

Mental Health Resources



For anyone struggling with difficult emotions, it is brave to reach out for help. ACI Specialty Benefits has compiled a list of resources available to support anyone dealing with loneliness, depression, isolation, anxiety, substance abuse and other mental health concerns at any time.

NAMI Connection

Free nationwide support groups for anyone working through mental health challenges.

National Suicide Prevention Lifeline

Free and confidential support for people in distress, 24/7.

SAMHSA Suicide Prevention Resources

SAMHSA provides suicide prevention information and other helpful resources to behavioral health professionals, the general public, and people at risk.

Behavioral Health Treatment Locator

Find behavioral health treatment facilities confidentially and anonymously, 24/7.

Veterans Crisis Line

Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department

of Veterans Affairs. Many of them are Veterans themselves.

FindTreatment.gov

Find treatment facilities for substance abuse issues in your area.

Find Help for Substance Abuse

Explore SAMHSA's resources for alcohol and substance abuse issues.

Opioid Treatment Program Directory

View opioid treatment programs by State.

COVID-19 Resources

- [CDC Recommendations: Holiday Celebrations and Small Gatherings](#)
- [Tips for Reducing Loneliness in Elders for the Holidays](#)
- [PBS: How to Talk to Your Kids About Coronavirus](#)
- [Overcoming Holiday Stress](#)
- Additional resources can be found on [ACI's COVID-19 Support and Resources Page](#)

Considering COVID-19 adds a whole new dimension of stress and uncertainty, it may help to talk it out with a mental health provider through your EAP provided by ACI Specialty Benefits. Reach out to ACI for personalized assistance at 855.775.4357, rsli@acieap.com, or through the [myACI Benefits mobile app](#).