/child care specialists, and the like.</p> <p><b>To find out about EAP programs and associated benefits available to you, follow the steps below.</b></p> <ol style="list-style-type: none"> <li>1. Go to the website of your school district and locate the HR department contact information</li> <li>2. Call HR and ask whether the district offers an EAP program for staff members.</li> <li>3. If HR indicates that an EAP program exists, ask:             <ol style="list-style-type: none"> <li>a. What mental health or counseling benefits are available through the EAP?</li> <li>b. If yes, are these referral services or are there specific professionals?</li> <li>c. Where can I find more information about the EAP program (website, etc.)?</li> </ol> </li> </ol> <p>Note: When you make this call, you do not need to provide the HR person with any personal information. You can simply say that you are a staff member interested in learning what your benefits are.</p>
<p>Crisis Counseling:</p>	<p>If you are experiencing a mental health emergency, it is important to take immediate action to help ensure your well-being and safety. These are some resources that can assist you immediately.</p> <ul style="list-style-type: none"> <li>• National Suicide Prevention Hotline: 1-800-suicide (1-800-784-2433)</li> <li>• Online emotional support: <a href="http://www.CrisisChat.org">www.CrisisChat.org</a></li> </ul>
<p>Other resources:</p>	<p>The National Association of School Psychologists has compiled resources addressing a number of issues that students may face. These issues include grief, loss, and trauma among many other topics. Follow this link to access the resources: <a href="http://www.nasponline.org/resources/completetopiclist.aspx">http://www.nasponline.org/resources/completetopiclist.aspx</a></p>

*How to Find a Counselor on Your Own*

<p>Psychology Today Website</p>	<p><a href="http://therapists.psychologytoday.com/rms/prof_search.php">http://therapists.psychologytoday.com/rms/prof_search.php</a></p> <p>This website allows you to search by geographic location for therapists and counselors. You can also search for specific areas of expertise, such as anxiety, depression, eating disorders, grief and loss, etc.</p>
<p>National Register of Health Service Psychologists</p>	<p><a href="http://www.findapsychologist.org">http://www.findapsychologist.org</a></p> <p>From their website: “The National Register was created to identify qualified Health Service Providers. Today, the National Register certifies 11,000 licensed psychologists as health service providers and reviews credentials for doctoral students.” You can search by geographic location and/or by area of expertise.</p>
<p>Insurance Card</p>	<p>The easiest thing to do is visit the website of your insurance company (listed on your insurance card). On the website, you can search for the mental health benefits available to you. Many insurance companies use the terminology “Behavioral Health” when referring to mental health. It is likely that your insurance will provide a list of professionals, separated by discipline (e.g., psychologists, licensed professional counselors, licensed clinical social workers, etc.). See the information listed below to help you search for the credentials of individuals in these various disciplines.</p> <p>If you would rather speak to a representative from your insurance company, you can also call the number listed on your card. Some cards have numbers specific to behavioral health or mental health. Others simply list a general customer service number.</p>

Note: You can check the credentials of a provider that you locate. Usually this can be done through a Google search naming your state and then typing “state licensing board” for psychologists, social workers, professional counselor or any other license they might have.

*Note that since insurance plans tend to change often, please confirm all insurance and financial arrangements directly with your insurance carrier as well as the provider prior to the first session. It is important to know that sometimes it can take trying a few different mental health professionals until you decide that s/he is a good fit for you.*

*By utilizing this list of resources, you understand and agree that Teach For America is in no way responsible for the acts, omissions, or services of any of the providers, support groups, organizations, or agencies or for any other actions taken based upon this information provided by Teach For America. You are also welcome to find a professional of your own choosing. Tips on searching for counselors are in the chart above. Additionally, you are welcome to use other methods to find a professional.*