

Name of Organization	Services	Phone #/Website
Behavioral Health Department Center	mental health services	(888) 258-6029
Adult Services - Salinas	mental health services, medication support, case management, brokerage and groups for those individuals who have a chronic persistent mental illness	(831) 755-5505
Adult Services - King City	mental health services, medication support, case management, brokerage and groups for those individuals who have a chronic persistent mental illness	(831) 386-6868
Adult Services - Marina	mental health services, medication support, case management, brokerage and groups for those individuals who have a chronic persistent mental illness	(831) 647-7652
Adult Services - Soledad	mental health services, medication support, case management, brokerage and groups for those individuals who have a chronic persistent mental illness	(831) 769-8740
Disaster Distress Helpline	The Disaster Distress Helpline (DDH) provides crisis counseling and support for anyone in the U.S. experiencing distress or other behavioral health concerns related to any natural or human-caused disaster, including public health emergencies.	(800) 985-5990
Mental Health Resources	MHR is committed to continuing to provide support and services to people experiencing mental health and substance use concerns during this time. With the spread of COVID-19, MHR has made temporary changes to the way services are delivered to protect the health of people receiving services and the MHR staff.	(651) 659-2900
U.S. Department of Veterans Affairs	As a Veteran, you might experience difficult life events or challenges after leaving the military. We're here to help no matter how big or small the problem may be. VA has resources to address the unique stressors and experiences that Veterans may face	(877) 424-3838
ADAA	ADAA's anonymous peer-to-peer online anxiety and depression support group is a friendly, safe and supportive place for individuals and their families to share information and experiences. As a member you can connect with other people experiencing anxiety and depression and related disorders, contribute to ongoing conversations or start your own conversation with a question or a post about your journey.	https://adaa.org/adaa-online-support-group
Depression and Bipolar Support Alliance	DBSA) provides online and in-person, peer-led support groups for people living with depression and bipolar disorder. DBSA support groups serve peers, young adults, and friends and family members	(800) 826-3632
National Alliance on Mental Illness (NAMI)-LGBTQ+	NAMI LGBTQ+ Resource Page contains articles, videos, and research to support mental health	https://www.nami.org/Find-Support/LGBTQ
MindWise- Military and Family Screenings	Offers anonymous mental health and substance abuse assessments for military members and their families	g.org/Military_NDSD
National Council on Aging- Behavioral Health	Promotes programs to aid seniors cope with mental health issues such as anxiety, stress, depression, addiction, etc.	https://www.ncoa.org/center-for-healthy-aging/behavioral-health/

The Jed Foundation	Youth, teen, school, and college students mental health and suicide prevention resource	https://www.jedfoundation.org/
Anxiety and Depression Association of America (ADAA)	Online resources for anxiety, depression, OCD, PTSD, etc.	https://adaa.org/living-with-anxiety/ask-and-learn/resources
NAMI	NAMI Monterey County offers hope and reduction of stigma associated with mental illness through education, advocacy, service access, and support for families and their loved ones living with a mental illness. To this end, the agency seeks to enhance the quality and fulfillment of their lives through wellness and recovery.	https://namimonterey.org/about-nami-monterey-county/
Turn2Me	We are a community of fully qualified and accredited mental health professionals working online to provide a high quality, safe, anonymous and confidential space for you to gain support – wherever you are, whenever you need us, for whatever you are going through.	https://turn2me.ie/
7 Cups	Get support from an online therapist, Chat online with caring listeners and meet people who understand. You can find support and friendship in chat rooms and forums for many issues, like depression, anxiety, relationships, LGBTQ+ and more.	https://www.7cups.com/
The Tribe	Peer-to-peer support group for those coping with fear and stress associated with various anxiety disorders.	https://support.therapytribe.com/anxiety-support-group/
Daily Strength	Most active Anxiety forum where the community and those affected by anxiety can come together	https://www.dailystrength.org/group/anxiety