

# Mental Health Help Is Here

Get help at home or care in your community.



**Help at Home**



**Care in Your Community**

## 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

## Mobile Apps

### Medication apps

Compare prices across pharmacies and get coupons. Examples include GoodRx and apps from national chains like Walgreens and CVS.

### Mental health apps

Meditate and manage depression and anxiety with clinician-developed apps like Sanvello and myStrength. Or check out popular mindfulness apps like Headspace, Calm, and Buddhify.

## Therapy Online

Services like Talkspace, Teladoc, and BetterHelp allow patients to receive therapy online or over the phone from the comfort of home.

## Find Local Resources

### Benefits Check Up

Enter your ZIP code to find benefits and services for seniors in your area.

[www.benefitscheckup.org](http://www.benefitscheckup.org)

### Eldercare Locator

Find housing, legal services, transportation, and more where you live.

[www.eldercare.acl.gov](http://www.eldercare.acl.gov)

## Food Services

### Meals On Wheels

Delivers food to people unable to go out and get or prepare food on their own.

[www.mealsonwheelsamerica.org](http://www.mealsonwheelsamerica.org)

### Feeding America

Partners with local food banks to provide healthy food to seniors through initiatives like the Senior Grocery Program.

[www.feedingamerica.org](http://www.feedingamerica.org)

## NABIP | foundation

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.

**202-552-5060**

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