

CRAZYWISE

RESOURCES AND INFORMATION

Navigating mental health resources for yourself or someone you care about can be daunting and confusing, especially when seeking help during a crisis or acute psychological experience. One size does not fit all when it comes to mental health treatment. CRAZYWISE can not advise on a particular treatment and is not affiliated with any of the services below. These are community and peer focused resources that we came across during the making of the film. This list of resources is accessible online from anywhere. For more local resources, search the directories below or consider working with a peer or therapist to figure out what resources are available in your community.

CONSUMER AND PEER-RUN SERVICES

National Empowerment Center Directory of Consumer-Run Organizations – US

<http://www.power2u.org/consumerrun-statewide.html>

Consumer-run list to state programs and services for people with lived experience and mental health issues, trauma, and extreme states.

National Empowerment Center Directory of Peer-Run Crisis Centers – US

<http://www.power2u.org/peer-run-crisis-services.html>

Peer-run respites and operated alternatives to psychiatric hospitalization.

Mental Health America Directory of Support Groups – US

<http://www.mentalhealthamerica.net/find-support-groups>

Extensive list of in-person and online support groups for consumers, their family members, and friends.

The National Mental Health Consumers' Self-Help Clearinghouse – US

<http://www.cdsdirectory.org/>

A consumer driven directory for a broad spectrum of services and resources for advocacy, education, drop in centers, housing, support groups, respite, recovery, and more.

SPIRITUAL EMERGENCY SERVICES

International Spiritual Emergence Network (ISEN) – International

<http://www.spiritualemergencenetwork.org/>

A resource and collaborative platform to assist established networks around the world that offer compassionate support to individuals who understand their experiences to be a spiritual crisis. ISEN lists Spiritual Emergence Networks in the US, Canada, UK, Australia, and more. Each network offers self-referral directories to psychospiritual therapists, resources, and information. Some of these networks are also listed here below.

The Spiritual Emergence Network - US

<http://spiritualemergence.info>

Self-referral directory of Mental Health Professionals grounded in a psychospiritual approach.

Spiritual Emergence Service - Canada

<http://spiritualemergence.net/>

Psychospiritual resource directory for information, support, and qualified psycho-therapist referral.

Spiritual Crisis Network - UK

<http://spiritualcrisisnetwork.uk/>

Psychospiritual resources and links to research, books, articles, websites, videos, email support, and places to stay for those going through or recovering from spiritual crisis.

Spiritual Emergence Network - Australia

<http://www.spiritualemergence.org.au/>

Part of the International Spiritual Emergence Network, offering information and resources including groups and organizations, book lists, online interviews with practitioners, and personal accounts.

Directory of Spiritual Emergence Coaches - International

<http://imhu.org/coaching/directory/>

A database of Spiritual Emergence Coaches (SEC) who have completed training at Integrative Mental Health for You. SEC's offer support for people who are experiencing phenomena associated with intense spiritual experiences.

SURVIVOR LED ORGANIZATIONS

The Icarus Project – US

www.theicarusproject.net

A community-led support network and education project redefining limitations and labels of “mental illness” through local chapters, online forums, articles, and The Icarus Project Blog.

MindFreedom International Directory of Mental Health Alternatives – US

<http://www.mindfreedom.org/mfdb/mfdb-search-form>

International directory of providers who have agreed to the principles of an alternative approach to mental health issues.

Hearing Voices Network – US

www.hearingvoicesusa.org

Links to Hearing Voices Networks and provides support and resources through educational articles, books, films, training, and events for those who hear voices and community allies.

Hearing Voices Network – International

<http://www.intervoiceonline.org/about-intervoice/national-networks-2>

The International Hearing Voices Movement that Intervoice supports is truly international. It brings together people who hear voices, their supporters, and concerned citizens from across the globe. Find Hearing Voices Networks in your country.

PROVIDER DIRECTORIES

Foundation for Excellence in Mental Health Care Provider Directory – US

<http://recoveryhelp.mentalhealthexcellence.org/>

Psychologists, Psychiatrists, Therapists, Counselors, and Treatment Centers that work collaboratively with the person in distress, operating from the core belief that recovery is not only possible, it's expected.

International Network of Integrative Mental Health, Inc. (INIMH) – US

<http://www.inimh.org/>

INIMH is a global 501(c)(3) nonprofit organization to advance an integrative whole person approach to mental health through education, research, networking and advocacy. Free public access to an international network of integrative mental health clinicians and researchers. Members have access to an extensive integrative mental health library, plus more.

Shamanic Teachers – International

<http://www.shamanicteachers.com/practitioners.html>

Directory of Shamanic Practitioners available to work with individual clients.

