

## **Updated Mental Health Assistance Information**

The Tort Claimant's Committee (TCC), appointed by the Office of the United States Trustee (a division of the U.S. Department of Justice) to represent the interests of ALL survivors of abuse while involved with the Boy Scouts, has noted that many survivors are struggling to locate mental health assistance. The TCC encourages anyone who feels they could benefit from mental health assistance to seek it out. Surviving sexual abuse is challenging enough and the bankruptcy process is often added stress. PLEASE, seek assistance if you need it. With that in mind, the TCC has gathered some resources for you to consider. The TCC does NOT endorse any one of these specifically but just provides this list to make it a little easier in finding help.

You can reach the Nationwide Mental Health Hotline by dialing: 988. If you are having a mental health crisis or need mental health assistance this will connect you to a State or Regional center where trained operators can assist you.

Another step is to investigate your own health insurance benefits if you have them. Many are employee-provided and you may be hesitant to contact your employer's Human Resources office to discuss this. Instead, you can contact your insurer directly. By law your insurance must cover the cost of mental health assistance at a comparable level to physical health care.

<https://www.apa.org/topics/managed-care-insurance/parity-guide>

In all cases, it is important to ask what limits there are for coverage of treatment that you can receive annually (amount and duration).

If you need free or low-cost assistance, please check these resources:

<http://nami.org> The National Alliance on Mental Illness is an excellent resource to find assistance in your specific State. Scroll to the bottom of the page, select your State, and you'll find both online resources and assistance available in your State. As well, it has a 24/7 helpline at 800-950-6264.

<https://1in6.org/> 1in6 is an organization that focuses on men who have been sexually abused. Please note that while this is an independent organization it has partnered with the Boy Scouts. Info at <https://1in6.org/bsa/>

<https://www.rainn.org/> RAINN is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline (800) 656-4673 in partnership with more than 1,000 local sexual assault service providers across the country. RAINN also operates a 24-7 chat via <https://www.hotline.rainn.org/online>.

The Boy Scouts have announced a program for counseling. You can request information about this program by calling 1-866-907-2721 or emailing [restructuring@scouting.org](mailto:restructuring@scouting.org).