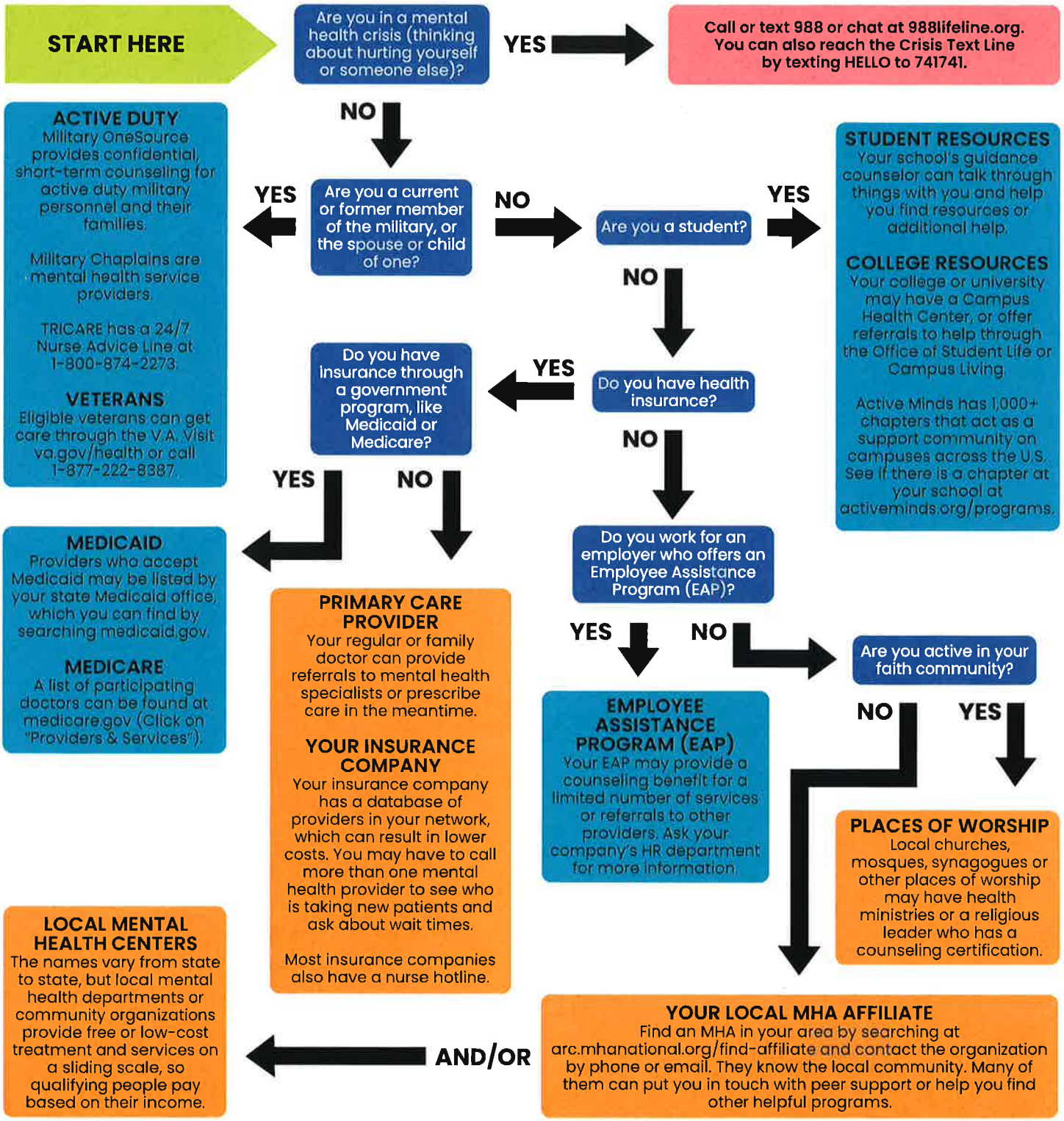
WHERE TO START

DECISION MAP: WHERE TO GO

When you've decided to seek help, knowing what resources are available and where to start can be tricky. Use this decision map to help you figure out your options. If you don't find help where a path ends, try any of the resources in the gold boxes.



Use this tool online at mhanational.org/where-to-get-help.

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