

# ADDITIONAL RESOURCES

## RESOURCES FROM MHA:

### ADAPTING AFTER TRAUMA AND STRESS

Podcasts:

- [\*Past Trauma Affects My Relationships\*](#)
- [\*I'm Exhausted from Explaining My Trauma\*](#)

Article:

- [\*Is All Trauma the Same?\*](#)

Webinars:

- [\*Protective Factors for Healing From Trauma In BIPOC Communities\*](#)
- [\*Owning Your Feelings & Moving Through Emotional Discomfort\*](#)

### PROCESSING BIG CHANGES

Podcasts:

- [\*Dealing with Change\*](#)
- [\*I Don't Want to Change\*](#)

### GETTING OUT OF THINKING TRAPS

Podcasts:

- [\*Why Am I So Hard on Myself\*](#)
- [\*Stopping Stupid Thoughts\*](#)

Webinar:

- [\*Strategies for Healthy Emotion Regulation During Uncertain Times\*](#)

### PRACTICING RADICAL ACCEPTANCE

Podcast:

- [\*Does Being Positive Make You Happy?\*](#)

### TAKING TIME FOR YOURSELF/SELF-CARE

Podcasts:

- [\*How Do I Love Myself\*](#)
- [\*How Do I Find Balance in My Life\*](#)

Articles:

- [\*6 Ways to Practice Self-Compassion\*](#)
- [\*8 of the Best Meditation Apps\*](#)

Webinar:

- [\*Cultivating Gratitude To Support Wellbeing\*](#)

Worksheets:

- [\*Self-Care Checkup\*](#)
- [\*Daily Wellness Chart\*](#)
- [\*Guided Journal\*](#)

# DEALING WITH ANGER AND FRUSTRATION

## Podcasts:

- [I Get Mad at Little Things](#)
- [How to Tell Someone You're Mad](#)
- [I'm Really Angry at the World](#)

## COVID-19

A wealth of articles, webinars, blogs, and podcasts about how to deal with the mental health struggles presented by the COVID-19 pandemic can be found at [mhanational.org/covid19](https://mhanational.org/covid19).

## EXTERNAL RESOURCES

*Resources mentioned below come from MHA's trusted partners, supporters, and associate members.*

**BetterHelp:** BetterHelp is an online counseling platform that matches you with a licensed therapist who you can video call, live chat, or exchange messages with. Check out their article: [What Is Radical Acceptance And How Can It Help Me? Learn How To Use Radical Acceptance To Your Advantage](#)

**Brightline:** Brightline is the first comprehensive behavioral health solution designed to support kids, teens, and parents across a range of common family challenges.

**ChoicesInRecovery.com:** 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.

**Dialectical Behavior Therapy Clinic at Rutgers University (DBT-RU):** DBT-RU is a research and training clinic that provides comprehensive Dialectical Behavior Therapy (DBT) services to individuals in the community. Be sure to watch their [Radical Acceptance](#) video.

**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. We blend a powerful mix of community, content, programming, and services that speaks to the psychological, spiritual, and physical needs of our community, ultimately empowering them to blossom, all through a convenient app.

**Equoo:** Equoo is 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.

**Happify:** Happify brings you effective tools and programs (via the web and an app) to help you take control of your feelings and thoughts using proven techniques developed by leading scientists and experts who've been studying evidence-based interventions in the fields of positive psychology, mindfulness, and cognitive behavioral therapy. Check out their video, [How to Defeat Negative Thinking](#).

**IDONTMIND:** IDONTMIND is 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.

**Lyf:** Lyf is a social media app where users share highly personal aspects of themselves without the fear of judgment. Lyf users receive support during some of their most grueling, challenging, confronting or even "embarrassing" stages of their lives from other people who have no preconceptions about their fellow Lyfers. Lyfers have the opportunity to connect with and chat to others on the same life paths or journeys; whether it's a struggle or celebration, in Lyf, you aren't alone.

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

**National Child Traumatic Stress Network (NCTSN):** 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.

**notOK App:** The notOK App® is a free app that takes the guesswork out of asking for help when you're feeling vulnerable.

**OPEN Mental Health:** Stories and advice from people who either live with mental health issues or care for someone who does.

**PositivePsychology.com:** PositivePsychology.com is 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.

**PsychHub:** PsychHub is the world's largest online platform for mental health education with revolutionary Learning Hubs to take you from knowledge learned to behavior changed.

**PsychoSocial:** PsychoSocial is a mental health multimedia business created by mental health professionals in a joint effort to raise mental health awareness and destigmatize mental illness. Check out their handout on [Positive Affirmations](#).

**Supportiv:** Supportiv is a digital peer-to-peer support network that enables people to process, cope with, heal from, and problem solve mental health (anxiety, depression) + daily life struggles (loneliness, family pressure, parenting challenges, relationship conflicts, work stress) in safe, professionally moderated micro-community chats.

**This is My Brave:** This is My Brave is an organization that works to bring stories of mental illness and addiction out of the shadows and into the spotlight.

**This Way Up:** This Way Up provides 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](#).

**wikiHow:** wikiHow is an online community consisting of an extensive database of how-to guides. Check out their course, created in collaboration with MHA: [Boost Your Well-Being: wikiHow's Healthy Mind Masterclass](#).

**YogaPose:** YogaPose is the largest free digital library of yoga poses searchable by symptom. As a form of holistic healing, we are utilizing yoga as a form of alternative medicine to help or ease the symptoms of both mental and physical illnesses. Users are able to search the Yoga Pose database of comprehensive yoga poses based on the ailment they are experiencing. Each yoga pose profile features an easy-to-follow Yoga Pose video, medical information, and related flows.

**Youper:** Youper uses Artificial Intelligence to deliver evidence-based therapy techniques to support people's mental health anytime and anywhere.