

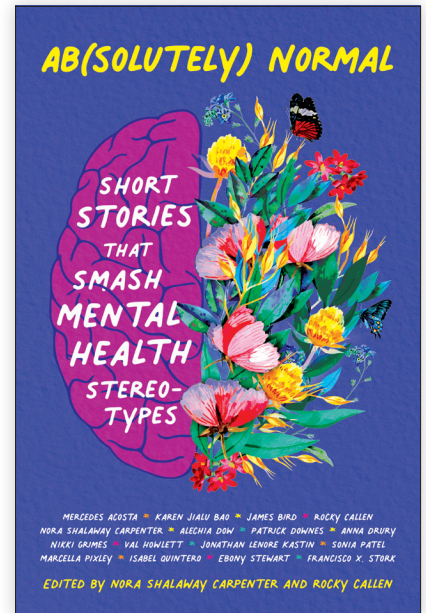
RESOURCES FROM *AB(SOLUTELY) NORMAL*



Edited by Nora Shalaway Carpenter and Rocky Callen

Ab(solutely) Normal: Short Stories That Smash Mental Health Stereotypes, edited by Nora Shalaway Carpenter and Rocky Callen, is an inspiring, unflinching, and hope-filled mixed-genre collection by sixteen diverse and notable authors who draw on their own lived experiences with mental health conditions to create stunning works of fiction. Through powerful prose, verse, and graphics, the characters in this anthology defy stereotypes as they remind readers that living with a mental health condition doesn't mean that you're defined by it.

If you or someone you care about is struggling with a mental health issue, here are some places to get help or to learn more about that particular issue.



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Also available as an e-book and in audio

IF YOU ARE IN CRISIS

Crisis Text Line

Free 24/7 mental health support via text message

www.crisistextline.org

Text HOME to 741741

NAMI (National Alliance on Mental Illness)

1-800-950-NAMI (6264), available Monday through Friday, 10:00 a.m. to 10:00 p.m. ET, or info@nami.org

988 Suicide and Crisis Lifeline

Free 24/7 emotional support in the United States via call, text, or chat

<https://988lifeline.org>

988 or 1-800-273-8255

For LGBTQIA+ Youth:

The Trevor Project

Text START to 678-678 or visit thetrevorproject.org/get-help

GENERAL RESOURCES

Born This Way Foundation

Cofounded and led by Lady Gaga and her mother, Cynthia Germanotta, this foundation supports the mental health of young people and works with them to build a kinder and braver world. Through high-impact programming, youth-led conversations, and strategic, cross-sectoral partnerships, the foundation aims to make kindness cool, validate the emotions of young people, and eliminate the stigma surrounding mental health.

<https://bornthisway.foundation/>

<https://bekind.findahelpline.com/>

CDC (Centers for Disease Control and Prevention)

The CDC is the nation's leading science-based, data-driven service organization that protects the public's health. For more than seventy years, they've put science into action to help children stay healthy so they can grow and learn; to help families, businesses, and communities fight disease and stay strong; and to protect the public's health.

<https://www.cdc.gov/mentalhealth/index.htm>

The Mighty

The Mighty is a safe, supportive community for people facing health challenges and the people who care for them.

themighty.com

NAMI (National Alliance on Mental Illness)

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. It started as a small group of families in 1979 and has blossomed into the nation's leading voice on mental health. Today NAMI is an alliance of more than six hundred local affiliates and forty-eight state organizations that work to raise awareness and provide support and education that was not previously available to those in need.

<https://nami.org>

Finding Help

www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Teens/Finding-Help

HelpLine

The NAMI HelpLine is a free, nationwide peer-support service that provides information, resource referrals, and support to people living with mental health conditions, their family members and caregivers, mental health providers, and the public. HelpLine staff and volunteers are experienced, well trained, and able to provide guidance.

www.nami.org/help

1-800-950-NAMI (6264), available Monday through Friday, 10:00 a.m. to 10:00 p.m. ET, or info@nami.org

How to Talk to Your Friends

www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Teens/How-to-Talk-to-My-Friends

How to Talk to Your Parents or Guardian

www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Teens/How-to-Talk-to-My-Parents-or-Guardian

Social Media and Mental Health

www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Teens/Social-Media-and-Mental-Health

Support Groups

www.nami.org/Support-Education/Support-Groups

Video Resource Section

www.nami.org/Support-Education/Video-Resource-Library

Your Mental Health and School

www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Teens/Your-Mental-Health-and-School-en

SAMHSA (Substance Abuse and Mental Health Services Administration)

SAMHSA's National Helpline is a free, confidential, 24/7 treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

www.samhsa.gov/find-help/national-helpline

UT Austin Boot Camp: Digital Resources for Mental Health at All Ages

With approximately 4.7 billion internet users across the globe, more people than ever have direct access to digitally available mental health resources. This page includes a comprehensive, age-segmented overview of some of these resources focusing on various aspects of mental health, including a variety of top-rated apps selected for their effectiveness and popularity.

<https://techbootcamps.utexas.edu/blog/digital-resources-for-mental-health-at-all-ages/>

WHO (World Health Organization)

Founded in 1948, the WHO is the United Nations agency that connects nations, partners, and people to promote health, keep the world safe, and serve the vulnerable—so everyone everywhere can attain the highest level of health.

www.who.int/news-room/feature-stories/mental-well-being-resources-for-the-public

For the LGBTQIA+ Community

The Trevor Project

The Trevor Project is the world's largest suicide prevention and crisis intervention organization for lesbian, gay, bisexual, transgender, queer, and questioning young people.

www.thetrevorproject.org/resources/category/mental-health/

For the BIPOC Community

Live Another Day

Live Another Day was created as a response to the unprecedented increase in substance abuse, mental illness, and deaths resulting from the COVID-19 pandemic. Per the organization's website, "People of color have long been left out of the conversation on mental health. We've compiled culturally competent resources that address the specific needs and available means of support to help ensure no one is left out."

