

## **Mental Health & Parenting Resources**

*Fall 2021*

### **MENTAL HEALTH RESOURCES**

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#### **Crisis & 24/7 Emotional Support**

- [Hope4NC Helpline](#) (855-587-3463) – Mental health resource to support North Carolinians throughout the COVID-19 crisis. Support is available 24/7.
- [National Suicide Prevention Lifeline](#) (800-273-8255)
- [SAMHSA Disaster Distress Helpline/Linea de Ayuda](#) (800-985-5990) or text **TalkWithUs** or **Hablanos** to 66746 for support via text.
- [Crisis Text Line](#) – Text HOME to 741741 to connect with a crisis counselor (24/7)
- If you or a loved one is experiencing a medical emergency, please call 911.

#### **Emotional Support & Behavioral Health Care at Duke**

- [Duke Personal Assistance Services](#) (PAS) – 919-416-1727 – Faculty/employee assistance program – licensed professionals offers assessment, short-term counseling for Duke faculty and staff and their families (adults only), and referrals at no charge
- [Duke Department of Psychiatry & Behavioral Sciences](#) (clinical appointments/patient care)
  - 919-684-0100 (Adult Care; 18+)
  - 919-385-3232 (Pediatric Care)

#### **Duke Websites with Mental Health & Well-Being Resources**

- [Duke Health Support Resources for Emotional Well-Being](#) – Library of resource documents on the Duke Health website.
- [Duke University Coronavirus Website – Support](#)
- [Duke University "Keep Working" Website – Staying Healthy section](#)
- [Well-Being Resources](#) from the Duke Center for Healthcare Safety and Quality

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## **Duke Articles Related to Mental Health & Well-Being**

- [How to Maintain Your Emotional Well-Being Using Virtual Resources](#)
- [3 Ways to Improve Your Sleep during COVID-19](#)
- [Anxious and Depressed? Experts Share Tips for Coping in Pandemic](#)
- [How to Practice Self-Compassion during the Pandemic](#)

## **General Resources**

- [American Association of Child and Adolescent Psychiatry COVID-19 Resources](#)
- [American Psychological Association \(APA\) COVID-19 Information and Resources](#)
- [American Psychiatric Association \(APA\) COVID-19 Resources](#)
- [National Institute of Mental Health \(NIMH\) Sharable Resources on Coping with COVID-19](#)
- [National Alliance on Mental Illness \(NAMI\)](#)
- [Mental Health America \(MHA\) Mental Health and COVID-19 Information and Resources](#)
- [National Child Traumatic Stress Network \(NCTSN\) Resources for Families and Caregivers](#)
- [National Center for Posttraumatic Stress Disorder \(PTSD\) Resources for Managing Stress during COVID-19](#)

## **PARENTING RESOURCES**

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### **General Support/Well-Being Resources**

- [COVID-19 Resource Guide for Parents and Families](#) – Compiled by the Duke Center for Healthcare Safety and Quality, Duke Department of Psychiatry & Behavioral Sciences, Duke Child and Family Study Center and Duke Human Resources
- [Resources for Individuals with Autism Spectrum Disorder and their Families](#) – Created/compiled by the Duke Center for Autism & Brain Development

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## RESOURCES RELATED TO RACE & MENTAL HEALTH

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- [Black Virtual Therapist Directory](#)
- [Selected local \(Triangle area\) mental health providers of color](#)
- [Black Men Heal](#) – Limited and selective free mental health service opportunities for Black men.
- [Black Mental Health Alliance](#) – Provides information and resources and a “Find a Therapist” locator to connect with a culturally competent mental health professional.
- [Black Mental Wellness](#) – Provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, as well as training opportunities for students and professionals.
- [Black Women’s Health Imperative](#) – Organization advancing health equity and social justice for Black women through policy, advocacy, education, research and leadership development.
- [Boris Lawrence Henson Foundation](#) – BLHF has launched the COVID-19 Free Virtual Therapy Support Campaign to raise money for mental health services provided by licensed clinicians in our network. Individuals with life-changing stressors and anxiety related to the coronavirus will have the cost for up to five individual sessions defrayed on a first come, first serve basis until all funds are committed or exhausted.
- [Brother You’re on My Mind](#) – An initiative launched by Omega Psi Phi Fraternity, Inc. and NIMHD to raise awareness of the mental health challenges associated with depression and stress that affect Black men and families. Website offers an [online toolkit](#) that provides Omega Psi Phi Fraternity chapters with the materials needed to educate fellow fraternity brothers and community members on depression and stress in Black men.
- [Ebony’s Mental Health Resources by State](#) – List of Black-owned and focused mental health resources by state as compiled by Ebony magazine.
- [Melanin and Mental Health](#) – Connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities. Promotes the growth and healing of diverse communities through its website, online directory and events.
- [Ourselves Black](#) – Provides information on promoting mental health and developing positive coping mechanisms through a podcast, online magazine and online discussion groups.
- [POC Online Classroom](#) – Contains readings on the importance of self care, mental health care, and healing for people of color and within activist movements.
- [Sista Afya](#) – Organization that provides mental wellness education, resource connection and community support for Black women.
- [Therapy for Black Girls](#) – Online space dedicated to encouraging the mental wellness of Black women and girls. Offers listing of mental health professionals across the country who provide high quality, culturally competent services to Black women and girls, an informational podcast and an online support community.
- [The Steve Fund](#) – Organization focused on supporting the mental health and emotional well-being of young people of color.
- [Unapologetically Us](#) – Online community for Black women to seek support.

*This document was compiled by the Duke School of Medicine Department of Psychiatry & Behavioral Sciences. Please contact Susan Gallagher ([susan.gallagher@duke.edu](mailto:susan.gallagher@duke.edu)) with any questions or suggested additions or edits.*