



## Organizations and Resources

### [Nami-Greater Kansas City](#)

NAMI is a nonprofit dedicated to improving the quality of life and recovery for people with mental illness and their families through support, education, and advocacy. They offer services such as support groups and peer-led mental health education programs

### [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)

SAMSHA leads public health efforts to advance the behavioral health of the nation and to improve the lives of individuals living with mental and substance use disorders, and their families.

### [National Institute of Mental Health](#)

The National Institute of Mental Health (NIMH) offers authoritative information about mental disorders, a range of related topics, and the latest mental health research.

## Therapy

### [Finding a Mental Health Therapist](#)

Psychology Today's directory allows you to search for therapists and preferred method of therapy, including online therapy and support groups

### [What do I Look for in a Therapist?](#)

A resource for how to find a therapist that will fit your needs and a therapy FAQ

### [How to Find a Therapist in Your Community](#)

Finding a therapist in the community may seem challenging, but with information and persistence, you can connect with someone who meets your needs and your schedule.