

# RESOURCES: Local Mental Wellness Resources



**Ellie Mental Health** - <https://elliementalhealth.com/>

**Heartland Behavioral** - <https://heartlandbehavioral.com/>

## **Cottonwood Springs**

- <https://cottonwoodsprings.com/locations/olathe-ks-west/>

**Children's Mercy + Camber** - <https://cmcmmentalhealth.org>.

**ReDiscover** <https://www.rediscovermh.org/> - might be able to help find services and offer different types of therapy.

**Abundant Life** They also have an organization that helps pay for therapy. <https://livingproof.co/resources/abundant-life-counseling-center/>

**The Fountain Fund** is a new group that started accepting their first applicants to help with financial services.

<https://www.facebook.com/thefountainkc>

## **Marillac Campus**

<https://www.kansashealthsystem.com/locations/Marillac-Campus-Overland-Park-KS>

Specialized behavioral healthcare services for children and adolescents

<https://www.universityhealthkc.org/services/behavioral-health/counseling/>  
They might provide free services to Jackson County residents

## **Important Note**

These national resources are provided as general support and education tools. They are not a substitute for professional medical or mental health care.

***For legal, medical, or emergency situations, please consult qualified professionals or local emergency services.***

# RESOURCES: National Mental Wellness Resources



## 988 Suicide & Crisis Lifeline

Call or text 988 | Chat via [988lifeline.org](https://988lifeline.org)  
Free, confidential, 24/7 support for individuals in distress and those supporting them.

## Emergency Services

Call 911 if there is immediate danger.

## Teen Line

[teenline.org](https://teenline.org)

Peer support for teens by teens, with resources and crisis guidance.

## The Trevor Project

[thetrevorproject.org](https://thetrevorproject.org)

Crisis intervention and suicide prevention services for LGBTQ+ youth.

## Society for the Prevention of Teen Suicide

[sptsusa.org](https://sptsusa.org)

Educational resources for teens, parents, and educators.

## Psychology Today – Therapist Directory

[psychologytoday.com](https://psychologytoday.com)

Search for therapists by location, specialty, and insurance.

## Mental Health America (MHA)

[mhanational.org](https://mhanational.org)

Screening tools, educational materials, and advocacy resources.

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## American Foundation for Suicide Prevention (AFSP)

[afsp.org](https://afsp.org)

Education, advocacy, and support resources for families and communities.

## National Alliance on Mental Illness (NAMI)

[nami.org](https://nami.org)

Education, peer support, and advocacy for individuals and families affected by mental illness.

## Jed Foundation

[jedfoundation.org](https://jedfoundation.org)

Resources focused on protecting emotional health and preventing suicide in teens and young adults.

## Substance Abuse and Mental Health Services Administration (SAMHSA)

[samhsa.gov](https://samhsa.gov)

National mental health resources, prevention tools, and treatment locators.

## SAMHSA Treatment Locator

[findtreatment.gov](https://findtreatment.gov)

Find mental health and substance use treatment services nationwide.

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