



# CIBHS

CALIFORNIA INSTITUTE FOR  
BEHAVIORAL HEALTH SOLUTIONS

LEADERS IN  
POLICY,  
TRAINING,  
EVALUATION  
AND RESEARCH

*The California Institute for Behavioral Health Solutions (CIBHS) is a non-profit agency that helps health professionals, agencies and funders improve the lives of people with mental health and substance use challenges through policy, training, evaluation, technical assistance, and research.*

## MENTAL HEALTH AND WELLNESS RESOURCES

**Mental Health First Aid:** Mental Health First Aid is an 8-hour course that introduces participants to risk factors and warning signs of mental health concerns, builds understanding of their impact, and overviews common treatments. The course uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect persons to professional, peer and social supports as well as self-help resources.

**National Council for Behavioral Health:** [www.thenationalcouncil.org/topics/mental-health-first-aid](http://www.thenationalcouncil.org/topics/mental-health-first-aid)

**Know the Signs – Suicide Prevention:** [www.suicideispreventable.org](http://www.suicideispreventable.org)

**National Suicide Prevention Lifeline:** 1-800-273-8255. This free, 24-hour hotline is available to anyone in suicidal crisis or emotional distress.

**National Alliance on Mental Illness:** NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Across the country, thousands of trained NAMI volunteers bring peer-led programs to a wide variety of community settings, from churches to schools to NAMI Affiliates. With the unique understanding of people with lived experience, these programs and support groups provide outstanding free education, skills training and support. [www.nami.org](http://www.nami.org)

**MentalHealth.gov:** MentalHealth.gov provides one-stop access to U.S. government mental health and mental health problems information. MentalHealth.gov aims to educate and guide the general public, health and emergency preparedness professionals, policy makers, government and business leaders, school systems, and local communities. [www.mentalhealth.gov](http://www.mentalhealth.gov)

**Wellness Works:** Wellness Works delivers engaging and interactive training for supervisors, managers, union reps, human resources professionals and employees, while offering strategic perspectives for senior executives to address systemic, organization-wide solutions. **Mental Health America:** [www.wellnessworksmentalhealth.org](http://www.wellnessworksmentalhealth.org)

**Each Mind Matters:** Each Mind Matters is California's Mental Health Movement made up of millions of individuals and thousands of organizations working to advance mental health. The mental health movement certainly didn't start with Each Mind Matters, but they were created to unite all who share a vision of improved mental health and equality. Every day, millions of people face stigma related to mental health because they or their loved ones are facing a challenge. Many of these people feel isolated and alone, going years before receiving any help. Their goal is to amplify the voices of all people who want to put an end to this stigma, creating a community where everyone feels comfortable reaching out for the support they deserve. [www.eachmindmatters.org](http://www.eachmindmatters.org)