

# Mental Health and Self-Care Tools and Resources

There are a wealth of mental health and self-care resources to support you and your loved ones on your journey of self-discovery and well-being. The examples included here are intended to be a helpful starting point.

## Support and Education: Learn More to Reduce Stigma

### [Mental Health Conditions](#)

One in five US adults experiences mental illness each year. Odds are you or someone you care about has a mental health condition. Help yourself or your loved one by educating yourself on the condition, learn the signs, symptoms, causes, treatment options and supportive resources.

### [PsychCentral](#)

PsychCentral is a clearinghouse of expert advice and credible information intended to help you explore your mental health and feel less alone in your journey of self-discovery. The site provides overviews and self-assessments for a number of mental health conditions, as well as timely articles on everything from “What Does a Panic Attack Feel Like,” to “Tips for Living with ADHD,” to “The Top 10 Free Mental Health Apps in 2021.”

## Screening Tools

### [Mental Health Screening Tools](#)

Online screening is a quick, free, and anonymous way to learn about your mental health and if you are experiencing

symptoms of a mental health condition. A screening only takes a few minutes, and after you are finished you will be given information about the next steps you should take based on the results. A screening is not a diagnosis, but it can be a helpful tool for starting a conversation with your doctor or a loved one about your mental health.

Mental Health America (MHA) offers screening tools for depression (English/Spanish), anxiety (English/Spanish), PTSD, bipolar, postpartum depression, psychosis, eating disorders, addiction, and work health.

### [Stress Screener](#)

A questionnaire developed to gauge how much stress you’re experiencing. Based on your answers, you’ll receive recommendations for supportive resources and next steps.

## Starting the Conversation

### [Disclosing to Others](#)

Ideally, the people around you will understand your illness and be supportive. You can give friends, family, and colleagues a better chance to help by thinking ahead about who, what, where, when, why and how to disclose your mental illness.





### [Tips for Talking about Mental Health](#)

Tips and tools for people of all ages who want to share their struggles with their mental health, but aren't sure how to start the conversation.

### [Uncomfortable but Important Conversations](#)

A guide to help adolescents and teens recognize when it's time to talk about mental health and determine the best person to talk to.

### [Making Informed Decisions about Care](#)

#### [Finding Care](#)

Offers information and resource links to mental health treatment services in your community, including crisis services, affordable community mental health, individual providers, provider associations, provider organizations that serve specific audiences and specialized treatment and referral service organizations.

#### [Finding the Right Care](#)

This detailed fact sheet provides guidance on making an informed decision about which mental health professional and treatment approach are right for you, and how to determine if you're getting the care you need.

### [DIY Worksheets](#)

#### [Dealing with the Worst-Case Scenario](#)

Going to the worst-case scenario is one of the most common thinking traps we fall into. This pattern of thinking can result in ruminating in ways that pull you into a rut, bring your feelings down, make depression worse, cause you to avoid your responsibilities, and

increase anxiety. Use this worksheet to reality test and find healthier thoughts.

#### [Managing Frustration and Anger](#)

Anger and frustration are both common emotional responses that everyone faces. However, if these feelings become too intense, they can lead to both mental and physical distress, and cause problems in relationships. This worksheet can help you identify the emotions and thoughts behind your anger and frustration, and help you determine what you need to feel better.

#### [Physical Symptoms and Feelings Tracker](#)

Your mental and physical health are strongly linked. This worksheet will help you to track your physical symptoms as well as the emotions and situations you experience each day. Seeing these things side by side may help you to notice patterns and find triggers to avoid in the future.

#### [Practicing Radical Acceptance](#)

Radical acceptance is a practice that helps us evaluate situations and work to reduce the emotional burden of the reality of the situation like resentment, anger, hatred, or shame. This worksheet includes prompts to help you practice radical acceptance

#### [Prioritizing Self-Care](#)

When we have a lot on our plates or we are facing mental health challenges, it can feel easy to push our own needs to the side. However, making time for ourselves is essential to our overall well-being. Use this worksheet to help you better understand what is holding you back from taking time for yourself and your needs.





### [Processing Trauma and Stress](#)

After a traumatic experience, it can be helpful to get your thoughts outside of your head. Use this worksheet to write down your experiences and gain perspective about your situation.

### [Staying Grounded](#)

Do you feel like your mind is constantly racing through a million thoughts, thinking about the past, the future, or all the things that went wrong or could go wrong.? This worksheet is designed to help you calm down and retrain your body and mind to stay grounded in the moment. The more you practice, the faster you'll notice your body and brain responding well.

### [Stopping Stupid Thoughts](#)

It's hard to feel good when someone is saying mean things to you all the time, especially when that person is you! Follow this five-step exercise to stop negative thoughts and reframe them in a more compassionate way.

