

UNDERSTANDING MENTAL HEALTH TOOLKIT

Things I can type into my search engine:

- How to find a **therapist**
- Mental health in America
- Mental health **information classes**
- **Common** mental health disorders
- Symptoms of common mental health disorders



Articles I can start with:

Mental Health Information - *Mental Health America*

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

What is mental health? - *MedicalNewsToday*

<https://www.medicalnewstoday.com/articles/154543>

Mental Health - *The CDC*

<https://www.cdc.gov/mentalhealth/index.htm>



Videos I can watch:

What is Mental Health? - *Mental Health at Work*

<https://www.youtube.com/watch?v=G0zJGDokyWQ>

Breaking the Stigma and Shame of Mental Illness - *TED*

https://www.ted.com/talks/kitty_westin_breaking_the_stigma_and_shame_of_mental_illness/up-next

There's no shame in taking care of your mental health - *TED*

https://www.ted.com/talks/sangu_delle_there_s_no_shame_in_taking_care_of_your_mental_health/up-next

Debtors' Prisons: Life Inside America's For-Profit Justice System - *VICE*

<https://www.youtube.com/watch?v=RIghbrn5yfl>

Pages I can follow:

- Instagram:
- [@idontmind](#)
 - [@nami](#)
 - [@mentalhealthamerica](#)
- Twitter:
- [@CHMA_NTL](#)



What I can do now:

- Get a **professional opinion**
- **Listen** when people talk about their mental health issues
- Do not self-diagnose
- **Don't minimize** my mental health or that of others
- Educate myself
- Don't rush to know everything— take things one step at a time

