Get help.
There are several ways to search on the internet for providers:
* Mentalhealth.gov allows the user to search for mental health providers by zip code from the front page.
* National Institutes of Mental Health has a tab called “finding help” on its front page.
* Search the Lutheran Services of America site.

Implement the commitments from message in your setting.

Participate through Advocacy
* Read about the advocacy NAMI is involved in
* Pathways to Promise lists advocacy organizations.
* Pathways to Promise has a plan for year of congregational action: A year of ideas for congregational action.

Find training in the “In a Congregation” document on the mental illness resource page.