

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%20 health%20includes%20our%20emotional,childhood%20and%20adolescence%20t hrough%20adulthood.

🂖 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
- **SEPOC** Mental Health (Mental Health America):

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

IPOC 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-studentin-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/morganharpernichols/
- Healing from PTSD: https://www.instagram.com/healingfromptsd/
- Healing Notes: https://www.instagram.com/healing_notes/

Anxiety Support: 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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