### [What's Underneath](#)

Taking the time to slow down and identify what you're really experiencing can help you feel better and can improve your relationships with others. This worksheet will help you to build your emotional vocabulary to help you better understand and communicate your feelings.

### [When Changing Sleep Habits is Hard](#)

You know the benefits of a good night's sleep, but making changes to your sleep habits can be hard. This worksheet provides some questions to think about to help get you started.

### [When Managing Stress is Hard](#)

You know stress is getting the better of you, but changing the way you manage stress is hard. This worksheet provides some questions to think about to help get you started.

## **Exploring Mental Health in Popular Culture**

### *Movies and Film*

[Outside the House: A Mental Health Documentary](#)

[Health.com's 7 Popular TV Shows that Get Mental Health Right](#)

[Men's Health 18 Films that Explore Mental Illness](#)

[ENFNFS TERRIBLES 5 Series and Movies that Portray Mental Illness Well](#)

[Bitchmedia's 5 TV Shows that Depict Mental Health Well](#)

[4 Pixar Movies that Can Start a Conversation About Mental Health](#)

[TV Guide List of Documentaries and Shows that Explore Mental Health](#)

[IMDB Contributor's List of Movies Depicting Mental Illness](#)



## **Books**

[Verywellmind's 10 Best Mental Health Books of 2021](#)

[Amazon's Best-Selling Books on Emotional Health](#)

[Amazon Books for Families and Children Coping with Mental Illness](#)

[Amazon Memoirs that Explore Mental Illness](#)

[PositivePsychology's 32 Best Mental Health Books for Increasing Your Well-Being](#)

## **Music**

[Okayplayer's 24 Rap Songs that Address Mental Health & Depression](#)

[HuffPost's 16 Powerful Songs about Mental Health that Make You Feel Less Alone](#)

[Billboard's 10 Dance Songs for Mental Health Awareness Month](#)

## **Podcasts**

[I'm Exhausted from Explaining My Trauma](#)

[Past Trauma Effects My Relationships](#)

[Dealing with Change](#)

[Why Am I So Hard on Myself?](#)

[How Do I Find Balance in My Life?](#)

[I Get Mad At Little Things](#)

## **Additional Resources**

### [Brightline](#)

The first comprehensive behavioral health solution designed to support kids, teens, and parents across a range of common family challenges.

### [Choices in Recovery](#)

Support and information for people with Schizophrenia, Schizoaffective, and Bipolar Disorder and their caregivers, including Strategies for Success that can be used daily by people living with mental health conditions.

### [DRK Beauty](#)

DRK Beauty is a well-being and mental health digital platform that helps womxn of color discover and craft their own unique well-being journey.

### [Equoo](#)

a game that teaches individuals psychological skills in a fun and captivating way to deal with emotional and mental stressors in a healthy and productive fashion.

### [IDONTMIND](#)

A mental health awareness campaign and lifestyle brand working to get people talking about their minds and to generate positive messaging about mental health. Check out their online journal for articles on all things mental health.

### [Make Sure Your Friends Are Okay](#)

Through merchandise and social media, Make Sure Your Friends Are Okay is building a community of like-minded people who want to help us get the world talking.





[Mental Health and COVID-19 Information and Resources](#)

A compilation of articles, webinars, blogs, and podcasts about how to deal with the mental health struggles presented by the COVID-19 pandemic.

[National Child Traumatic Stress Network](#)

NCTSN was created to raise the standard of care and increase access to services for children and families who experience or witness traumatic events. Be sure to check out their Pause, Reset, Nourish (PRN) to Promote Wellbeing handout.

[PositivePsychology.com](#)

A science-based online resource of courses, techniques, tools, and tips to help you put positive psychology into practice. Be sure to check out their radical acceptance worksheets, including Focus on the Present for Radical Acceptance.

[Postpartum Support International](#)

The mission of Postpartum Support International is to promote awareness, prevention, and treatment of mental health issues related to childbearing in every country worldwide.

[This Is My Brave](#)

an organization that works to bring stories of mental illness and addiction out of the shadows and into the spotlight.

[This Way Up](#)

Online courses that teach practical, psychological skills designed to help you manage difficult emotions, tackle unhelpful thoughts, and gain control over symptoms of anxiety and depression. Be sure to check out their handout, Calming Your Emotions During the COVID-19 Pandemic.

[Yoga Pose](#)

The largest free digital library of yoga poses searchable by ailment to help alleviate symptoms of both mental and physical illnesses.

Please be reminded that the Employee Assistance Program, **CCA@YourService**, offers you and your family free, confidential, 24/7 access to resources that support total well-being, from professional counseling to provider location and referrals for everyday needs, including health and wellness practitioners, support groups, volunteer opportunities, and more.

**PHONE: 800-833-8707**

**WEB: [www.myccaonline.com](http://www.myccaonline.com)**

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