



WHYY NEWS' BRIDGING BLOCKS

“The stress of education: Managing mental health as a student” ***Resource Document***

WHYY pieces on mental health

- [Philly health centers get \\$1.2M to expand mental health and substance use treatment options](#)
- [What It Takes to Treat Serious Mental Illness](#)
- [Philadelphia psychologists say this is how families can support kids' mental health as they go back to school](#)
- [More mental health support is coming to Delaware schools](#)
- [Philadelphia opens first urgent care walk-in clinic for mental health needs](#)
- [Social services instead of handcuffs: Delaware County wants intervention, not incarceration, for people struggling with mental health issues](#)

988: A Direct Link For Suicide Prevention and Crisis Support

- Contacting 988 will connect individuals to 24/7 free and confidential support if they are in distress or in need of prevention and crisis resources for themselves or a loved one.
- Call or Text 988 to start the conversation

[Local Community Support Resources → Mental Health in Philadelphia](#)

- NAMI Philadelphia is an organization of families, friends and individuals whose lives have been affected by mental illness. Together, we advocate for better lives for those individuals who have a mental illness.

[Healthy Minds Philly](#)

- HealthyMindsPhilly.org is an online tool and resource to support and improve the mental health and well-being of all Philadelphians. The Philadelphia Department of Behavioral Health and Intellectual disAbility Services (DBHIDS) has combined its behavioral health care and intellectual disability services into one complete system as part of its public health strategy and approach. Get a Check Up from The Neck Up!

The Suicide and Crisis Intervention Line



- Call any time of the day or night, if you have been suffering from a behavioral health crisis.
- Suicide and Crisis Intervention Hotline (215) 686-4420 National Suicide Prevention Lifeline 1-800-273-TALK (8255)

[Community Behavioral Health](#)

- For more than 25 years, Community Behavioral Health has been expanding access to mental health services for Philadelphians. Explore our stories of progress, partnership, and community as we advance our vision of a healthy, thriving Philadelphia.

[City of Philadelphia Department of Behavioral Health and Intellectual disAbility Services](#)

- The mission of the Department of Behavioral Health and Intellectual disAbility Services is to educate, strengthen, and serve individuals and communities so that all Philadelphians can thrive.
- [Engaging Males of Color \(EMOC\) Initiative](#)
 - Engaging Males of Color (EMOC) is a targeted initiative designed to address the impact of health, economic, and educational disparities experienced by males of color.

[Black Men Heal](#)

- To provide access to mental health treatment, psycho-education, and community resources to men of color.

[The Black Brain Campaign](#)

- The Black Brain Campaign is a non-profit 501c3 organization created to eradicate the stigma against mental health in the Black community by providing a holistic approach to therapy treatment. Our services include free individual and family counseling, training courses for therapists, supervision, and community resources.

[Council for Relationships](#)

- Council for Relationships is a nonprofit organization that strengthens interpersonal connections through accessible, specialized, and expert individual, relationship, and family therapy, clinical training, and research.