

Integrative Mental Health Organizations

See www.OnwardMentalHealth.com (Resources) for an array of integrative mental health material including the latest version of this monograph, extracted from our book, *Choices in Recovery*.



Hundreds of mental health organizations are working to improve the lives of those with mental health issues, through education, advocacy, research and patient services.

The following is a partial list of organizations that have an Integrative Mental Health focus. It is not exhaustive, nor does listing an organization indicate endorsement. The list can, however, be helpful in identifying new sources of information and support.

Organization	Category	Mission
Great Plains Laboratory	Biomedical Testing	Provide accurate and comprehensive bio-medical analyses to help people with chronic illness, including mental illness. www.greatplainslaboratory.com .
Institute for Functional Medicine	Functional Medicine	Ensure the widespread adoption of Functional Medicine (addressing the underlying causes of disease) as the standard of care. www.FunctionalMedicine.org
Breath-Body-Mind	Integrative Medicine	Richard P, Brown, MD and Patricia L. Gerbarg, MD. CAM Approaches to a Healthy Mind, Body, & Spirit. www.breath-body-mind.com .
Amer. Board of Integrative Holistic Med.	Integrative Medicine	Transform medical systems towards holism, by combining science and compassion. www.abihm.org .
Natural Medicines	Integrative Medicine	A resource on dietary supplements, natural medicines, CAM, and integrative therapies. https://naturalmedicines.therapeuticresearch.com .
National Center for CAM (NCCAM)	Integrative Medicine	Define, through rigorous scientific investigation, the usefulness and safety of complementary and alternative medicine for improving health and health care. http://nccam.nih.gov/health/whatiscam .
Safe Harbor	Integrative Mental Health	Provide the most complete view of alternative mental health treatments through articles, directories of practitioners, and email listservs. www.AlternativeMentalHealth.com .
APA Caucus on Complementary, Alternative, and Integrative Medicine	Integrative Psychiatry	Further the medical and public understanding of Integrative Medicine in Psychiatry. Includes practitioner directory. www.intpsychiatry.com .
Integrative Medicine for MH	Integrative Psychiatry	Advance knowledge and improve treatment of mental health disorders using a whole-body approach respecting multiple fields. www.integrativemedicineformentalhealth.com .

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Int'l Network of Integrative Mental Health	Integrative Psychiatry	Advance an integrative personal approach to mental health through education, research, networking, and advocacy. www.inimh.org .
National Alliance on Mental Illness	Mental Health Advocacy	Mental health advocacy and education. Strong set of affiliates in US with peer and family education. Supports prudent use of non-drug approaches and drugs. www.NAMI.org .
Mental Health America	Mental Health Advocacy	Promote mental health; prevent mental disorders, and achieve victory over mental illness through advocacy, education, research, and services. www.mentalhealthamerica.net .
Mind for Better Mental Health	Mental Health Advocacy	Provide advice and support to empower anyone experiencing a mental health problem. Campaign to improve mental health services, raise awareness, and promote understanding. http://www.mind.org.uk .
Mental Health Foundation (U.K.)	Mental Health Advocacy	Run programs, educate, and advocate to end mental illness and the inequalities surrounding it in the U.K. www.mentalhealth.org.uk .
Center on Integrated Health Care & Self-directed Recovery	Mental Health Recovery	Provides solutions and tools to promote self-directed recovery in reusable programs, and in one's own life. Includes wellness programs, diet, exercise, journaling, and more. http://www.center4healthandsdc.org .
Boston Univ. Ctr. for Psych. Rehab.	Mental Health Recovery	Improve the lives of persons who have psychiatric disabilities. http://cpr.bu.edu .
Foundation for Excellence in MH Care	Mental Health Recovery	Change mental health care via unbiased research, open dialogue, and the expectation of recovery. www.mentalhealthexcellence.org .
National Empowerment Center	Mental Health Recovery	Carry a message of recovery, empowerment, hope, and healing to people with personal experience with mental health issues, trauma, and and/or extreme states. www.power2u.org .
Psychiatric Rehabilitation Association	Mental Health Recovery	Grow and train the psychiatric recovery and rehabilitation workforce, and advocate for their efforts. www.psychrehabassociation.org .
Recovery Devon (U.K.)	Mental Health Recovery	Promote psychiatric recovery via peer support, personal recovery plans, and acute care for those in Devon, U.K. www.recoverydevon.co.uk .
Recovery Innovations	Mental Health Recovery	Create opportunities that empower people to recover and reconnect to themselves, others, and to meaning and purpose in life. www.recoveryinnovations.org .
Institute for Recovery & Community Integration	Mental Health Recovery	Introduce and advance the principles of mental health recovery, peer support, and community integration as the catalyst for transforming individual lives. www.mhrecovery.com .
Rethink Mental Illness	Mental Health Recovery	Help millions of people affected by mental illness by challenging attitudes, changing lives. www.rethink.org .
Scottish Recovery Network	Mental Health Recovery	Place the experience of recovery at the center of life, practice and policy. Act as a catalyst for change by sharing ideas and practices.

