



Mental Health Resources and Information for NPS Volunteers, Interns, and other External Partners

Employee Assistance Program (EAP)

Many employers provide an EAP for their employees. While benefits vary, common EAP services include counseling referrals, free counseling sessions, and mental health-related information. Check with your employer for contact information and available benefits.

National Suicide Prevention Lifeline

This hotline offers free 24-hour confidential, live support.

www.suicidepreventionlifeline.org

800-273-TALK (8255)

Mental Health Benefits through Personal Insurance Plan

Many health insurance plans offer mental health benefits. Benefits vary by plan. Check with your insurance provider for more information and available benefits.

SAMHSA's National Helpline

Substance Abuse and Mental Health Services Administration (SAMHSA) offers a free, confidential, 24/7 treatment referral and information service in English and Spanish for individuals and families facing mental and/or substance use disorders.

800-662-HELP (4357)

Behavioral Health Treatment Services Locator

Find a local mental health provider for substance use/addiction and/or mental health problems confidentially and anonymously through this locator tool.

<https://findtreatment.samhsa.gov>

Local Resources

Ask your supervisor for clinics, hospitals, mental health providers, and resources in your park/office community.

Seeking help is not a sign of weakness; it is a sign of courage.