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Mental Health Resources

WCHS
Mental Health Awareness Week 2022

The mental health stigma

- Stigma often comes from lack of understanding or fear. Inaccurate or misleading media representations of mental illness contribute to both those factors.
- Stigma around mental illness especially an issue in some diverse racial and ethnic communities and it can be a major barrier to people from those cultures accessing mental health services.
- Media representations of people with mental illness can influence perceptions and stigma, and they have often been negative, inaccurate or violent representations.
- Research shows that knowing or having contact with someone with mental illness is one of the best ways to reduce stigma. Individuals speaking out and sharing their stories can have a positive impact. When we know someone with mental illness, it becomes less scary and more real and relatable.

Researchers identify different types of stigma: (See chart below.)

- Public stigma involves the negative or discriminatory attitudes that others have about mental illness.
- Self-stigma refers to the negative attitudes, including internalized shame, that people with mental illness have about their own condition.
- Institutional stigma, is more systemic, involving policies of government and private organizations that intentionally or unintentionally limit opportunities for people with mental illness. Examples include lower funding for mental illness research or fewer mental health services relative to other health care.

Reaching out for help

- It can be hard to bring up how you're feeling with anyone, for fear that they'll ask a lot of questions or not understand, or even be upset with you, but it's a really important step
- Even if they cannot directly help you, it is a beneficial conversation to have for both parties
- Talk to a parent, any trusted adult, or a close friend
- You can help reduce the anxiety of the conversation by planning out what you're going to say
- If you aren't ready to talk in person, you can write a letter, email, or text too
- If you can, tell this person what you need and how they can provide the support you deserve/need

Resources- Hotlines

Suicide Prevention Lifeline	988 (also available on the back of your student ID)
National Suicide Hotline	1-800-784-8433
Crisis Text Line	text HOME to 741741
Depression Hotline	1-630-482-9696
Depression Text Line	text CONNECT to 741741
Eating Disorder Hotline	1-800-931-2237
Eating Disorder Text Line	text NEDA to 741741
National Rape and Sexual Assault Hotline	1-800-656-4673
LGBTQ+ Crisis Hotline	1-800-246-7743
Grief Support	1-650-321-5272
Exhale (after abortion hotline)	1-866-439-4253
Teen Line	1-800-852-8336
Trevor Project “...an American non-profit organization...focused on suicide prevention among lesbian, gay, bisexual, transgender, queer, and questioning youth.”	1-866-488-7386

Resources- Apps

- **Motivation-** Daily inspirational quotes and positive affirmations, can get as many as you want per day or get notifications for them
- **Woebot-** A free therapy robot and chat where you can log how you're feeling and do daily check ins
- **Recovery Record-** Helps with your recovery goals and to stay on track with a recovery goal
- **Calm-** Helps to sleep better, boost confidence, and reduce stress and anxiety with meditations, soothing music, and stories
- **Headspace-** Has many different guided meditations for different scenarios and times, meant to help with mindfulness. Can also help with getting into a routine with meditations daily, morning or night
- **Ten Percent Happier-** Based on the 10% Happier book, guided meditations, videos, talks, sleep content
- **Sanvello-** Works with therapists to help handle stress, anxiety, and depression. You can also record your mood and health activities each day to find patterns
- **notOK-** a digital panic button that makes it easier to get help, developed by teens
- **Replika-** A chat box you can measure or talk to when you're feeling down, a companion for mental wellness

Resources– Podcasts

- **Therapy Chat-** therapists talking about the benefits of therapy and different types
- **Real Pod-** body image, eating disorder awareness, mental health, confidence
- **Sike Ward-** fighting mental health stigma, working through life living with mental illness
- **Anything Goes with Emma Chamberlain-** advice from Emma, talking about anything and everything including real talk about mental health
- **Mental Illness Happy Hour-** celebrities interviewed about different mental illnesses and trauma
- **The Happiness Lab-** talks about how you can control your own happiness by using scientific research and linking human emotion and behaviors

Resources- Books

- **The Body Keeps Score** by Bessel van der Kolk
- **The Unapologetic Guide to Black Mental Health** by Rheeda Walker
- **First, We Make the Beast Beautiful: A New Journey Through Anxiety** by Sarah Wilson
- **How it Feels to Float** by Helena Fox
- **Darius the Great is Not Okay** by Abid Khorram
- **Your Brain Needs a Hug** by Rae Earl
- **(Don't) Call Me Crazy**– 33 Voices Start the Conversation About Mental Health
- **Life Inside My Mind**– 31 Authors Share Their Personal Struggles
- **I've Never Been (Un)happier** by Shaheen Bhatt

Resources- Social media pages

- **Social media can be a great tool to find helpful content, resources, a community, etc.**
 - It's also very important to create a safe and helpful environment on your social medias: meaning who you follow, the information you consume, etc
- **@dlcanxiety**- largest anxiety support community on instagram
- **@realdepressionproject**- information regarding depression and anxiety
- **@selfcareisapriority**- tips on self care
- **@nami**- National Alliance on Mental Illness
- **@artsyaffirmations**- daily affirmations
- **@what.is.mental.illness**- educating on mental illness and resources
- **@letstalk.mentalhealth**- all things mental health, self care, mindset, social dynamics
- Youtube also has some great mental health channels (more specific or general, resources, etc)
- **@sacymh**- informational/educational posts provided by the youth in Sacramento

Resources- Websites

- <https://www.nami.org/Home> National Alliance on Mental Illness
- <https://www.mhanational.org/> Mental Health America
- <https://www.dbsalliance.org/> Depression and Bipolar Support Alliance
- <https://adaa.org/> Anxiety and Depression Association of America

National Institute of Mental Health (mental illness organizations, how to find treatment or a health care provider, deciding what type of treatment you may need, additional info on mental health):

- <https://www.nimh.nih.gov/health/find-help/index.shtml#:~:text=Anxiety%20and%20Depression%20Association%20of%20National%20Alliance%20on%20Mental%20Illness> National Institute of Mental Health

60 digital mental health resources:

- <https://socialworklicensemap.com/social-work-resources/mental-health-resources-list/> The Social Work Mindness Map

Hotlines to talk with a doctor or specialist about your mental health, and ask questions:

- www.betterhelp.com Therapeutic Help
- www.askadoctor.help Ask A Doctor: Health Care
- <https://calhope.dhcs.ca.gov/> Crisis Counselling and Support