

HCV and Mental Health: Resources

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According to the National Institute of Mental Health (NIMH), 1 in 5 adults living in the United States is living with a diagnosable mental disorder. The World Health Organization reports that depression is the leading cause of disability worldwide. Patients living with hepatitis C virus infection (HCV) are at risk for depression, particularly during HCV treatment. (For more on this go to www.hcvadvocate.org for "Coping with Depression and Hepatitis C")

The following information is provided to assist you in identifying resources that deal with various aspects of mental illness. You may want to start by asking your doctor to make a referral to a mental health provider. Your local county mental health agency may have recommendations. If you have a religious affiliation, ask for suggestions. Some places of employment provide counseling services.

Important Note: If you have thoughts of suicide or hurting yourself or others, seek immediate professional help. If you need emergency help, dial 911. The National Suicide Lifeline (800) SUICIDE or (800) 784-2433 provides access to trained telephone counselors, 24 hours a day, 7 days a week. You may also try your local Suicide Prevention services.

Mental Health

- **National Suicide Prevention Lifeline (800) SUICIDE or (800) 784-2433**
- American Association of Suicidology
www.suicidology.org
4201 Connecticut Ave., NW Suite 408
Washington, DC 20008
(800) 273-TALK (8255)
- Canadian Mental Health Association
www.cmha.ca
Phenix Professional Building
595 Montreal Road, Suite 303
Ottawa ON K1K 4L2
(613) 745-7750
www.cmha.ca
- Centre for Suicide Prevention (Canada)
www.suicideinfo.ca
Suite 320, 1202 Centre Street S.E.
Calgary, AB T2G 5A5
(403) 245-3900
- Depression and Bipolar Support Alliance (DBSA)
www.dbsalliance.org
730 N. Franklin Street, Suite 501
Chicago, Illinois 60610-7224
(800) 826-3632
- International Foundation for Research and Education on Depression (iFred)
www.ifred.org
PO Box 17598
Baltimore, MD
21297-1598
- Mental Health America
www.mentalhealthamerica.net
- National Alliance for the Mentally Ill (NAMI)
www.nami.org
Colonial Place Three 2107 Wilson Blvd., Suite 300
Arlington, VA 22201
(800) 950-NAMI (6264)
- National Institute of Mental Health
www.nimh.nih.gov
Information Resources and Inquiries Branch
6001 Executive Boulevard Room 8184, MSC 9663
Bethesda, MD 20892-9666
(866) 615-6464
- National Institute of Mental Health: Depression
www.nimh.nih.gov/publicat/depression.cfm
- Screening for Mental Health, INC.
www.mentalhealthscreening.org
- Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov
P.O. Box 2345
Rockville, MD 20847-2345
(877) SAMHSA-7 or (877) 726-4727)
- Suicide Awareness Voices of Education (SAVE)
www.save.org
8120 Penn Ave. S., Suite 470
Bloomington, MN 55431
(952) 946-7998
Emergency Hotline: (800) 273-TALK (8255)
- Dr. Ivan's Depression Centra
www.psycom.net/depression.central.html

- Freedom from Fear
www.freedomfromfear.com

Sleep

- The National Sleep Foundation
www.sleepfoundation.org
1522 K Street, NW, Suite 500
Washington, DC 20005
(202) 347-3471

Smoking Cessation

- SmokeFree.gov
www.smokefree.gov
(800) QUITNOW or (800)784-8669
- Centers for Disease Control and Prevention
www.cdc.gov/tobacco/how2quit.htm

Substance Use

- Alcoholic Anonymous (AA)
www.alcoholics-anonymous.org
To find an AA group near you, look for "Alcoholics Anonymous" in any telephone directory or contact:
AA World Service
PO Box 459, New York, NY 10163
(212) 870-3400
- Narcotic Anonymous (NA)
www.na.org
To find an NA group near you, look in your local telephone directory or contact
NA World Services, PO Box 9999, Van Nuys, CA 91409
(818) 773-9999
- National Clearinghouse for Alcohol and Drug Information
ncadi.samhsa.gov
(800) 729-6686
- National Institute on Alcohol Abuse and Alcoholism (NIAAA)
www.niaaa.nih.gov
5635 Fishers Lane, MSC 9304
Bethesda, Maryland 20892-9304
301-443-3860
- National Institute on Drug Abuse
www.drugabuse.gov
- Substance Abuse and Mental Health Services Administration (SAMHSA)
www.samhsa.gov
P.O. Box 2345
Rockville, MD 20847-2345
(877) SAMHSA-7 or (877) 726-4727
- U.S. Department of Health and Human Services National Drug Treatment and Referral Routing Service
(800) 662-HELP (4357)

HCV Support Groups and Other General Resources

To find a hepatitis C, chronic illness, or depression support group in your area, ask your doctor, search the Internet, or contact an HCV advocacy group.



- The Hepatitis C Support Project and the HCV Advocate web site provides information and maintains a national support group listing at www.hcvadvocate.org
- American Liver Foundation
www.liverfoundation.org
(800) 223-0179
- HepCBC Hepatitis C Education and Prevention Society
www.hepcbc.ca
- Hepatitis Foundation International
www.hepfi.org
(800) 891-0707

Last, but not least, humor is an important aspect for mental health.

- www.helpguide.org/life/humor_laughter_health.htm
- www.laughlab.co.uk
- www.laughter.com
- www.laughtertherapy.com

Disclaimer: The diagnosis and treatment of psychiatric and other medical disorders requires a trained medical professional. Information contained in this factsheet is intended for educational purposes only. It should NOT be used as a substitute for professional diagnosis and treatment of any mental/psychiatric disorders. Please consult a medical professional if the information here leads you to believe you or someone you know may have a psychiatric or other medical illness.

For more information about hepatitis C, hepatitis B and HCV coinfections, please visit www.hcvadvocate.org.

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