

**NOTHING
GENERAL
ABOUT IT**

*HOW LOVE (AND LITHIUM) SAVED ME ON AND OFF
GENERAL HOSPITAL*

MAURICE BENARD

WITH SUSAN BLACK

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WHERE TO GO FOR HELP

IF YOU or someone you know needs help, here is the contact information for several organizations I've been involved with that have been helpful to me and many others. Their websites offer invaluable information and you can also call or text them for immediate assistance or simply for more information. Don't be afraid to reach out to someone; if not these organizations, please talk to a medical professional, clergy member, loved one, or friend. Just don't try to go it alone.

In the event of a crisis, go to an emergency room, or, in the US, call 9-1-1 or The National Suicide Prevention Lifeline. It is open 24/7 and the phone number is 800-273-TALK (8255). For a list of international hotlines click on your country at www.suicide.org.

INTERNATIONAL BIPOLAR FOUNDATION

www.ibpf.org

TEXT: Text START to 741-741.

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

www.nami.org

TEXT: Text NAMI to 741-741.

DEPRESSION AND BIPOLAR SUPPORT ALLIANCE

www.dbsalliance.org

TEXT: Text DBSA to 741-741.

Where to Go for Help

DIDI HIRSCH MENTAL HEALTH SERVICES

<https://didihirsch.org/>

TEXT: text HEARME to 839863.

OTHER HOTLINES:

Self-harm Hotline (1-800-366-8288; www.selfinjury.com)

The Friendship Line (1-800-971-0016; www.ioaging.org)

Covenant House (The 9 Line: 1-800-999-9999; www.covenanthouse.org)

7 Cups of Tea (www.7cups.com)