Attachment I. Resource Guides for Respondents

Resource Guide for Parents

Sources for Immediate Help: Crisis Lines and Service Referrals

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: <u>info@nami.org</u> Phone: <u>800-950-NAMI</u>
Adoption-	Names and contact	US Directory Adoption Competent
Competent	information by state of	Professionals:
Counselors	counselors trained on	Website: <u>https://adoptionsupport.org/member-</u>
	adoption.	types/adoption-competent-professionals/
State Adoption	Names and contact	Website:
Program	information for every state	https://www.childwelfare.gov/organizations/?
Managers	adoption program manager.	CWIGFunctionsaction=rols:main.dspList&rol
		Type=Custom&RS_ID=154&rList=RCL

General Resources: Information on Adoption Supports and Mental Health

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

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

[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
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: <u>info@nami.org</u> Phone: <u>800-950-NAMI</u>

General Resources: Information on Mental Health

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

[Resource Guide for Youth and Adults who <u>know</u> their adoption status]

Resource Guide for Adopted Youth and Adults

Sources for Immediate Help: Crisis Lines and Service Referrals

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: <u>info@nami.org</u> Phone: <u>800-950-NAMI</u>
Adoption- Competent Counselors	Names and contact information by state of counselors trained on adoption.	US Directory Adoption Competent Professionals: Website: <u>https://adoptionsupport.org/member-types/adoption-competent-professionals/</u>
State Adoption Program Managers	Names and contact information for every state adoption program	Website: https://www.childwelfare.gov/organizations/? CWIGFunctionsaction=rols:main.dspList&rol
	manager.	Type=Custom&RS_ID=154&rList=RCL

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

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

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