



RESOURCE PLAYBOOK

MENTAL HEALTH SUPPORT RESOURCES

NO TWO PEOPLE ARE ALIKE - AND NEITHER ARE THEIR ISSUES.

IF YOU SUSPECT THAT YOU OR SOMEONE YOU KNOW IS EXPERIENCING MENTAL DISTRESS, IT'S ESSENTIAL TO KNOW THE SIGNS AND STEPS TO GET THE SUPPORT YOU NEED - FAST.

WARNING SIGNS OF DISTRESS

EXPERIENCING ONE OR MORE OF THE FOLLOWING FEELINGS OR BEHAVIORS COULD BE AN INDICATION OF AN EARLY WARNING SIGN OF A MENTAL HEALTH CONCERN:

- Eating or sleeping too much or too little
- Withdrawal from people and usual activities
- Decreased motivation
- Having low or no energy
- Feeling helpless or hopeless
- “Snapping” at others
- Crying episodes
- Feeling unusually on edge, angry, confused, scared, or worried
- Smoking, drinking, or using drugs more than usual
- Thinking of harming yourself or others
- Having unexplained body aches or pains
- Working harder, but getting less done

FIVE QUESTIONS TO ASK BEFORE STARTING THERAPY

1. Is your therapist a licensed mental health professional?

Examples: Ph.D. (psychology), LPC, LCSW

2. Does your therapist accept insurance and/or offer a sliding payment scale?

3. What is your therapist's approach to therapy?

4. What are your therapist's specializations?

5. Does your therapist offer telemental health and/or virtual sessions?

PRO TIP:

If one is not offered, ask for a free fifteen-minute phone consultation. This is not a session, but is an excellent opportunity to see if a therapist is a good fit for you.

NATIONAL EMERGENCY & CRISIS RESOURCES

988 SUICIDE AND CRISIS LIFELINE

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States. Text or talk. Languages: English, Spanish.

EMERGENCY (FIRE/MEDICAL/POLICE) 911

CRISIS TEXT LINE

Texts answered by trained, supervised volunteer counselors within a few minutes of your texting; Text HOME to 741741 from anywhere in the USA, any time, about any type of crisis; If you are a person of color who would like to text with another person of color, text STEVE to 741741.

RAPE, ABUSE & INCEST NATIONAL NETWORK (RAINN)

(800) 656-4673 (800-656-HOPE)

NATIONAL ALLIANCE ON MENTAL ILLNESS

(800) 950-6264 or nami.org/help

NATIONAL DOMESTIC VIOLENCE HOTLINE

(800) 799-7233 ([800] 799-SAFE);
(800) 787-3224 (TTY)

THE TREVOR PROJECT

Crisis resources for LGBTQIA youth and young adults. (866) 488-7386 ([866] 4-U-Trevor)

VETERANS CRISIS LINE

(800) 273-8255 and press "1"

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA)

1-800-985-5990 or
samhsa.gov/find-help/disaster-distress-helpline

HOW TO FIND A CULTURALLY-RESPONSIVE THERAPIST

PSYCHOLOGY TODAY

psychologytoday.com/us/therapists/culturally-sensitive

THE NATIONAL QUEER AND TRANS THERAPISTS OF COLOR NETWORK

nqttn.com

THERAPY FOR BLACK GIRLS

therapyforblackgirls.com

THERAPY FOR BLACK MEN

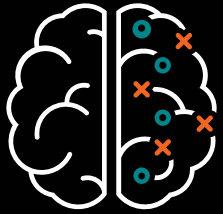
therapyforblackmen.org

THERAPY FOR LATINX

therapyforlatinx.com

CULTURALLY DIVERSE THERAPISTS

innopsych.com



MOSLEY & ASSOCIATES CONSULTING

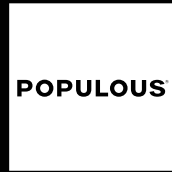
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Mosley & Associates Consulting is a client-centered, project-based firm helping elite collegiate and professional sports teams, leagues, and leading global organizations that desire to build and retain high-performing teams in high-intensity environments that require strong leadership and resilience.

Since our founding in 2014, we have prided ourselves on the intentional design, development, and delivery of business solutions that engage the unique experiences and strengths of our clients.

Our team of experts deliver highly rated training solutions to some of the world's most recognized organizations: the Harvard Business School, the NCAA Headquarters and several member institutions, the NBA, the NFL, Major League Baseball, the United States Air Force, and many others.

A FEW OF THE ORGANIZATIONS WE'VE HELPED:



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We want to help you in any way we can, and are committed to helping you win! Throughout each edition of The Huddle, we'll provide tips and tools to help you devise the game plan you need to navigate your unique path to success.

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