Free Meditation Info – International

<http://www.freemeditationinfo.com/places-to-meditate/worldwide-meditation-directory.html>

A directory of places to meditate around the world. The site also provides a range of methods, techniques, and information to get started with meditation.

SUPPORT FOR FAMILIES

Families Healing Together – International

<http://familieshealingtogether.com/>

An online course that connects families around the world in a shared purpose of broadening perspectives on mental health and emotional distress. Families Healing Together enriches lives through education, support and the healing power of community.

The Family Guide to Mental Health – International

<http://www.familyguidetomentalhealth.com/>

Family support resources that offer information and services that range from online only, grassroots local organizations, in-person family support, and health-care organizations.

HELP LINES

Warm Lines – US

<http://www.warmline.org/>

Warm Lines are peer-run listening lines staffed by people in recovery themselves. Includes a directory of warm lines listed in each state.

Crisis Text Line – US

<http://www.crisistextline.org>

A free, 24/7 nationwide mental health service providing support for those in crisis. Immediate access to crisis counselors using a smart phone.

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

<http://www.suicidepreventionlifeline.org/>

24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. Your call is routed to the nearest crisis center in the national network of more than 150 crisis centers.

NAMI Information Helpline – US: 1-800-950-NAMI (6264)

<http://www.nami.org/Template.cfm?Section=Helpline>

The National Alliance on Mental Illness helpline staff and volunteers can answer questions regarding symptoms of mental health issues, treatment options, support groups and more, Monday through Friday 10:00am-6:00pm EST.

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

<http://www.samhsa.gov/find-help>

SAMHSA offers 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery. They also have a Disaster Distress helpline and a Veteran’s Crisis Line.

ONLINE NEWS AND INFORMATION

Mad in America – Online

<http://www.madinamerica.com>

A webzine that provides news of psychiatric research, original journalism articles, and a forum for an international group of writers to explore issues related to this goal of “remaking psychiatry.”

Beyond Meds – Online

<http://beyondmeds.com/>

A blog that documents and shares many natural methods of self-care for finding and sustaining health in body, mind, and spirit. Beyond Meds also deals with wider issues in the socio/political and spiritual realms as they pertain to mental health and human rights issues surrounding psychiatry.

Rxisk – Online

www.rxisk.org

RxISK is a free, independent drug safety website to help you weigh the benefits of any medication against its potential dangers.

TRAINING

Emotional CPR – US

www.emotional-cpr.org

Emotional CPR (eCPR) is a public health education program designed to teach people to assist others through an emotional crisis by three simple steps: C = Connecting, P = emPowering, and R = Revitalizing.

Intentional Peer Support – US

www.intentionalpeersupport.org

Intentional Peer Support is a way of thinking about and inviting transformative relationships. They offer a range of trainings to examine and practice what is necessary to build mutual support.

The Institute for Dialogic Practice – US

<http://www.dialogicpractice.net>

Training, education resources, and referral organizations for the practice of Open Dialogue, a network-based approach to psychiatric care. Visit their resource page for referrals to Open Dialogue services in Massachusetts and Vermont.

Academy of Peer-supported Open Dialogue – UK

<http://apopendialogue.org/>

APOD is the professional body for Peer-supported Open Dialogue. They register professionals who are qualified to practice POD, as well as organise trainings for practitioners in the field and help to promote Peer-supported Open Dialogue more widely across mental health services.

Integrative Mental Health for You Courses – International and Online

<http://imhu.org/courses/>

Integrative mental health attends to biological issues, psychological and social problems, as well as the area of spirituality to optimize wellness. Courses at IMHU (Integrative Mental Health for You) are available to the general public. They also offer continuing education units to healthcare providers to expand their knowledge and skills in working with people in spiritual emergency and applying integrative methods of diagnosis and care.

SHARE YOUR STORY

It Get's Brighter – Online

<http://www.itgetsbrighter.org/>

It Gets Brighter invites you to create and share your short video message of hope with the people you care about, and those among us who suffer with a mental health issue.

I'm Good – Online

<http://im-good.com/get-involved/>

I'm Good provides a supportive and judgment-free zone where we can learn from each other and share our personal experiences with wellness — the good, the bad, and everything in between.

Bring Change 2 Mind – Online

<http://bringchange2mind.org/stories/share-your-story/>

Help to end the stigma and discrimination associated with mental health issues by sharing your story.

NAMI: You are Not Alone – Online

<http://notalone.nami.org/>

Contribute your voice to that struggle that millions of people face every day by sharing your experience with mental health issues.

I Got Better – Online

<http://www.igotbetter.org/>

MindFreedom International's I Got Better campaign aims to challenge the dominant narrative of hopelessness in mental health care by making stories of hope and mental wellness widely available through a variety of media.