

## ✨ All About Mental Health ✨

Here is a compilation of a list of mental health resources, informative posts, and more that you all can use!

### Informative Websites about Mental Health

💖 What is Mental Health ([MentalHealth.gov](https://www.mentalhealth.gov/basics/what-is-mental-health#:~:text=Mental%20health%20includes%20our%20emotional,childhood%20and%20adolescence%20throug%20adulthood.))?

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💖 About Mental Illness (National Alliance on Mental Illness (NAMI)):

<https://www.nami.org/About-Mental-Illness>

💖 Mental Health Information (Mental Health America):

<https://www.mhanational.org/MentalHealthInfo>

💖 Teen Mental Health Org: <http://teenmentalhealth.org/>

💖 Mental Health Resources for BIPOC (Black, Indigenous, and People of Color):

<https://www.massgeneral.org/psychiatry/guide-to-mental-health-resources/for-bipoc-mental-health>

💖 BIPOC Mental Health (Mental Health America):

<https://www.mhanational.org/bipoc-mental-health>

💖 BIPOC Mental Health Resources (NAMI):

<https://www.naminh.org/resources-2/bipoc/>

💖 3 Mental Health Tips for International Students (US News):

<https://www.usnews.com/education/best-colleges/articles/2019-04-08/how-to-look-after-mental-health-as-an-international-student-in-the-us>

### Informative Instagrams on Mental Health

💖 To Write Love on Her Arms: <https://www.instagram.com/twloha/>

💖 Buddy Project: <https://www.instagram.com/buddyproject/>

💖 Cara Taylor Mental Health: <https://www.instagram.com/ctmentalhealth/>

💖 Self Care is a Priority: <https://www.instagram.com/selfcareisapriority/>

💖 My Self Love Supply: <https://www.instagram.com/myselflovesupply/>

💖 Project UROK - you're okay: <https://www.instagram.com/projecturok/>

💖 The Depression Project: <https://www.instagram.com/realdepressionproject/>

💖 Anxiety Healer: <https://www.instagram.com/anxietyhealer/>

💖 Self Care.Hug: <https://www.instagram.com/selfcare.hug/>

💖 Morgan Harper Nichols: <https://www.instagram.com/morganharpnichols/>

💖 Healing from PTSD: <https://www.instagram.com/healingfromptsd/>

💖 Healing Notes: [https://www.instagram.com/healing\\_notes/](https://www.instagram.com/healing_notes/)

 Anxiety Support: [https://www.instagram.com/health\\_anxiety/](https://www.instagram.com/health_anxiety/)

## **Mental Health Resources**

- ☀️ New York Times "Calm Place"  
(<https://www.nytimes.com/2018/11/05/style/self-care/the-calm-place-on-the-internet.html>): a collection of photos, videos, etc. to calm you down
- ☀️ Quiet Place Project (<http://thequietplaceproject.xyz/>): 90 second relaxation exercise to calm your thoughts
- ☀️ Looking at Something (<http://www.lookingatsomething.com/>)
- ☀️ Do Nothing for 2 Minutes (<http://www.donothingfor2minutes.com/>)
- ☀️ Weave Silk (<http://weavesilk.com/>): interactive art
- ☀️ Rainy Mood (<https://www.rainymood.com/>): if you ever want to hear rain sounds
- ☀️ Soundrown (<http://soundrown.com/>): if you ever need different sounds to listen to

## **My own Tumblr**

Also, if you're ever interested, I also have a mental health Tumblr! :')

 <https://youarewortheverything.tumblr.com>

## **Final Words**

Thank you all so much for joining me at the webinar today! This is just a reminder that you all are such amazing individuals who are truly going to make a difference in this world. I am so excited to see you all flourish in your own way and please know I am always here if you need anything! If you would like to keep in touch with me, here are some of the ways you can:

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