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.orgPhone: 800-950-NAMI |
| ***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 |
| Information about mental health services for families and adopted children.  | Website: <https://adoptionsupport.org/counseling-services/> Email: appts@adoptionsupport.orgPhone: 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.orgPhone: 800-950-NAMI |

**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.orgPhone: 800-950-NAMI |
| ***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.orgPhone: 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 |
| Information about mental health services for families and adopted children.  | Website: <https://adoptionsupport.org/counseling-services/> Email: appts@adoptionsupport.orgPhone: 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> |