

# Attachment I. Resource Guides for Respondents

## Resource Guide for Parents

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

Resource	Useful for:	Contact Information
<b>24-Hour Crisis Help Lines</b>	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, <b>1-877-SAMHSA7 (1-877-726-4727)</b>  National Suicide Prevention Lifeline, <b>1-800-273-TALK (8255)</b>
<b>NAMI-National Alliance on Mental Illness</b>	Support finding mental health treatment.	Email: <a href="mailto:info@nami.org">info@nami.org</a>  Phone: <a href="tel:800-950-NAMI">800-950-NAMI</a>
<b>Adoption-Competent Counselors</b>	Names and contact information by state of counselors trained on adoption.	US Directory Adoption Competent Professionals: Website: <a href="https://adoptionssupport.org/member-types/adoption-competent-professionals/">https://adoptionssupport.org/member-types/adoption-competent-professionals/</a>
<b>State Adoption Program Managers</b>	Names and contact information for every state adoption program manager.	Website: <a href="https://www.childwelfare.gov/organizations/?CWIGFunctionaction=rols:main.dspList&amp;rolType=Custom&amp;RS_ID=154&amp;rList=RCL">https://www.childwelfare.gov/organizations/?CWIGFunctionaction=rols:main.dspList&amp;rolType=Custom&amp;RS_ID=154&amp;rList=RCL</a>

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

Resource	Useful for:	Contact Information
<b>Adoption Support and Counseling Services</b>	General information about adoption.	Website: <a href="https://adoptionssupport.org/">https://adoptionssupport.org/</a> Email: <a href="mailto:caseadopt@adoptionssupport.org">caseadopt@adoptionssupport.org</a>
	Information about mental health services for families and adopted children.	Website: <a href="https://adoptionssupport.org/counseling-services/">https://adoptionssupport.org/counseling-services/</a> Email: <a href="mailto:appts@adoptionssupport.org">appts@adoptionssupport.org</a> Phone: <a href="tel:866-217-8534">866-217-8534</a>
	Free resources including books, booklets, webinars, workshops, and other materials on adoption	Education and Resources for Parents and Families: Website: <a href="https://adoptionssupport.org/education-resources/for-parents-families/">https://adoptionssupport.org/education-resources/for-parents-families/</a>
<b>Dave Thomas Foundation</b>	Free book: Step by Step Guide to Post Adoption	Website: <a href="https://www.davethomasfoundation.org/library/">https://www.davethomasfoundation.org/library/</a>

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<i>for Adoption</i>		<a href="#"><u>strengthen-your-forever-family-a-step-by-step-guide-to-post-adoption/</u></a>
	Free resources including adoption-friendly workplaces, video interviews with experts, and videos about adoption.	Education and Resources for Parents and Families: Website: <a href="https://www.davethomasfoundation.org/library/"><u>https://www.davethomasfoundation.org/library/</u></a>
<b><i>Mental Health Resources</i></b>	Information about mental health including brochures and booklets.	Website: <a href="https://www.mentalhealth.gov/"><u>https://www.mentalhealth.gov/</u></a>
<b><i>NAMI-National Alliance on Mental Illness</i></b>	Factsheets explaining mental health problems.	Website: <a href="https://www.nami.org/Find-Support/NAMI-HelpLine/Top-HelpLine-Resources"><u>https://www.nami.org/Find-Support/NAMI-HelpLine/Top-HelpLine-Resources</u></a>

[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

Resource	Useful for:	Contact Information
<b><i>24-Hour Crisis Help Lines</i></b>	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, <b>1-877-SAMHSA7 (1-877-726-4727)</b>  National Suicide Prevention Lifeline, <b>1-800-273-TALK (8255)</b>
<b><i>NAMI-National Alliance on Mental Illness</i></b>	Support finding mental health treatment.	Email: <a href="mailto:info@nami.org">info@nami.org</a>  Phone: <a href="tel:800-950-NAMI">800-950-NAMI</a>

### General Resources: Information on Mental Health

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

[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

Resource	Useful for:	Contact Information
<b>24-Hour Crisis Help Lines</b>	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, <b>1-877-SAMHSA7 (1-877-726-4727)</b>  National Suicide Prevention Lifeline, <b>1-800-273-TALK (8255)</b>
<b>NAMI- National Alliance on Mental Illness</b>	Support finding mental health treatment.	Email: <a href="mailto:info@nami.org">info@nami.org</a>  Phone: <a href="tel:800-950-NAMI">800-950-NAMI</a>
<b>Adoption-Competent Counselors</b>	Names and contact information by state of counselors trained on adoption.	US Directory Adoption Competent Professionals: Website: <a href="https://adoptionsupport.org/member-types/adoption-competent-professionals/">https://adoptionsupport.org/member-types/adoption-competent-professionals/</a>
<b>State Adoption Program Managers</b>	Names and contact information for every state adoption program manager.	Website: <a href="https://www.childwelfare.gov/organizations/?CWIGFunctionsaction=rols:main.dspList&amp;rolType=Custom&amp;RS_ID=154&amp;rList=RCL">https://www.childwelfare.gov/organizations/?CWIGFunctionsaction=rols:main.dspList&amp;rolType=Custom&amp;RS_ID=154&amp;rList=RCL</a>

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

Resource	Useful for:	Contact Information
<b>Foster Care Alumni of America</b>	Contact information and networking for youth and adults who experienced foster care. Resources on adoption.	Website: <a href="https://fostercarealumni.org/">https://fostercarealumni.org/</a> Email: <a href="mailto:info@fostercarealumni.org">info@fostercarealumni.org</a> Phone: 1-918-862-2586
<b>State Youth Advocacy/ Advisory Boards &amp; Foster Care Alumni Associations</b>	Names and contact information by state of youth and adults that experienced foster care.	Website: <a href="https://www.childwelfare.gov/organizations/?CWIGFunctionsaction=rols:main.dspList&amp;rolType=Custom&amp;RS_ID=160">https://www.childwelfare.gov/organizations/?CWIGFunctionsaction=rols:main.dspList&amp;rolType=Custom&amp;RS_ID=160</a>

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