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Recovery Opportunity Center	Mental Health Recovery	Inspire transformation in people and systems, through education, mutuality, understanding, collaboration, and consultation, in the pursuit of wellness. www.recoveryopportunity.com .
Eur. Network of Ex-users and Survivors of Psychiatry	Mental Health Rights	Helps survivors of psychiatric services in Europe, provide mutual support in the personal, political, and social struggle against injustice and discrimination. www.enusp.org .
Int'l Society for Ethical Psychology and Psychiatry	Mental Health Rights	Promote safe, humane, and life-enhancing approaches for people mental disorders; oppose forced treatment, except in dire circumstances. www.psychintegrity.org .
Bazelon Center for Mental Health Law	Mental Health Rights	Protect and advance the rights of people with mental illness so they can exercise their own life choices. www.bazelon.org .
Nat'l Association for Rights Protection and Advocacy	Mental Health Rights	Promote policies and pursue strategies that promote individuals with psychiatric diagnoses making their own treatment choices. www.narpa.org .
Nat'l Coalition for Mental Health Recovery	Mental Health Rights	Ensure that consumer/survivors have a major voice in policies affecting them. www.ncmhr.org .
Psych Rights Law Project for Psychiatric Rights	Mental Health Rights	End the abuses against people diagnosed with mental illness through individual legal representation focused on unwarranted court-ordered psychiatric drugging. www.psychrights.org .
Assistance Dogs International	Mental Health Service Dogs	Improve training, placement, and use of assistance dogs; advocate for the rights of people with disabilities. www.assistedogsinternational.org .
Pet Partners	Mental Health Service Dogs	Promote human-animal interactions to improve people's physical, emotional, and psychological lives. www.petpartners.org .
United States Dog Registry	Mental Health Service Dogs	Register service dogs, emotional support dogs, and therapy dogs; provide products. www.usdogregistry.org .
Int'l Assoc. of Assistance Dog Partners	Mental Health Service Dogs	Assist individuals who are partnered with guide, hearing, and service dogs. www.iaadp.org .
Be Mindful Online	Mindfulness	Provide structured training in practicing mindfulness in daily life. www.bemindfulonline.com .
Great Courses on Mindful Meditation	Mindfulness	Course: Practicing Mindfulness: An Introduction to Meditation. http://goo.gl/M6jQQg .
Open Dialogue (OD)	Non-drug Alternatives for Psychosis	Provide training in Dialogic Practice and OD, emphasizing listening and responding to the whole person. www.dialogicpractice.net .
Soteria House	Non-drug Alternatives for Psychosis	Provide information on the drug-free approach to recovery from schizophrenia developed by Loren Mosher. www.moshersoteria.com .

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Int'l Network Toward Alternatives & Recovery	Non-drug Alternatives for Psychosis	Work for new clinical and social practices beyond the biomedical model to address the emotional distress of those often labeled as having psychosis. www.intar.org .
Int'l Society for Psychological and Social Approaches to Psychosis	Non-drug Alternatives for Psychosis	Promote research, education, and use of psychotherapy/psychological treatments for psychotic disorders. www.isps-us.org .
Hearing Voices Network USA	Non-drug Alternatives for Psychosis	Create support, learning, and healing opportunities for people who hear voices or who have other extreme experiences. www.hearingvoicesusa.org .
Association for Comprehensive Neurotherapy	Non-drug Alternatives	Become a trusted resource on non-drug and integrative therapies for key neurological conditions focusing on ADHD, Tics, Tourette's, OCD, and PANDAS. www.latitudes.org .
Nutri-Thought Prescriptives	Nutraceuticals	Source to purchase pharmaceutical grade nutraceuticals. www.DSSOrders.com/Nutri-Thought-Prescriptives
Int'l Society for Nutritional Psychiatry Research	Nutrition	Grow the field of nutritional psychiatry research and Facilitate Knowledge Translation. www.isnpr.org .
Walsh Research Institute	Nutrient Therapy	Unravel the biochemistry of mental disorders and improve treatments through research and practitioner education. www.walshinstitute.org .
International Society of Orthomolecular Medicine	Orthomolecular Medicine	Promote Orthomolecular medicine: preventing and treating disease by providing optimal amounts of substances natural to the body. www.orthomolecular.org .
Orthomolecular Health (Canada)	Orthomolecular Medicine	Advance orthomolecular medicine in Canada and internationally. www.orthomolecularhealth.com .
Orthomolecular Medicine Online	Orthomolecular Medicine	Provide information and resources for orthomolecular medicine. www.orthomed.org .
Pfeiffer Medical Center	Orthomolecular Medicine	An outpatient facility specializing in the evaluation and management of biochemical imbalances that may be associated with mental illness. www.hriptc.org/index.php .
Get There	Peer Support	Ease the recovery of fellow peers in mental health recovery. www.getthererecovery.com .
The Icarus Project	Peer Support	Overcome the alienation of mental ill health and tap into the true potential of madness. www.theicarusproject.net .
Nat'l Mental Health Consumer Self-Help Clearinghouse	Peer Support	Provide technical assistance for those with mental health challenges from peers. www.mhselfhelp.squarespace.com .
Benzo UK	Psychiatric Drug Awareness	Benzodiazepine addiction, withdrawal and recovery http://www.benzo.org.uk/index.htm
Council for Evidence-Based Psych (U.K.)	Psychiatric Drug Awareness	Communicate evidence of potentially harmful effects of psychiatric drugs to the people and institutions in the U.K. www.cepuk.org .

