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Resources

- National Suicide Prevention Lifeline: 988
- Crisis Text Line: 741741
 - Text “HOME” for English or “AYUDA” for Spanish
- National Alliance on Mental Illness (NAMI)
 - nami.org/findsupport
 - Helpline: 800-950-6264
 - Text line: Text “HelpLine” to 62640
- Local health departments

When to Seek Mental Health Treatment¹?

People seek mental health treatment during mental health emergencies or for treatment of chronic mental illness. Signs of mental illness can vary between people and illness. Common signs include depressed or extremely elevated mood that lasts for days to months, unexplained changes in energy, changes in sleep or need for sleep, unintentional weight loss or weight gain, avoiding friends and family, unexplained physical ailments, racing thoughts, substance use, or seeing things or hearing voices that other people cannot see or hear. During mental health emergencies, someone may have thoughts or plans to harm themselves or other people.

Finding a Provider¹

In emergencies, treatment can be found at local hospitals, emergency departments, or by calling 911. The National Suicide Prevention emergency hotline is accessible 24/7 and can be accessed by dialing 988. The Crisis Text Line is accessible by texting 741741 (“HOME” for English for “AYUDA” for Spanish).

For non-emergent treatment, primary care doctors can help identify mental illness and provide resources. Primary care doctors may refer patients to mental health clinics. Some employers offer mental health assistance. Talk with your human resources department to learn what mental health services may be available. Health insurance companies and local health departments can also help locate local services. Several organizations, including National Alliance on Mental Illness (NAMI), provide lists of local providers.

Types of Providers¹

Psychiatrists and psychologists are health care professionals who specialize in mental health. Both can diagnose mental illness and help create a long-term plan for treatment. Psychiatrists are doctors who prescribe medications. Psychologists are trained in psychology, which is the study of thoughts, behaviors, and emotions. They specialize in therapy.

Other types of health care professionals may work with the mental health team, including physician assistants (PA) and nurse practitioners (NP) who can both prescribe medication. Pharmacists provide the expertise in psychiatric medication therapy needed to complement the skills of other members of the treatment team.² Licensed therapists offer counseling services. Social workers provide many services including assessment, counseling, and locating other supportive services and mental health resources.

Psychiatric Pharmacist Services²

Psychiatric pharmacists are trained in medications used to treat mental illness and can work in community pharmacies, outpatient clinics, and hospitals. They work with other mental health providers to select medications and teach patients about their medications. Clinical pharmacists also monitor treatment and follow up with patients to make sure medicines are safe and effective. In some clinics, patients can schedule appointments directly with a pharmacist to assess treatment, refill medications, or change treatment plans.

Telehealth¹

Some providers offer telehealth services and may offer appointments by video or phone call. Therapists may also offer telehealth services, which is called teletherapy. Teletherapy may occur by video, phone call, or messaging. Ask your providers about their telehealth options. There are several apps that offer telehealth instant messaging, such as Talkspace, BetterHelp, and Brightside.



Go online to find more information and to view the references for this toolkit.

aapp.org/591043