



# Mental Health *Resources*

*A guidebook for mental health support services*



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# Hi, I'm Destiny Harris

"For years, I have served as a useful source for those seeking inspiration, help, or advice. I finally decided to own that role and be intentional about it. I started writing about my passions, my thoughts, and my curious wonderings about our world. I am the founder of 'Educated Black Queen' with a mission to educate, cultivate, and empower other beautiful black queens by sharing my story."

Destiny Harris earned her Master's Degree in Nonprofit Management at the University of Central Florida and a Bachelor's Degree in Multimedia Journalism from Florida Atlantic University in Boca Raton, with a minor in Communications. She is currently the Stakeholder Engagement Manager at a nonprofit organization in Central Florida.

The purpose of this guide is to empower you with the knowledge and skills you need to strengthen your mental health & well-being and share life-saving information with your friends, family, and community.

Educated Black Queen is a lifestyle blog established in 2020 dedicated to educating, cultivating, and empowering Black women and allies. Educated Black Queen promotes wellness, self-improvement, and personal development through book reviews, college readiness guides, mental health resources, and community workshops. Visit our website at [www.edublackqueen.com](http://www.edublackqueen.com).



# Getting Started with Mental Health

## Defining Mental Health

Emotional, psychological, and social well-being are all aspects of mental health. It influences our thoughts, feelings, and behaviors. It also influences how we manage stress, interact with others, and make good decisions. Mental health is essential at all stages of life, from childhood and adolescence to adulthood.

## Why Is Mental Health Important

Mental and physical health are both essential components of overall health. For example, depression raises the chance of a variety of physical health issues, particularly long-term illnesses such as diabetes, heart disease, and stroke. Similarly, the existence of chronic illnesses can heighten the likelihood of mental illness.

## Can Your Mental Health Change Over Time?

Yes, it is crucial to recognize that a person's mental health might fluctuate over time due to a variety of causes. When a person's resources and coping abilities are stretched beyond their limits, their mental health may suffer. For example, if someone works long hours, cares for a relative, or is going through a difficult time financially, their mental health may suffer.

## How Common Is Mental Illness?

Mental illnesses are common in the United States. It is estimated that more than one in five U.S. adults live with a mental illness (57.8 million in 2021). Mental illnesses include many different conditions that vary in degree of severity, ranging from mild to moderate to severe. Two broad categories can be used to describe these conditions: Any Mental Illness (AMI) and Serious Mental Illness (SMI). AMI encompasses all recognized mental illnesses. SMI is a smaller and more severe subset of AMI. Additional information on mental illnesses can be found below.

**For crisis support: Call or Text 988 or Chat 988lifeline.org.**

# Tips for Mental Health

## Improving Your Mental Health

Mental health refers to emotional, psychological, and social well-being. It's more than just the absence of mental disease; it's critical to your entire health and enjoyment of life. If you have a mental illness, self-care can help you maintain your mental health while also supporting your treatment and recovery. Here are a few tips to support your mental health journey.

### Set goals

Goals can help you identify areas to focus on and can become a habit that helps you improve your well-being.

### Practice self-care

Try activities like meditation, tai-chi, eating healthy, exercising, and getting enough sleep.

### Reduce stress

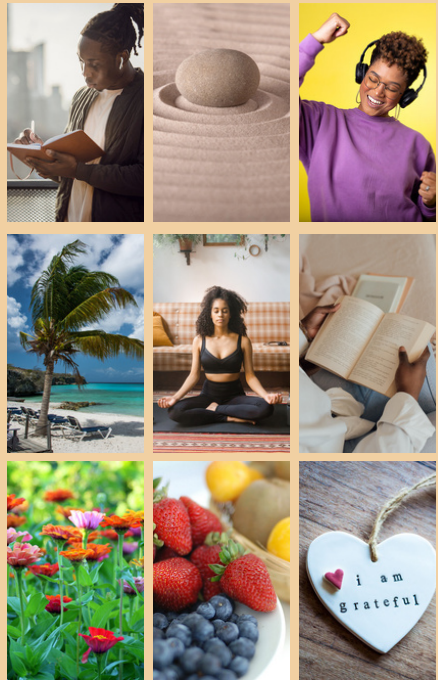
Try relaxation or wellness programs or apps, which may include meditation, muscle relaxation, or breathing exercises. You can also try scheduling regular times for other healthy activities you enjoy, such as listening to music, reading, spending time in nature, and engaging in low-stress hobbies.

