Attachment I. Resource Guides for Respondents

**Resource Guide for Parents**

**Sources for Immediate Help: Crisis Lines and Service Referrals**

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| **Resource** | **Useful for:** | **Contact Information** |
| ***24-Hour Crisis Help Lines*** | Help 24-hours/day, 7 days a week for mental health problems, substance abuse problems, suicide and service referrals | Substance Abuse and Mental Health Services Administration (SAMHSA) Treatment Referral Helpline,  **1-877-SAMHSA7 (1-877-726-4727)**  National Suicide Prevention Lifeline,  **1-800-273-TALK (8255)** |
| ***NAMI- National Alliance on Mental Illness*** | Support finding mental health treatment. | Email: [info@nami.org](mailto:info@nami.org)  Phone: [800-950-NAMI](tel:8009506264) |
| ***Adoption-Competent Counselors*** | Names and contact information by state of counselors trained on adoption. | US Directory Adoption Competent Professionals:  Website: <https://adoptionsupport.org/member-types/adoption-competent-professionals/> |
| ***State Adoption Program Managers*** | Names and contact information for every state adoption program manager. | Website:  <https://www.childwelfare.gov/organizations/?CWIGFunctionsaction=rols:main.dspList&rolType=Custom&RS_ID=154&rList=RCL> |

**General Resources: Information on Adoption Supports and Mental Health**

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| **Resource** | **Useful for:** | **Contact Information** |
| ***Adoption Support and Counseling Services*** | General information about adoption. | Website: <https://adoptionsupport.org/>  Email: [caseadopt@adoptionsupport.org](mailto:caseadopt@adoptionsupport.org) |
| Information about mental health services for families and adopted children. | Website: <https://adoptionsupport.org/counseling-services/>  Email: appts@adoptionsupport.org  Phone: [866-217-8534](tel:866-217-8534) |
| Free resources including books, booklets, webinars, workshops, and other materials on adoption | Education and Resources for Parents and Families:  Website: <https://adoptionsupport.org/education-resources/for-parents-families/> |
| ***Dave Thomas Foundation for Adoption*** | Free book: Step by Step Guide to Post Adoption | Website: <https://www.davethomasfoundation.org/library/strengthen-your-forever-family-a-step-by-step-guide-to-post-adoption/> |
|  | Free resources including adoption-friendly workplaces, video interviews with experts, and videos about adoption. | Education and Resources for Parents and Families:  Website: <https://www.davethomasfoundation.org/library/> |
| ***Mental Health Resources*** | Information about mental health including brochures and booklets. | Website: <https://www.mentalhealth.gov/> |
| ***NAMI- National Alliance on Mental Illness*** | Factsheets explaining mental health problems. | Website: <https://www.nami.org/Find-Support/NAMI-HelpLine/Top-HelpLine-Resources> |

**[Resource Guide for Youth and Adults who do not know their adoption status]**

**Resource Guide for Youth and Adults**

**Sources for Immediate Help: Crisis Lines and Service Referrals**

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| **Resource** | **Useful for:** | **Contact Information** |
| ***24-Hour Crisis Help Lines*** | Help 24-hours/day, 7 days a week for mental health problems, substance abuse problems, suicide and service referrals | Substance Abuse and Mental Health Services Administration (SAMHSA) Treatment Referral Helpline,  **1-877-SAMHSA7 (1-877-726-4727)**  National Suicide Prevention Lifeline,  **1-800-273-TALK (8255)** |
| ***NAMI- National Alliance on Mental Illness*** | Support finding mental health treatment. | Email: [info@nami.org](mailto:info@nami.org)  Phone: [800-950-NAMI](tel:8009506264) |

**General Resources: Information on Mental Health**

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| **Resource** | **Useful for:** | **Contact Information** |
| ***Mental Health Resources*** | Information about mental health including brochures and booklets. | Website: <https://www.mentalhealth.gov/> |
| ***NAMI- National Alliance on Mental Illness*** | Factsheets explaining mental health problems. | Website: <https://www.nami.org/Find-Support/NAMI-HelpLine/Top-HelpLine-Resources> |

**[Resource Guide for Youth and Adults who know their adoption status]**

**Resource Guide for Adopted Youth and Adults**

**Sources for Immediate Help: Crisis Lines and Service Referrals**

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| **Resource** | **Useful for:** | **Contact Information** |
| ***24-Hour Crisis Help Lines*** | Help 24-hours/day, 7 days a week for mental health problems, substance abuse problems, suicide and service referrals | Substance Abuse and Mental Health Services Administration (SAMHSA) Treatment Referral Helpline,  **1-877-SAMHSA7 (1-877-726-4727)**  National Suicide Prevention Lifeline,  **1-800-273-TALK (8255)** |
| ***NAMI- National Alliance on Mental Illness*** | Support finding mental health treatment. | Email: [info@nami.org](mailto:info@nami.org)  Phone: [800-950-NAMI](tel:8009506264) |
| ***Adoption-Competent Counselors*** | Names and contact information by state of counselors trained on adoption. | US Directory Adoption Competent Professionals:  Website: <https://adoptionsupport.org/member-types/adoption-competent-professionals/> |
| ***State Adoption Program Managers*** | Names and contact information for every state adoption program manager. | Website:  <https://www.childwelfare.gov/organizations/?CWIGFunctionsaction=rols:main.dspList&rolType=Custom&RS_ID=154&rList=RCL> |

**General Resources: Information on Foster Care Alumni Supports, Adoption Supports and Mental Health**

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| **Resource** | **Useful for:** | **Contact Information** |
| ***Foster Care Alumni of America*** | Contact information and networking for youth and adults who experienced foster care.  Resources on adoption. | Website: <https://fostercarealumni.org/>  Email: [info@fostercarealumni.org](mailto:info@fostercarealumni.org)  Phone: 1-918-862-2586 |
| ***State Youth Advocacy/***  ***Advisory Boards & Foster Care Alumni Associations*** | Names and contact information by state of youth and adults that experienced foster care. | Website:  <https://www.childwelfare.gov/organizations/?CWIGFunctionsaction=rols:main.dspList&rolType=Custom&RS_ID=160> |
| ***Adoption Support and Counseling Services*** | General information about adoption. | Website: <https://adoptionsupport.org/>  Email: [caseadopt@adoptionsupport.org](mailto:caseadopt@adoptionsupport.org) |
| Information about mental health services for families and adopted children. | Website: <https://adoptionsupport.org/counseling-services/>  Email: appts@adoptionsupport.org  Phone: [866-217-8534](tel:866-217-8534) |
| Free resources including books, booklets, webinars, workshops, and other materials on adoption | Education and Resources for Parents and Families:  Website: <https://adoptionsupport.org/education-resources/for-parents-families/> |
| ***Dave Thomas Foundation for Adoption*** | Free book: Step by Step Guide to Post Adoption | Website: <https://www.davethomasfoundation.org/library/strengthen-your-forever-family-a-step-by-step-guide-to-post-adoption/> |
|  | Free resources including adoption-friendly workplaces, video interviews with experts, and videos about adoption. | Education and Resources for Parents and Families:  Website: <https://www.davethomasfoundation.org/library/> |
| ***Mental Health Resources*** | Information about mental health including brochures and booklets. | Website: <https://www.mentalhealth.gov/> |
| ***NAMI- National Alliance on Mental Illness*** | Factsheets explaining mental health problems. | Website: <https://www.nami.org/Find-Support/NAMI-HelpLine/Top-HelpLine-Resources> |