

Tools & Resources

Updated: September 2023

Mental Health Crisis

If you or someone you know is in crisis, seek immediate help.

Call: 988 (National Suicide & Crisis Lifeline)

Call: 1-800-273-TALK (8255) (National Suicide Prevention Hotline)

Text: "HOME" to 741741 (National Crisis Textline)

If you or someone you know is in immediate danger, call 911

There are so many resources out there. This list is a good place to start. Click on the contents table to navigate.

CONTENTS:

Additional Crisis & Suicide Resources.....	2
Addictions.....	3
ADHD.....	3
Anxiety.....	3
Anxiety - Children.....	3
Autism Spectrum.....	3
Bipolar Disorder.....	3
Cancer.....	3
Caregivers.....	3
Children & Teens.....	3
Couples.....	3
Crime Survivors.....	3
Depression.....	4
Eating Disorders.....	4
Emotional Support Animals.....	4
Grief & Loss.....	4

Insomnia.....	4
Medical Testing.....	4
Misophonia.....	4
Mindfulness.....	4
Parenting.....	5
Relationships.....	5
Sexual Assault Survivors.....	5
Seniors.....	5
Terminal Illness.....	5
Trauma.....	5
Veterans.....	5
Vision.....	5

Additional Crisis & Suicide Resources

National Resources

[Mental Health America](#)

[National Alliance for the Mentally Ill](#)

24/7 Phone Line: (800) 950-6264

24/7 Text: "helpline" to 62640

[National Domestic Violence Hotline](#)

24/7 Phone Line: (800) 799-7233

24/7 Text: "START" to 88788

[National Institute of Mental Health](#)

24/7 Phone Line: (800) 615-6464

[RAINN National Sexual Assault Hotline](#)

24/7 Phone Line: (800) 656-4673

[Stop a Suicide](#)

Substance Abuse & Mental Health Services Administration
24/7 Phone Line: (800) 662-4357

Suicide Prevention Resources Center

Trans Lifeline
24/7 Phone Line: (877) 565-8860

Trevor Project Lifeline (LGBTQ)
24/7 Phone Line: (866) 488-7386
24/7 Text: "START" to 678678

Veterans Crisis Line
24/7 Phone Line: (800) 273-8255 and Press 1
24/7 Text: 838255

Local Resources

Behavioral Health Link RI
24/7 Clinic: 975 Waterman Ave, East Providence, RI

Dept. of Behavioral Healthcare, Developmental Disabilities, and Hospitals

Mental Health Association of Rhode Island

Newport Mental Health
24/7 Phone Line: (401) 846-1213, and Press 1

Samaritans of Rhode Island Crisis Hotline
24/7 Phone Line: (800) 365-4044

The Providence Center
24/7 Phone Line: (401) 274-7111

Addictions

National Resources

[Alcoholics Anonymous](#)

[Alcohol Rehab Guide](#)
Phone Line: (877) 624-1853

[Al-Anon](#)

[Gamblers Anonymous](#)

[Narcotics Anonymous](#)

[National Eating Disorders Association](#)

[Substance Abuse & Mental Health Services Administration](#)

Local Resources

[AdCare Hospital](#)
Detox & Rehab
Residential & Outpatient

[Anchor Recovery Center](#)
Community support services

[CODAC Behavioral Healthcare](#)
Treatment, recovery & prevention
Outpatient

[Rhode Island Substance Abuse Treatment](#)
Substance use & behavioral health treatment
Driver retraining program
Outpatient

[Newport Mental Health](#)

Outpatient

[SSTAR](#)

Primary care, substance use, family support
Residential & Outpatient

Additional Resources

Apps:

[Best Sobriety Apps 2024: Our Firsthand Experiences](#)

Educational:

[Post-Traumatic Stress Disorder \(PTSD\): Symptoms, Causes, & Treatment](#)

[Bulimia and Alcohol Addiction](#)

ADHD

National Resources

[Children & Adults with ADHD](#)

Anxiety

National Resources

[Anxiety Disorders Association of America](#)

[Social Anxiety Institute](#)

Additional Resources

Apps:

DARE: Anxiety & Panic Attacks ([Apple](#)) or ([Google Play](#))

Educational:

[Raising Resilience: 25 Tips for Parenting Your Child with Anxiety or OCD](#)

Autism Spectrum

National Resources

[Autism Society of America](#)

