

# IT'S TIME TO PRIORITIZE YOUR MENTAL HEALTH

THIS LIST IS A GREAT PLACE TO START...

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## OUR GIFT TO YOU!

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(Don't know what FRANSiS™ is? Watch this [60-sec clip](https://www.youtube.com/watch?v=alPUlgkDCnQ): [www.youtube.com/watch?v=alPUlgkDCnQ](https://www.youtube.com/watch?v=alPUlgkDCnQ))

- My Therapy Cards: [mytherapycards.shop/s2i](http://mytherapycards.shop/s2i)
- Take a mental health screening:  
[screening.mhanational.org/screening-tools](http://screening.mhanational.org/screening-tools)
- Find a therapist who meets your needs: [growththerapy.com](http://growththerapy.com)
- Find a Latinx therapist: [www.therapyforlatinx.com](http://www.therapyforlatinx.com)
- La forma mas segura y sencilla de recibir terapia:  
[www.inclusivetherapists.com](http://www.inclusivetherapists.com)
- Find an Asian therapist: [www.asianmhc.org](http://www.asianmhc.org)
- Therapy for Black girls: [providers.therapyforblackgirls.com](http://providers.therapyforblackgirls.com)
- Therapy for Black men: [therapyforblackmen.org/therapists](http://therapyforblackmen.org/therapists)



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## 24/7 Support

- Crisis Text Line: Text "HOME" to 741741 to reach a volunteer Crisis Counselor
- Suicide and Crisis Lifeline: Call/Text 988 to speak with a crisis counselor

## Books

- Unlearn The Lies: A Guide to Reshaping the Way We Think About Depression by Abraham Sculley
- Are U Ok? A Guide to Caring for Your Mental Health by Kati Morton
- Feeling Good: The New Mood Therapy by David D. Burns
- The Body Keeps the Score by Bessel Van Der Kolk
- I Don't Want to Talk About It by Terrence Real
- Every Memory Deserves Respect by Michael Baldwin
- The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are by Brené Brown
- Man's Search for Meaning by Viktor Frankl

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## Social Media Pages

- Speaks 2 Inspire: @speaks2inspire
- LiveWell Foundation: @livewellsupport
- FRANSiS™: @fromfransis
- CultureChange: @culturechangecc
- Mental Health America: @mentalhealthamerica
- Melanin & Mental Health: @melaninandmentalhealth
- Active Minds: @active\_minds
- The Jed Foundation: @jedfoundation

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## Social Media Pages

- American Foundation for Suicide Prevention: @afspnational
- 988 Suicide & Crisis Lifeline: @988lifeline
- National Institute of Mental Health: @nimhgov
- Eating Recovery Center: @eatingrecovery
- SAMHSAgov: @samhsagov

## Apps

- Abide (Apple & Droid)
- Headspace (Apple & Droid)
- Calm (Apple & Droid)
- Moodfit
- Insight Timer

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