



Original link: <http://www.nimh.nih.gov/health/find-help/index.shtml>

Help for Mental Illnesses

If unsure where to go for help, talk to someone you trust who has experience in mental health—for example, a doctor, nurse, social worker, or religious counselor. Ask their advice on where to seek treatment. If there is a university nearby, its departments of psychiatry or psychology may offer private and/or sliding-scale fee clinic treatment options. Otherwise, check the Yellow Pages under mental health, health, social services, crisis intervention services, hotlines, hospitals, or physicians for phone numbers and addresses. In times of crisis, the emergency room doctor at a hospital may be able to provide temporary help for a mental health problem, and will be able to tell you where and how to get further help.

Listed below are the types of people and places that will make a referral to, or provide, diagnostic and treatment services.

- Family doctors
- Mental health specialists, such as psychiatrists, psychologists, social workers, or mental health counselors
- Religious leaders/counselors
- Health maintenance organizations
- Community mental health centers
- Hospital psychiatry departments and outpatient clinics
- University- or medical school-affiliated programs
- State hospital outpatient clinics
- Social service agencies
- Private clinics and facilities
- Employee assistance programs
- Local medical and/or psychiatric societies

Additional Resources for Getting Information and Assistance:

[Centers for Medicare and Medicaid Services \(CMS\)](#)

CMS is the federal agency responsible for administering the Medicare, Medicaid, State Children's Health Insurance (SCHIP) and several other programs that help people pay for health care.

[Locate Affordable Healthcare in Your Area](#)

Within the Federal Government, a bureau of the Health Resources and Services Administration (HRSA) provides a Health Center Database for a nationwide directory of clinics to obtain low or no-cost healthcare.

[**Locate NIMH Clinical Trials**](#) currently seeking participants.

[**Mental Health Information and Organizations**](#) from NLM's MedlinePlus ([**en Español**](#))

[**If You Are in a Crisis and Need Immediate Help**](#)