

Mental Health Resources

Hotlines

Free, confidential support

National Suicide Prevention Lifeline

1-800-273-8255 (available 24/7)

Or text TALK to 741741

Visit suicidepreventionlifeline.org

National Alliance on Mental Illness (NAMI)

1-800-950-6264 (available Monday-Friday, 10am-8pm ET)

Or text NAMI to 741741

Or email info@nami.org

Visit nami.org

Crisis Text Line

Text HOME to 741741 (available 24/7)

Visit crisistextline.org

National Domestic Violence Hotline

1-800-799-7233 (available 24/7)

Or text LOVEIS to 22522

Visit thehotline.org

CNS Healthcare

800-615-0411 (available Monday-Friday, 8:30am-5:00pm ET)

Or email info@cnshealthcare.org

Visit cnshealthcare.org

Substance Abuse and Mental Health Services Administration (SAMHSA)

1-800-662-4357 (available 24/7)

Visit samhsa.gov

Addiction Rehab Treatment

1-855-491-1444 (available 24/7)

Visit addictionrehabtreatment.com

Rape, Abuse & Incest National Network (RAINN)

800-656-4673 (available 24/7)

Visit rainn.org

Michigan Sexual Assault Hotline

855-864-2374 (available 24/7)

Visit michigan.gov/voices4

The Trevor Project

1-866-488-7386 (available 24/7 for LGBTQ+ Youth)

Or text START to 678-678

Visit thetrevorproject.org

Veterans Crisis Line

1-800-273-8255 and Press 1 (available 24/7 for Veterans)

Or text to 838255

Visit veteranscrisisline.net

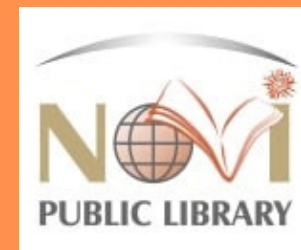
Common Ground

1-800-231-1127 (available 24/7)

Or text HELLO to 1-800-231-1127

Visit commongroundhelps.org

INFORM
INSPIRE
INCLUDE



45255 W. 10 Mile Road
Novi, MI 48375
248-349-0720
novilibrary.org
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Mental Health Resources

Online Resources

National Institute of Mental Health (NIMH)
nimh.nih.gov

Anxiety & Depression Association of America (ADAA)
adaa.org

Mental Health America (MHA)
mhanational.org

Michigan Department of Health and Human Services (MDHHS)
michigan.gov/mdhhs

Centers for Disease Control and Prevention (CDC)
cdc.gov/mentalhealth

Mental Health First Aid
mentalhealthfirstaid.org

Psychology Today
psychologytoday.com
mentalhealth.gov

Books

- The Addiction Spectrum: A Compassionate, Holistic Approach to Recovery – Paul Thomas
- Anxiety and Panic: How to Reshape Your Anxious Mind and Brain – Harry Barry
- Anxiety: The Ultimate Teen Guide – Kate Frommer Cik
- Be Calm: Proven Techniques to Stop Anxiety Now – Jill P. Weber
- Bipolar Disorder: A Guide for You and Your Loved Ones – Francis Mark Mondimore
- Brave Face – Shaun David Hutchinson
- The Collected Schizophrenias – Esmé Weijun Wang
- Depression: Your Questions Answered – Romeo Vitelli
- From Depression to Contentment: A Self-Therapy Guide – Robert Rich
- Group: How One Therapist and a Circle of Strangers Saved My Life – Christie Tate
- Heart Berries – Terese Marie Mailhot
- Hidden Valley Road: Inside the Mind of an American Family – Robert Kolker
- How to Overcome Anxiety: A No-Nonsense Guide to Thriving with Anxiety and Depression – Robert Keller
- Maybe You Should Talk to Someone: A Therapist, Her Therapist, and Our Lives Revealed – Lori Gottlieb
- Meditation is Not What You Think: Mindfulness and Why it is So Important – Jon Kabat-Zinn
- Obsessed: A Memoir of My Life with OCD – Allison Britz
- The Post-Traumatic Stress Disorder Sourcebook: A Guide to Healing, Recovery, and Growth – Glenn R. Schiraldi
- Prozac Nation: Young and Depressed in America – Elizabeth Wurtzel
- So-Called Normal: A Memoir of Family, Depression, and Resilience – Mark Henick
- Substance Abuse: Your Questions Answered – Romeo Vitelli
- Total Meditation – Deepak Chopra
- The Upside of Being Down – Jen Gotch