



## Additional Resources for Hard Call: Derailed

### Episode Three

The [National Suicide Prevention Lifeline](#) provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

**Call the Lifeline at 1-800-273-TALK (8255)**

[Mental Health Treatment Services Locator](#): Are you or a loved one experiencing mental illness and looking for help? This is a searchable, web-based database of where to find mental health care and addiction treatment services in your area. If you are looking for a patient support group for individuals with mental health concerns, [The Depression and Bipolar Support Alliance](#) offers a searchable database of patient support groups and organizations, including online groups.

#### To learn more about finding a psychiatrist:

- [How do I find a Good Psychiatrist?](#) — This PsychCentral article offers tips on how to find a good psychiatrist and lists helpful contacts for mental health help.

#### To learn more about inaccessibility within the mental health system:

- [Why is there a Shortage of Psychiatrists?](#) — Adam Brenner MD. *World Economic Forum*. November 24, 2014. A succinct explanation of the factors that result in few medical students choosing to become psychiatrists.
- [Talk Doesn't Pay, So Psychiatry Turns Instead to Drug Therapy](#) — Gardiner Harris. *The New York Times*. March 5, 2011. Why did Dr. Donald Levin, a psychiatrist, decide to stop offering talk-therapy?
- [Not White, Not Rich, and Seeking Therapy](#) — Olga Khazan. *The Atlantic*. June 1, 2016. A provocative look at the intersections between race, class and mental health, and how a lack of accessible and affordable mental health services disproportionately affects low income people of color.
- [Psychiatrists Turning Away Patients in Need](#) — Hari Sreenivasan, Shannon Pettypiece. *PBS Newshour*. April 18, 2015. An interview with White House Reporter Shannon Pettypiece on the tragic consequences of poor access to mental health care.
- [Why Psychiatrists don't Take Insurance](#) — Dinah Miller MD. *KevinMD*. January 25, 2014. Dr. Dinah Miller, featured in Hard Call, explains her decision not to take insurance.



- [Seven Facts about America's Mental Health System](#) — Sarah Kliff. *The Washington Post*. December 2012. A look at “what we invest in the mental health system, what that buys us, and where gaps in coverage remain.”
- [Acceptance of Insurance by Psychiatrists and the Implications for Access to Mental Health Care](#). *JAMA Psychiatry*. 2014; 71(2): 176-181. By Tara F. Bishop MD MPH, Matthew J. Press MD MSc, Salomeh Keyhani MD MPH. This is the study from 2014 that found that only half of psychiatrists in private practice accept insurance.