

Handout 5: Mental Health Resources

A **Community Services Board** (CSB) is the point of entry into the publicly-funded system of services for mental health, intellectual disability, and substance abuse. CSBs provide pre-admission screening services 24-hours per day, 7 days per week.

To locate the CSB in your area, log onto

<http://www.dbhds.virginia.gov/individuals-and-families/community-services-boards>

The **Substance Abuse and Mental Health Services Administration** (SAMSHA) can help individuals and families find treatment in their communities. Log onto the SAMSHA website to find help and treatment options near you

<https://www.samhsa.gov/treatment/index.aspx>

SAMSHA's Behavioral Health Treatment Locator

<https://findtreatment.samhsa.gov>

The Geriatric Mental Health Partnership (GMHP) was established as a voluntary, public-private partnership workgroup in 2007. The GMHP was formed when a group of representatives from the Virginia Department of Behavioral Health and Developmental Services (DBHDS), long-term care providers and administrators, and Virginia provider associations came together to discuss barriers to quality mental health services for older adults.

<https://www.worldeventsforum.com/gmhp/>

National Coalition on Mental Health and Aging

From the website: The National Coalition on Mental Health and Aging provides opportunities for professional, consumer and government organizations to work together towards improving the availability and quality of mental health preventive and treatment strategies to older Americans and their families through education, research and increased public awareness.

http://www.ncmha.org/?page_id=81

Suicide Prevention Lifeline

1-800-273-TALK (8255)

TTY: 1-800-799-4889

Website: www.suicidepreventionlifeline.org