



## Additional Resources for Hard Call: Derailed

### Episode Four

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 the Social Security Disability Income system:**

- [Americans with Disabilities Act Fact Sheet](#): The Americans with Disabilities Act National Network produced this brief fact sheet on psychiatric disability in the workplace and the ADA. It provides background statistics, definitions and a set of 'myths and facts,' as well as legal and practical advice for job seekers and employers.
- [Social Security Income and Social Security Disability Income](#): The National Alliance on Mental Illness (NAMI) offers a basic explanation of both SSI and SSDI, including criteria for receiving disability benefits and the prevalence of SSI and SSDI benefits for people with psychiatric illness.
- Myths and Facts about Social Security Disability Insurance: Kathleen Doheny, Michael Cutler, DO. Ph.D. August 28, 2015. *Everyday Health*. The authors interview William ("BJ") Jarrett, a spokesperson for the [Social Security Administration](#) to provide answers to a number of commonly asked questions and dispel myths about SSI and SSDI benefits.

**To dig deeper into the Mental Health and Disability Benefit debate:**

- [NPR: Unfit for Work](#): Chana Joffe-Walt. *National Public Radio*. March 22, 2013. NPR's interactive reporting and podcast brings us to Hale County, Alabama, where 25% of adults receive disability benefits, and attempts to unravel the economic and educational factors that contribute to this phenomena.
- [The Vicious Cycle of Poverty and Mental Health](#): Jorn M. Grohol, Psy.D. *World of Psychology*. November 2, 2011. This Psych Central article unravels the complex relationship between poverty and mental health, showing that poverty can both precede and follow mental illness.



- [The ABLE Act: Amending the Disability Benefits System](#): Ben Steverman. *Bloomberg L.P.* August 2, 2016. While patients face a catch-22 regarding working and receiving disability benefits, legislation creating ABLE savings accounts might help some of those with disabilities avoid the poverty trap.
- [Why Mental Illness Can Fuel Physical Disease](#): Amanda MacMillan. *Time Magazine*. February 23, 2017. Dr. David Gitlin explore ways that mental illness can manifest in physical illness.
- [Mental Illness, Work, and Income Support Programs](#): *Am J Psychiatry*. 2009; 166(4) 398-404. By Sheldon Danziger Ph.D., Richard G. Frank, Ph.D., and Ellen Meara. Ph.D. This journal article examines whether SSID and SSI programs are subject to fraud, or if they are actually too stringent with their eligibility criteria.
- [Chart Book](#): Social Security Disability Insurance, Center for Budget & Policy Priorities. This policy brief, from a left-leaning think tank, gives a good overview of the SSI regime for disability benefits. It notes both that eligibility is among the most strict in developed nations and explains why the number of people enrolled has grown.

## [2015 Disability Status Report](#)

Statistics on the disability system derived from the US Census Bureau's American Community Survey (ACS) - a survey sent each year to a random sample of over 3.5 million households. This annual report is produced by researchers at Cornell. It's lengthy and not easy to navigate, but it provides a very comprehensive source of raw data, tables and figures.