



Tuesday's Tip

information provided by Adriaance Memorial Library to make your life a little bit easier

May is Mental Health Awareness Month

May 21, 2019

Because it's never too late... e-resources with accessible Mental Health information, support and treatment options.

1. **Help is Here, Resource Directory for Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster and Westchester counties** created by the Council on Addiction Prevention and Education (CAPE) of Dutchess County – <http://capedc.org/wp-content/uploads/2018/06/resource-directory.pdf> .
2. Center for Disease Control and Prevention (CDC): **Mental Health** – <https://www.cdc.gov/mentalhealth/> .
3. U.S. Department of Health & Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA) – the "**Find Treatment**" tab – <https://www.samhsa.gov/find-treatment> .
 - a. Read the following article: [Mental Health Awareness Month: Focusing On Suicide Prevention Strategies For Our Youth](#) published by SAMHSA May 7, 2019.
4. Consider reading the National Institute of Health (NIH) on Drug Abuse: Advancing Addiction Science DrugFacts publication "[Comorbidity: Substance Use Disorders and Other Mental Illnesses](#)"
 - a. Also search terms like "[Opioids](#) ."
5. U.S. Department of Health and Human Services: Help, Resources and Information, NATIONAL OPIOIDS CRISIS – <https://www.hhs.gov/opioids/> for resources available on **opioid and prescription drug addiction**.
6. Facing Addiction with National Council on Alcoholism and Drug Dependence (NCADD) -- <https://www.facingaddiction.org/> to find **information, support and treatment facilities in the United States**.

7. **ThinkDIFFERENTLY, Service Provider Search Engine --**

<https://www.thinkdifferently.net/services/>

The ThinkDIFFERENTLY Service Provider includes a number of the following invaluable resources as well as many others in their user-friendly Search Engine:

8. **Catholic Charities: Community Services of Dutchess County –**

<https://catholiccharities-dutchesscounty.org/>

9. **Hudson Valley LGBTQ Community Center –** <http://lgbtqcenter.org/>

10. **Mental Health America (MHA) –** <http://www.mentalhealthamerica.net/>

11. **Mental Health Association in New York State, Inc. (MHANYS) –**

<https://mhanys.org/>

12. **National Alliance on Mental Illness (NAMI) Mid-Hudson –**

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

13. **People USA –** <https://people-usa.org/>

14. **Taconic Resources for Independence:** Advocating for Inclusive Communities

– <https://taconicresources.org/>

**As always, please feel free to call the
Reference desk at
(845) 485-3445
x3702.**