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International Coalition for Drug Awareness	Psychiatric Drug Awareness	Education about the potential harmful effects of psychiatric drugs, unethical pharmaceutical company marketing techniques, and off-label drug prescribing. www.drugawareness.org .
Nat'l Association of CBT	Psychosocial Therapies	Support, promote, teach, and develop cognitive-behavioral therapy and support those who practice it. www.nacbt.org .
Int'l Society for Nutritional Psychiatric Res.	Research	Support scientifically rigorous research into nutritional approaches to mental disorders and their comorbidities. www.isnpr.org .
National Institute for Health and Care Excellence	Research	Quick access to reliable information for health. Search journals, databases, e-books, and specialist evidence. http://goo.gl/ehR58K .
National Institute of Health DB	Research	Search biomedical literature, clinical trials, and drugs. www.nlm.nih.gov .
Natural Medicines	Research	Search Natural Medicine's comprehensive database. www.NaturalDatabase.com .
Integrative Mental Health for You	Training & Tools	Instructor-led flexible online Integrative Mental Health Training. Includes spiritual well-being practices. www.imhu.org .
Family Recovery Education	Training & Tools	Offer courses that look at the causes/outcomes for people in extreme distress from a holistic perspective. www.family.practicerecovery.com .
Get GG Therapy Resources	Training & Tools	Cognitive Behavioral Therapy. Self-help resources, including free information and worksheets. www.get.gg/index.html .
Family Outreach & Response	Training & Tools	Support and educate families and friends during the mental health recovery process. www.familymentalhealthrecovery.org .
Wellness Recovery and Planning	Training & Tools	Provide online courses to increase mental health recovery knowledge, and introduce new mental health skills and strategies. http://goo.gl/yKzyGE .
Int'l Assoc. for Suicide Prevention	Training & Tools	Prevent suicidal behavior and provide a suicide information forum. www.iasp.info/resources/ .
Education 2 go	Training & Tools	Provide affordable online learning for adults. Search site for "Integrative Mental Health". www.ed2go .
Int'l Ctr. for Recovery Action in Practice Educ. & Research	Training & Tools	Further the Whole Life Recovery approach in mental health by believing in the user's capacity to recover through self-determination and professional support. www.icra-wholelife.org .
Found. for Positive Mental Health	Training & Tools	Promotes skills training for positive mental health, to enhance well-being, increase resilience to, and recovery from, mental health difficulties. www.foundationforpositivementalhealth.com .
Academy of Integrative Health and Medicine	Training & Tools	Develop and conduct educational programs to translate the science of health, healing, and self-care into practice. www.aihm.org .

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National Center for CAM Continuing Education	Training & Tools	A part of the National Institute of Health, NCCAM provides comprehensive video lectures about research in complementary health approaches. http://goo.gl/AZPTb5 .
Mad in America continuing educ.	Training & Tools	Training on the side effects of psychotropic medication. http://goo.gl/wKCI5M .
Here To Help	Training & Tools	7 mental health organizations joining efforts to create information and tools for recovery. www.heretohelp.bc.ca .
Mad in America Continuing Education	Training & Tools	Provide on-line courses based on research, free of commercial interest, on topics of mental health. http://madinamericacontinuinged.org .