### Track gratitude and achievement

Try keeping a journal and including three things you were grateful for and three things you were able to accomplish each day.

*This is for informational purposes only. For medical advice or diagnosis, consult a professional.*

### MENTAL HEALTH PRACTICES



### Plan a getaway

Having something to look forward to can boost your overall happiness for up to eight weeks.

# Tools and Resources

Use this guide as a directory to find mental health resources – including self-screening tools, how to communicate about mental health and guidance on connecting with mental health professionals.

## ***Veteran Focused:***

[SAMHSA](#)

[Wounded Warriors Project](#)

## ***Youth Focused:***

[The AAKOMA Project](#)

[Silence the Shame](#)

[7 cups](#)

## ***Women Focused:***

[Black Girls Smile](#)

[Loveland Foundation](#)

[Pretty Brown Girl](#)

[Therapy For Black Girls](#)

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**Men Focused:**

[TheBlackManCan](#)

[Therapy For Black Men](#)

**LGBTQ Focused:**

[The Trevor Project](#)

[The National Queer & Trans Therapists of Color Network](#)

**Additional Services:**

[Open Path Collective](#)

[BEAM Black emotional and Mental Health](#)

[Center For Healing Racial Trauma](#)

[Rehab Spot](#)

**Additional Resources:**

<https://www.drugwatch.com/health/mental-health/mental-illness/>

<https://www.drugwatch.com/mental-health/depression/>

To learn more about Mental Health in the Workplace, please visit here: <https://www.smbguide.com/mental-health-in-the-workplace/>

source: [SMBGuide.com](#)

# Mental Health Apps

**Headspace: Sleep & Meditation**

<https://www.headspace.com/>

**Calm (Sleep, Meditation, Relaxation)**

<https://www.calm.com/>

**Exhale (Well-being for Black Women)**

<https://www.exhale-app.com/>

**The Shine App**

<https://www.theshineapp.com/>

**I am - Daily affirmations**

<https://theiam.app/>

**Gratitude: Self-Care Journal**

<https://gratefulness.me/>

**Ahead: Emotions Coach**

<https://www.ahead-app.com/>

**MindShift CBT - Anxiety Relief**

<https://www.anxietycanada.com/>

**Dare: Panic & Anxiety Relief**

<https://www.dareresponse.com/dareapp/>

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# Embrace Your Mental Health Journey

Embrace your mental health journey and let it be a source of inspiration. Your journey is unique and cannot be compared to anyone else's. Trust in its ups and downs, for they will lead you to growth and strength. When dealing with tough feelings, it's normal to feel like they'll last forever. Remember to give yourself grace in hard times. Now is your opportunity to prioritize your mental health. Let us celebrate the journey towards self-care and self-discovery. Remember, taking care of your mind is just as important as taking care of your body. With each passing day, focus on finding inner peace and balance, because a healthy mind leads to a happy life. Let this guide serve as a reminder to cultivate a positive mindset and to spread love and positivity to those around you. Today, tomorrow, and every day after - you are enough just the way you are.

**-DESTINY HARRIS**

## For Immediate Help

If you or someone you know is having thoughts of suicide, a prevention hotline can help. The National Suicide Prevention Lifeline is available 24 hours a day at 800-273-8255.

Or text HOME to 741741 to text a trained crisis counselor from the Crisis Text Line for free 24/7.

During a crisis, people who are hard of hearing can use their preferred relay service or dial 711 then 800-273-8255.

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# References

<https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

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

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5937046>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5854406>