

MENTAL HEALTH RESOURCES FOR PROVIDERS

Suicide Prevention and Crisis Lines: *These resources provide 24/7 free and confidential support for people in crisis as well as resources and best practices to health professionals managing those in crisis.*

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

- [Online Lifeline Crisis Chat](#)

Crisis text line: Text HOME to 741741 to reach a crisis counselor

National Domestic Violence Hotline: 1-800-799-7233

- Online Chat: <https://www.thehotline.org/>

24 Hour Support Lines: *These resources provide 24/7 free and confidential support for people with mental health needs and will provide referrals to your local resources.*

National Alliance on Mental Illness (NAMI): 800-950-6263

Substance Abuse and Mental Health Services Administration (SAMHSA): 1-800-662-HELP (4357)

SAMHSA Treatment Referral Routing Service is a free confidential 24/7 365-day-a-year information service in English and Spanish for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups and community-based organizations. Callers can also order free publications and other information.

Physician Wellness Resources: *The purpose of these resources is to support provider mental wellness*

Physician support line: 888-409-0141

The Physician Support Line is available for physicians on the front lines of the fight against COVID-19. This is a free resource that offers confidential peer support led by Board Certified psychiatrists. You do not need an appointment and services are available 7 days a week from 8am – 1am EST.

Emotional PPE Project:

The Emotional PPE Project is a directory that provides contact information of volunteer mental health practitioners to healthcare workers whose mental health has been impacted by the COVID-19 crisis free of charge.

National Alliance on Mental Illness (NAMI):

NAMI has joined the #FirstRespondersFirst initiative to support frontline health care and public safety professionals facing the adverse mental health effects of the COVID-19 pandemic.

Physician Clinical Resources: *The purpose of these resources is to assist providers in management of mental health in their offices*

[DC MAP:](#) Pediatric Provider Consultation Line: 1-844-30 DC MAP

DC MAP (Mental Health Access in Pediatrics) is a program aimed at improving mental health integration within pediatric primary care. Staffed collaboratively by a team of mental health clinicians (psychiatrists, psychologists, social workers and a care coordinator) from Children's National Hospital and MedStar Georgetown University Hospital, the DC MAP team offers consultation and training to your practice to help you manage the mental health concerns of your patients and their families. They have also compiled a list of recommended resources that can be found using the link above.

[BHIPP:](#) Pediatric Provider Consultation Line: 855-MD-BHIPP (855-632-4477)

In response to the unprecedented challenges created by the COVID-19 pandemic, Maryland Behavioral Health Integration in Pediatric Primary Care (BHIPP) has launched a series of interactive, web-based learning sessions called BHIPP Resilience Breaks. These sessions are a virtual space for pediatric primary care and behavioral health providers to connect, learn and share about strategies, practices and resources to promote mental health and resilience among children and families as well as providers. Access this program using the link above

[VMAP:](#) Pediatric Provider Consultation Line 1-888-371-VMAP (8627)

Virginia Mental Health Access Program (VMAP) is a statewide mental health access program designed to help health care providers take better care of children and adolescents with mental health conditions by increasing access to child psychiatrists, psychologists, social workers, and care navigators.