

Mental Health and Wellness Resource Guide

Investing in ourselves matters now more than ever. It is important to tend to our overall health which includes the physical, emotional and mental. Our mental health impacts how we think, feel, and act. Therefore, when we hit some bumps in the road and things are not ok, it helps to know how to deal with it. It's ok to not be ok. There are resources available to aid you through those bumpy times in life. Hope this guide helps you.

- ***Emergency or Crisis Phone Numbers***

During an emergency, call 911. There are trained operators available to help you.

National Suicide Prevention Lifeline – Call 800-273-TALK (8255)

If you or someone you know is in crisis—whether they are considering suicide or not—please call the toll-free Lifeline at 800-273-TALK (8255) to speak with a trained crisis counselor 24/7.

Crisis Text Line – Text NAMI to 741-741

Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.

National Domestic Violence Hotline – Call 800-799-SAFE (7233)

Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information. Help is available in Spanish and other languages.

National Sexual Assault Hotline – Call 800-656-HOPE (4673)

Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Crisis chat support is available at Online Hotline. Free help, 24/7.

- ***Helpful Websites***

National Alliance on Mental Illness: <https://www.nami.org/>

Suicide Prevention: <https://suicidepreventionlifeline.org/>

Domestic Violence: <https://suicidepreventionlifeline.org/>

Sexual Assault:

<https://www.rainn.org/about-national-sexual-assault-telephone-hotline>

- **Therapy/Therapist Information and Directories:**

<https://www.goodtherapy.org/>

<https://www.psychologytoday.com/us>

<https://www.therapyforblackgirls.com/therapist-directory/>

<https://therapyforblackmen.org/>

<http://www.lgbtqtherapistresource.com/>

<https://www.therapyforlatinx.com/>

<https://www.melaninandmentalhealth.com/how-do-i-find-a-therapist/>

- **Social Media**

Facebook: LGBTQ Therapist Resource

Facebook: Therapy for Black Girls

Facebook: Therapy for Latinx

Facebook: TherapyForBlackMen.org

Instagram: @psych_today

@good_therapy

@therapyforblkmen

@therapyforblackgirls

@lgbtqtherapistresource

@therapyincolor_

@latinxtherapy

@lisaoliveratherapy

@dr.thema

@eckhartolle

- **Coping Skills**

“Coping skills are methods a person uses to deal with stressful situations. Obtaining and maintaining good coping skills does take practice. However utilizing these skills becomes easier over time. Most importantly, good coping skills make for good mental health wellness”

(<http://www.mhww.org/strategies.html>)

Positive Coping Skills:

- Hanging out with your friends
- Watching your favorite show
- Physical Activity (walking, running, playing, yoga, rock climbing, etc...)
- Journaling
- Writing a poem
- Play an instrument
- Going outside enjoying a view
- Sightseeing
- Hanging with close and trusted friends and family
- Taking a relaxing bath
- Listening to upbeat music
- Meditation
- Write a letter
- Ride a bike
- Play a video game
- Painting
- Read a book
- Go to your favorite place
- Color
- Volunteer and serve others
- Spend time doing your favorite hobby
- Play your favorite game

- **Safety Planning**

A safety plan is important in times of crisis. This plan is put into place so that you can refer to it as well as friends, family, and loved ones. Safety plans can look different for different circumstances. Please see the following:

- Phone numbers for your loved one's therapist, psychiatrist and other healthcare providers
- Family members and friends who would be helpful, and local crisis line number
- Phone numbers of family members or friends who would be helpful in a crisis
- Local crisis line number (you can usually find this by contacting your NAMI Affiliate, or by doing an internet search for "mental health crisis services" and the name of your county)
- Addresses of walk-in crisis centers or emergency rooms
- The National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Your address and phone number(s)
- Important papers such as soc sec cards and birth certificates know how to be found if needed for you
- Your loved one's diagnosis and medications
- Previous psychosis or suicide attempts
- History of drug use
- Triggers
- Things that have helped in the past
- Mobile Crisis Unit phone number in the area (if there is one)
- Determine if police officers in the community have Crisis Intervention Training (CIT)

Go over the plan with your loved one, and if he is comfortable doing so, with his doctor. Keep copies in several places. Store a copy in a drawer in your kitchen, your glove compartment, on your smartphone, your bedside table, or in your wallet. Also, keep a copy in a room in your home that has a lock and a phone (<https://www.nami.org/Find-Support/Family-Members-and-Caregivers/Being-Prepared-for-a-Crisis>).

- **Mindfulness**

Our current society has plenty of distractions twenty-four hours a day and seven days a week. Therefore, it is necessary to unplug sometimes or remind ourselves to be in the moment. Mindfulness is great to help with this goal. “Mindfulness is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us” (<https://www.mindful.org/meditation/mindfulness-getting-started/>).

Mindfulness helps us put some space between ourselves and our reactions, breaking down our conditioned responses. [Here’s how to tune into mindfulness](#) throughout the day:

1. **Set aside some time.** You don’t need a meditation cushion or bench, or any sort of special equipment to access your mindfulness skills—but you do need to set aside some time and space.
2. **Observe the present moment as it is.** The aim of mindfulness is not quieting the mind, or attempting to achieve a state of eternal calm. The goal is simple: we’re aiming to pay attention to the present moment, without judgment. Easier said than done, we know.
3. **Let your judgments roll by.** When we notice judgments arise during our practice, we can make a mental note of them, and let them pass.
4. **Return to observing the present moment as it is.** Our minds often get carried away in thought. That’s why mindfulness is the practice of returning, again and again, to the present moment.
5. **Be kind to your wandering mind.** Don’t judge yourself for whatever thoughts crop up, just practice recognizing when your mind has wandered off, and gently bring it back.

That’s the practice. It’s often been said that it’s very simple, but it’s not necessarily easy. The work is to just keep doing it. Results will accrue.

(<https://www.mindful.org/meditation/mindfulness-getting-started/>)

- **Grounding**

Grounding is about bringing yourself back into your present day. It’s about being aware of your current surroundings. A simple grounding activity is putting both feet flat on the floor, sitting upright, closing your eyes, and paying attention to your senses. Pay attention to what you’re smelling, feeling in your body, as well as your breathing. Do this for about 30 seconds to 1 minute or until you feel yourself in the here and now.