

a series of fact sheets written  
by experts in the field of liver  
disease

## *HCV and Mental Health: Resources*

Lucinda K, Porter, RN

*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](http://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](http://www.suicidology.org)  
(800) 273-TALK (8255)

- Canadian Mental Health Association  
[www.cmha.ca](http://www.cmha.ca)  
(613) 745-7750
- Centre for Suicide Prevention (Canada)  
[www.suicideinfo.ca](http://www.suicideinfo.ca)  
Information Line: (403) 245-3900  
Crisis Line: (403) 266-1605
- Depression and Bipolar Support Alliance (DBSA)  
[www.dbsalliance.org](http://www.dbsalliance.org)  
(800) 826-3632
- International Foundation for Research and Education on Depression (iFred)  
[www.ifred.org](http://www.ifred.org)
- MedlinePlus  
[www.nlm.nih.gov/medlineplus/mentalhealth.html](http://www.nlm.nih.gov/medlineplus/mentalhealth.html)
- Mental Health America  
[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)  
(800) 969-6642
- National Alliance for the Mentally Ill (NAMI)  
[www.nami.org](http://www.nami.org)  
(800) 950-NAMI (6264)
- National Institute of Mental Health  
[www.nimh.nih.gov](http://www.nimh.nih.gov)  
1-888-346-3656
- National Institute of Mental Health: Depression  
[www.nimh.nih.gov/publicat/depression.cfm](http://www.nimh.nih.gov/publicat/depression.cfm)
- Screening for Mental Health, INC.  
[www.mentalhealthscreening.org](http://www.mentalhealthscreening.org)
- Substance Abuse and Mental Health Services Administration (SAMHSA)  
[www.samhsa.gov](http://www.samhsa.gov)  
1-240-276-1310  
To order publications: (877)SAMHSA-7 (877) 726-4727)
- Suicide Awareness Voices of Education (SAVE)  
[www.save.org](http://www.save.org)  
(952) 946-7998  
Emergency Hotline: (800) 273-TALK (8255)
- Dr. Ivan's Depression Central  
[www.psycom.net/depression.central.html](http://www.psycom.net/depression.central.html)
- Freedom from Fear  
[www.freedomfromfear.com](http://www.freedomfromfear.com)  
(718) 351-1717

## Sleep

- The National Sleep Foundation  
[www.sleepfoundation.org](http://www.sleepfoundation.org)  
1-703-243-1697

## Smoking Cessation

- SmokeFree.gov  
[www.smokefree.gov](http://www.smokefree.gov)  
1-877-440-QUIT
- Centers for Disease Control and Prevention  
[www.cdc.gov/tobacco/how2quit.htm](http://www.cdc.gov/tobacco/how2quit.htm)
- National Cancer Institute and the University of Rochester's Clear Horizons  
(800) 422-6237  
[www.cancer.gov/](http://www.cancer.gov/)

## Substance Use

- Alcoholic Anonymous (AA)  
[www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)  
(212) 870-3400
- Narcotic Anonymous (NA)  
[www.na.org](http://www.na.org)  
(818) 773-9999
- National Institute on Alcohol Abuse and Alcoholism (NIAAA)  
[www.niaaa.nih.gov](http://www.niaaa.nih.gov)  
301-443-3860
- National Institute on Drug Abuse  
[www.nida.nih.gov](http://www.nida.nih.gov)  
English: 1-301-443-1124  
Spanish: 1-240-221-4007
- Substance Abuse and Mental Health Services Administration (SAMHSA)  
[www.samhsa.gov](http://www.samhsa.gov)  
(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](http://www.hcvadvocate.org)


- American Liver Foundation  
[www.liverfoundation.org](http://www.liverfoundation.org)  
1-800-GO-LIVER
- HepCBC Hepatitis C Education and Prevention Society  
[www.hepcbc.ca](http://www.hepcbc.ca)  
1-250-595-3892
- Hepatitis Foundation International  
[www.hepfi.org](http://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](http://www.helpguide.org/life/humor_laughter_health.htm)
- [www.laughlab.co.uk](http://www.laughlab.co.uk)
- [www.laughter.com](http://www.laughter.com)
- [www.laughtertherapy.com](http://www.laughtertherapy.com)
- The Hepatitis Comics  
[www.hepatitiscomics.blogspot.com](http://www.hepatitiscomics.blogspot.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](http://www.hcvadvocate.org).**

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<p><b>Executive Director</b> <b>Editor-in-Chief, HCSP Publications</b> Alan Franciscus</p>	<p>The information in this fact sheet is designed to help you understand and manage HCV and is not intended as medical advice. All persons with HCV should consult a medical practitioner for diagnosis and treatment of HCV.</p>
<p><b>Design</b> Paula Fener</p>	
<p><b>Production</b> C.D. Mazoff, PhD</p>	<p>This information is provided by the Hepatitis C Support Project • a nonprofit organization for HCV education, support and advocacy • © 2011 Hepatitis C Support Project • Reprint permission is granted and encouraged with credit to the Hepatitis C Support Project.</p>
<p><b>Contact information:</b> Hepatitis C Support Project PO Box 427037 San Francisco, CA 94142-7037 <a href="mailto:alanfranciscus@hcvadvocate.org">alanfranciscus@hcvadvocate.org</a></p>	
 <p><b>HCV ADVOCATE</b> <a href="http://www.hcvadvocate.org">www.hcvadvocate.org</a></p>	