Community & Education

[Autism Speaks](#)

Education & Events

[National Autism Association](#)

Education, Tools, & Support Services

Local Resources

[Autism Care Partners](#)

Services (New England)

[The Autism Project](#)

Education, Support, & Services (RI)

Bipolar Disorder

National Resources

[Depression and Bipolar Support Alliance](#)

[Bipolar Disorder | NAMI](#)

Additional Resources

Apps:

eMoods ([Apple](#)) or ([Google Play](#))

Educational:

[Pediatric Bipolar Disorder - CHADD](#)

Cancer

National Resources

[American Cancer Society](#)
Information & Resources

Additional Resources

Educational:

[Talking To Children About Cancer | Tips For Parents](#)

Caregivers

Additional Resources

Educational:

[A Caregiver's Guide to Coping with Stress and Burnout - Caring.com](#)

Children & Teens

Additional Resources

Educational for Parents

[Prevent Child Abuse America](#)

Sensory Processing: [STAR Institute](#)

[5 Tips to Promote Kids' Mental Health and Wellness | EDC](#)

Self Esteem:

[Your Child's Self-Esteem \(for Parents\) | Nemours KidsHealth](#)

[Self-esteem in children 1-8 years](#)

[Feeling Good About Yourself \(Self-Esteem\) \(for Kids\) | Nemours KidsHealth](#)

Resources for Teens & Young Adults

[The Jed Foundation](#)

[Teens 13-17 Years | We're Here to Help | Kids Helpline](#)

Couples

Additional Resources

Educational

[The Love Language® Quiz](#)

[25 Best Couples Therapy Techniques to Try](#)

Crime Survivors

National Resources

[National Human Trafficking Hotline](#)

24/7 Phone Line: (888) 373-7888 ; TTY 711

24/7 Text: 233733

[The National Center for Victims of Crime](#)

24/7 Phone Line: (855) 484-2846

[Victims of Crime Hotline](#)

24/7 Phone Line: (800) 494-8100

Local Resources

[Rhode Island Coalition Against Domestic Violence](#)

[Rhode Island Victims' Resource Guide](#)

[Office for Victims of Crime](#)

Depression

National Resources

[Anxiety & Depression Association of America](#)

[Families for Depression Awareness](#)

[Healthy Place](#)

[Postpartum Support International](#)
Phone Line: (800) 944-4773

Additional Resources

Educational:

[Living with Depression](#)

[Supporting students with depression | AAP.org](#)

Eating Disorders

Local Resources

[Be Collaborative Care](#)
Outpatient Programs, Support Groups

Educational:

[Bulimia and Alcohol Addiction](#)

Service & Support Animals

National Resources

[Psychiatric Service Dog](#)

Local Resources

[Emotional Support Animal Certification](#)
(Elizabeth Walshe at RIHBC!)

Additional Resources

Educational:

[Service Animal or Emotional Support Animal: What's the Difference? | ADA National Network](#)

Grief & Loss

Additional Resources

Apps:

[AMF App, communities of like-minded individuals after a death loss.](#)

Educational:

[!\[\]\(b792654f2cef9719eabeb6c5be00811e_img.jpg\) How To Heal Your Grief By Changing Your Story | David Kessler, Grief E...](#)

<https://grief.com/>

Responding to Change and Loss

Insomnia

Additional Resources

Nothing Much Happens Podcast

Misophonia

Additional Resources

soQuiet
Resources & Tools

Mindfulness

Additional Resources

Apps:

Buddhify

The Mindfulness App

Parenting

National Resources

[Centers for Parents serving Families of Children with Disabilities](#)

Local Resources

[Parent Support Network of Rhode Island](#)

[RIPIN - Help with Special Education](#)

[Bristol Warren Thrive by Five and Beyond](#)

Seniors

Local Resources

[RI Elder Info](#)

[Senior Care Concepts](#)

[Senior Transition](#)

[Technology Training & Consulting • Help Me Ronda Tech](#)

Additional Resources

Educational:

[Senior Planet - Free Online Group Classes](#)

[Nursing Home Abuse - Know the Signs & How to Combat](#)

Trauma

Additional Resources

Educational:

[PTSD](#)

Veterans

Additional Resources

Educational:

<https://www.ptsd.va.gov/>

<https://vets.ri.gov/>

<https://hiddenheroes.org/>