



**May 25, 2016 WISE Resource List
Ticket to Work for People with a Mental Illness:
Support on Your Journey to Work**

The following resources were mentioned during the May 25 WISE Webinar.

Ticket to Work

For more information on Ticket to Work, call the **Ticket to Work Helpline at 1-866-968-7842 (V) or 1-866-833-2967 (TTY)**. Visit online at www.choosework.net.

Connect to Choose Work!

Like us on Facebook: www.facebook.com/choosework

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Watch Ticket to Work Videos on YouTube: <http://www.youtube.com/choosework>

Follow us on LinkedIn: <https://www.linkedin.com/company/ticket-to-work>

Additional Resources

[MentalHealth.gov](http://www.mentalhealth.gov): MentalHealth.gov provides one-stop access to information about mental health and mental health programs from the U.S. government. Available online at www.mentalhealth.gov.

[Job Accommodation Network](http://www.askjan.org) (JAN): JAN provides free, expert and confidential guidance on workplace accommodations and disability issues; helps people with disabilities enhance their employability; and shows employers how to capitalize on the value and talent that people with disabilities add to the workforce. Visit online at www.askjan.org or call 1-800-526-7234 (voice) or 1-877-781-9403 (TTY).

[National Suicide Prevention Lifeline](http://www.national suicide prevention lifeline.org): If you or someone you know is suicidal or in emotional distress, contact the National Suicide Prevention Lifeline.

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Trained crisis workers are available to talk 24 hours a day, 7 days a week. Your confidential and toll-free call goes to the nearest crisis center in the Lifeline national network. These centers provide crisis counseling and mental health referrals. Visit online at www.suicidepreventionlifeline.org or call 1-800-273-TALK (1-800-273-8255).

Veterans' Crisis Line: The Veterans Crisis Line connects veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call 1-800-273-8255 and press 1, chat online at www.veteranscrisisline.net, or text 838255 to receive confidential support.

SAHMSA Treatment Referral Helpline: Get general information on mental health and locate treatment services in your area. Speak to a live person, Monday through Friday from 8 a.m. to 8 p.m. Eastern. Call 1-877-SAMHSA7 (1-877-726-4727).

National Alliance on Mental Illness (NAMI): NAMI is dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is committed to raising awareness and building a community of hope for all of those in need. Visit online at www.nami.org.

Mental Health America (MHA): MHA is a community-based network dedicated to helping all Americans live mentally healthier lives. With a century of service and more than 300 affiliates across the country, MHA advocates for changes in policy; educates the public, and delivers urgently needed programs and services. Visit online at www.mentalhealthamerica.net.