<https://liveanotherday.org/bipoc/>

The Summit Wellness Group

This Georgia-based rehab center has curated a list of the top resources that support the mental health of the BIPOC community.

<https://thesummitwellnessgroup.com/resources/bipoc-resources/>

How to Find Local Organizations with Mental Health Expertise

MentalHealth.gov

This database includes organizations that can help coordinate community events, locate speakers who have expertise in mental health, offer peer and family support, and provide general information on mental health as well as treatment and available services for mental health issues.

www.mentalhealth.gov/talk/community-conversation/services

How to Talk with a Friend About Mental Health

Seize the Awkward

Having a conversation about mental health might be uncomfortable, but it can make all the difference. Check out Seize the Awkward for tools—from conversation guides to tips—that can help you help those in need.

<https://seizetheawkward.org/>

ADHD

Alie Ward

Science journalist Alie Ward interviews scientists and health experts on her podcast *Ologies*. She discusses ADHD with Dr. Russell Barkley in the episode "Part 1: Attention-Deficit Neuropsychology (ADHD) with Russell Barkley."

www.alieward.com/ologies/adhd

ADDitude magazine

"How ADHD Ignites Rejection Sensitive Dysphoria"

www.additudemag.com/rejection-sensitive-dysphoria-and-adhd/

YouTube

How to ADHD

Videos offer tips, tricks, and insights into the ADHD brain.

<https://youtube.com/c/HowtoADHD/>

Bipolar Disorder

Anxiety and Depression Association of America (ADAA)

<https://adaa.org/understanding-anxiety/co-occurring-disorders/bipolar-disorder>

Depression

Anxiety and Depression Association of America (ADAA)

<https://adaa.org/understanding-anxiety/depression>

Child Mind Institute

childmind.org/topics/depression-mood-disorders/

Grief

Modern Loss

modernloss.com

What's Your Grief?

This website promotes grief education, exploration, and expression in both practical and creative ways.

whatsyourgrief.com

Obsessive-Compulsive Disorder

International OCD Foundation

The mission of this foundation is to help those affected by obsessive-compulsive disorder (OCD) and related disorders to live full and productive lives. Its aim is to increase access to effective treatment through research and training, foster a hopeful and supportive community for those affected by OCD and the professionals who treat them, and fight stigma surrounding mental health issues.

<https://iocdf.org>

How Do I Get Help for My OCD? (OCD in Kids)

<https://kids.iocdf.org/for-kids/how-do-i-get-help/>

National Institute of Mental Health

www.nimh.nih.gov/health/topics/obsessive-compulsive-disorder-ocd

The OCD Stories Podcast

The host of this podcast, Stuart Ralph, interviews some of the best minds in OCD treatment and recovery to share their advice and to both entertain and educate listeners toward a healthier life. The podcast was created in 2015 and has been downloaded more than four million times globally. Episode #230 features contributing editor Nora Shalaway Carpenter.

<https://theocdstories.com>

PMS and PMDD

MGH Center for Women's Mental Health

The Center for Women's Mental Health at Massachusetts General Hospital provides state-of-the-art evaluation and treatment of psychiatric disorders associated with female reproductive function, including premenstrual dysphoric disorder (PMDD), pregnancy-associated mood disturbance, postpartum psychiatric illness, and peri- and post-menopausal depression. Clinical care is complemented by research ranging from studies of treatments for women who suffer from PMDD, postpartum depression, and depression in menopause to studies for women who suffer from mood disorders during pregnancy.

<https://womensmentalhealth.org/resource/patient-support-services/teen-pms-and-pmdd-guide/>

PTSD

Anxiety and Depression Association of America (ADAA)

<https://adaa.org/understanding-anxiety/posttraumatic-stress-disorder-ptsd/resources>

National Institute of Mental Health

www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd

Sexual Assault

RAINN (Rape, Abuse & Incest National Network)

RAINN is the nation's largest anti-sexual-violence organization. RAINN created and operates the National Sexual Assault Hotline in partnership with more than a thousand local sexual assault service providers across the country and operates DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

1-800-656-HOPE (4673)

www.rainn.org (English)

rainn.org/es (español)

Stress Management

SuperBetter

This free app gamifies stress management to build resilience, achieve goals, and tackle challenges including anxiety, depression, stress, chronic pain, concussion recovery, and more.

App Store: <https://apps.apple.com/us/app/superbetter/id536634968>

Google Play: <https://play.google.com/store/apps/details?id=com.superbetter.paid&hl=en>

Suicide Prevention and Crisis Counseling

Crisis Text Line

Crisis Text Line provides free 24/7 mental health support via text message.

www.crisistextline.org

Text HOME to 741741

The Jed Foundation (JED)

The Jed Foundation is a nonprofit that protects emotional health and prevents suicide for teens and young adults, giving them the skills and support they need to thrive.

<https://jedfoundation.org/>

Live Through This

Established in 2010, Live Through This is a collection of portraits and true stories of suicide attempt survivors across the United States.

<https://livethroughthis.org/about/>

The 988 Suicide and Crisis Lifeline

The 988 Suicide and Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7 in the United States. The Lifeline is committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.

<https://988lifeline.org>

988 or 1-800-273-8255

Some of the information here is ever changing. An up-to-date list can be found on Nora Shalaway Carpenter's website: noracarpenterwrites.com.