



## **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](http://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.*