

Mental Health Resources and Toolkits



[Mental Health and Addiction Insurance Help](#)

Helps answer questions about mental health or addiction services if an individual has been denied coverage, reached a limit on their plan (such as copayments, deductibles, yearly visits, etc), or has an overly large copay or deductible.

Website: <https://www.hhs.gov/>

[10 Steps to the Art of Wellness](#)

YouTube video on the 10 steps to the art of wellness while living with a severe mental illness. Global Storyteller Kevin Hines, shares some tips on how he lives a full and productive life while dealing with a Mental Health condition.

[Suicide Prevention](#)

Didi Hirsch Mental Health Services provides mental health care and substance use treatment in communities where stigma or poverty limit access.

Website: www.didihirsch.org

[NYS Office of Mental Health Continuing Education](#)

OMH provides interactive videoconferences about 1.5 hours in length to provide physicians with the skills and knowledge, based on the latest research findings, relevant to the evaluation, treatment and rehabilitation of adults and children with psychiatric disabilities resulting from mental illnesses.

Website: www.omh.ny.gov/

[Zero Suicide Took Kit](#)

Zero Suicide is a call to relentlessly pursue a reduction in suicide and improve the care for those who seek help. Learn about the fundamentals of Zero Suicide implementation through readings and videos.

Website: <http://zerosuicide.sprc.org/>

[Preventing Suicide: A Toolkit for High Schools](#)

This toolkit is to help high schools design and implement strategies to prevent suicide and promote behavioral health among their students.

Website: www.samhsa.gov/

[Co-Occurring Disorder Toolkit](#)

This toolkit contains a compilation of resources for individuals and organizations who treat clients with co-occurring mental health and substance use disorders.

Website: <http://ireta.org/>