



The Resource Roadmap

1. Crisis Support – Call 911 if there's immediate danger, and remember Brittany's powerful words: "Better alive and mad at you for a while than dead forever." You can also call or text 988, the Suicide and Crisis Lifeline.

2. Workplace Resources – Ask about your Employee Assistance Program (EAP). Many people don't even know they have one! EAPs often include free counseling sessions, virtual therapy, and financial or wellness resources.

3. Community Resources – Check local nonprofits, NAMI chapters, or dial 211 to find nearby support. There's power in local connection — support groups, clinics, and community-based programs can make help feel less out of reach.

4. Hidden Gems – Dig into your insurance portal or virtual care apps like Teladoc, BetterHelp, or Talkspace. If you're uninsured or underinsured, look for your state's Safety Net programs.

5. Faith-Based Support – Many churches offer counseling or peer support groups.

6. Professional Help – Medical doctors, nurse practitioners, psychiatrists, therapists, social workers — all have different roles. Some prescribe medication; others provide therapy or specialized support.

What We Hope You'll Remember

You are never alone. Help is available. And getting help is not weakness — it's wisdom.

Please don't let anyone shame you into silence or suffering. Whether it's a walk, a counselor, medication, or faith — your path is yours, and it's sacred.

Resources & Links

988 Suicide & Crisis Lifeline: <https://988lifeline.org>

NAMI: National Alliance on Mental Illness: <https://nami.org>

Mental Health America: <https://mhanational.org>

SAMHSA Behavioral Health Services Locator: <https://findtreatment.gov>

United Way 211: <https://211.org>

Mental Health First Aid (links to a multitude of resources):

<https://www.mentalhealthfirstaid.org/mental-health-resources/>

Disclaimer

This episode is for educational and informational purposes only and is not a substitute for professional mental health care. If you or someone you know is in crisis, please call or text 988 to reach the Suicide and Crisis Lifeline, or visit <https://988lifeline.org> for chat and resources.