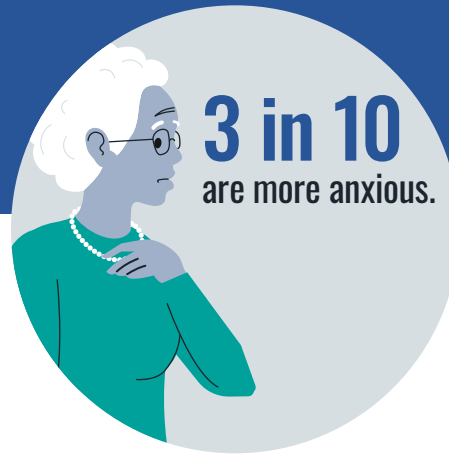


Seniors Are Struggling

Nearly half of older adults report that COVID-19 has had a negative impact on their mental health.



NABIP Foundation Can Help

Helpful Hotlines

24/7 Suicide Prevention Hotline

Dial: **988**

Substance Abuse and Mental Health Services Administration (SAMHSA) Treatment Referral Line

Dial: 1-800-662-HELP

Friendship Line

Social interaction for seniors
struggling with loneliness.

Dial: 1-800-971-0016

Reputable Resources

National Alliance on Mental Illness (NAMI)

Recommendations, articles, and
other resources for individuals
facing mental health challenges.

www.nami.org

Anxiety and Depression Association of America (ADAA)

Free webinars, articles, and
online chat support.

www.adaa.org

Psychology Today

Articles on a variety of mental
health topics and a database
to find a therapist online.

www.psychologytoday.com

Networks and Nonprofits

Futures Without Violence

Nonprofit offering support to
domestic violence survivors.

www.futureswithoutviolence.org

Center for Parent Information and Resources

Materials for parents with
concerns about their children's
mental health.

www.parentcenterhub.org

Health Unlocked

Social support network for
various health conditions, from
depression to dementia.

www.healthunlocked.com

A licensed, professional insurance agent or broker can help you secure a health plan that includes coverage for the mental health services and support you need.

NABIP | foundation

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