



The mental health solution for young adults suffering in silence.


ABOUT US

Speaks 2 Inspire creates customized high-impact programs and produces software platforms for measuring and treating distress in youth that results in increased engagement, retention, completion rates, and overall cost savings for institutions. Initially founded in 2020, Speaks 2 Inspire is a Florida-based programming and consulting agency reducing mental health stigma and supporting youth and young adult well-being nationwide.

OUR MISSION

Our mission is to eradicate mental health stigma, support the well-being of young adults, and make mental health resources accessible.

CONNECT WITH US:

 850-361-3907

 booking@speaks2inspire.com

 www.speaks2inspire.com



Mental Health Resources

The listed resources are not sponsored or endorsed by Speaks 2 Inspire.

SIGNS OF MENTAL HEALTH CONDITIONS

- Withdrawing from activities & isolating from friends
- Heightened anxiety & difficulty focusing
- Feeling sad or irritable
- Thinking about suicide or death
- Change in sleeping habits

RESOURCE SUGGESTIONS

- My Therapy Cards: mytherapycards.shop/s2i
- Take a Mental Health test: screening.mhanational.org/screening-tools
- Find a therapist suited for you: psychologytoday.com
- Therapy for Latinx: therapyforlatinx.com
- Asian Mental Health Collective: asianmhc.org
- Therapy for Black Girls: therapyforblackgirls.com
- Therapy for Black Men: therapyforblackmen.org

24/7 SUPPORT

- Suicide Prevention Lifeline - 988 (call/text)
 - (En Español – 1-888-628-9454)
- Crisis Text Line - Text "HOME" to 741741
- The Trevor Project (LGBTQ Crisis and Suicide Hotline) – 866-488-7386

SPEAKS 2 INSPIRE RESOURCES

- **Blog** - speaks2inspire.com/blog
- **Podcast** - speaks2inspire.com/podcast
- **Events** - speaks2inspire.com/events
- **Newsletter** - bit.ly/s2inews
- **Facebook group** - facebook.com/groups/unlearnthelies
- **Instagram** - instagram.com/speaks2inspire
- **LinkedIn** - linkedin.com/company/speaks2inspire/
- **Facebook** - facebook.com/speaks2inspire

Mental Health Resources: speaks2inspire.com/resources



BOOK SUGGESTIONS

- Unlearn The Lies by Abraham Sculley
- Battle Cry by Jason Wilson
- Change Your Brain Change Your Life by Daniel G. Amen
- Feeling Good: The New Mood Therapy by David D. Burns
- Man's Search for Meaning by Viktor E. Frankl
- Detox Your Thoughts by Andrea Bonior, Ph.D.
- Radical Compassion by Tara Brach, Ph.D.
- The Unapologetic Guide to Black Mental Health by Rheedra Walker, Ph.D.
- Anxiety Relief for Teens by Regine Galanti
- Burnout by Emily Nagoski and Amelia Nagoski
- Rising Strong by Brené Brown
- Daring Greatly by Brené Brown
- The Gifts of Imperfection by Brené Brown
- The Disease To Please by Harriet Braiker, PhD

APP SUGGESTIONS

- Cope Notes: copenotes.com/?affiliate=speaks2inspire (10% OFF subscription)
- Abide (Apple & Droid)
- Headspace (Apple & Droid)
- Calm (Apple & Droid)

MENTAL HEALTH RESOURCES FOR MINORITY GROUPS:

- Black Mental Health Alliance: blackmentalhealth.com
- Inclusive Therapists: www.inclusivetherapists.com
- Indian Health Service's Behavioral & Mental Health Program: ihs.gov/communityhealth/behavioralhealth
- The Trevor Project: thetrevorproject.org
- NAMI Compartiendo Esperanza: bit.ly/NAMILatinx
- Trans Lifeline: translifeline.org



Mental Health Resources: speaks2inspire.com/resources

