



Mental Health Month Resources for CAI

It is okay to seek out help.

 If you are feeling distressed or overwhelmed or know someone who is, **call, text, or chat 988** for judgment-free support 24/7.

 All CAI staff have access to a 24/7 **employee assistance program (EAP)** that is confidential and at no cost to you through Mutual of Omaha.

ADDITIONAL RESOURCES:

1. **Substance Abuse and Mental Health Services Administration (SAMHSA)**
 - a. For general information on mental health and to locate treatment services in your area, **call SAMHSA's National Helpline at 1-800-662-HELP (4357)**
 - b. SAMHSA also has a **Behavioral Health Treatment Services Locator** on its website that can be searched by location.
2. **Health Resources and Services Administration (HRSA)**
 - a. HRSA works to improve access to health care. The HRSA website has information on finding affordable healthcare, including health centers that offer care on a sliding fee scale.
3. Primary care physicians can be an important resource, providing initial mental health screenings and referrals to mental health specialists. If you have an appointment with your primary care provider,
 - a. Consider **bringing up your mental health concerns and asking for help.**
4. Cultural and faith-based leaders and communities can be effective sources of support.
5. **NIMH » Help for Mental Illnesses (nih.gov)**
 - a. These resources are to find help for you, a friend, or a family member.
6. **Trans Lifeline**, (877) 565-8860
 - a. Trans Lifeline's Hotline is a peer support phone service run by trans people for trans and questioning peers.
7. Please also find these other **24/7 mental health resources**, provided by CBIZ, CAI's insurance broker.