I think I have mental health issues. Any suggestions on where to get help?

May 21, 2019 By Lucinda K. Porter RN

Being aware and open to the possibility that you may have mental health issues is the biggest step, so you are already closer to help. If you have a primary care provider, that is a good place to start. Health insurance plans may also offer help and can give you the names of mental health service providers in your area.

Good online resources include the National Institute of Mental Health and Mental Health America. Both sites provide information for finding help. If you are in crisis, call the National Suicide Prevention Lifeline at 800-273-TALK (8255), or go to the nearest emergency room.

May is Mental Health Awareness Month and the perfect time for all of us to pay more attention to our mental health.

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http://beta.docker.realhealthmag.com/article/think-mental-health-issues-suggestions-get-help