Mental Health Resources Guide for Individuals

FREE DIGITAL APPS (NO CREDIT CARD REQUIRED):

- Insight Timer
- Smiling Mind App
- Stop, Breath, & Think
- UCLA Mindful App
- Calm App

PODCASTS:

- Feeling Good: This podcast features David D. Burns MD, author of "Feeling Good, The New Mood Therapy," describing powerful new techniques to overcome depression and anxiety and develop greater joy and self-esteem. For therapists and the public alike!
- Ten Percent Happier: This popular podcast addresses a wide range of topics such as family relationships, trauma, improving everyday life, etc.
- Happier: In this award-winning podcast, host Gretchen Rubin discusses good habits and happiness with her sister Elizabeth Craft. This podcast consistently appears at the top of the charts in Apple.
- The Happiness Lab: In "The Happiness Lab" podcast, Yale professor Dr Laurie Santos will take you through the latest scientific research and share some surprising and inspiring stories that will forever alter the way you think about happiness.
- Anxiety Slayer: The award-winning Anxiety Slayer™ podcast is a leading resource for anyone who suffers from anxiety, panic attacks, stress, and PTSD.
- The Positive Psychology Podcast: This podcast offers nuggets of positivity and happiness psychology for the average listener.
- How to Fail with Elizabeth Day: Everyone fails at something and each week they explore how to celebrate the things that haven't gone quite right. Learn how failure can teach you how to succeed better.
- Happy Place: Listen to diverse perspectives on happiness how experts work through feeling blue and finding joy every day.

WEBINARS & VIDEOS:

- Loss, Languishing, and Renewal: Defining the Effects of the Pandemic on Our Mental Wellness: Presented by Spring Health at the Alera 2021 Virtual Wellbeing Fair
- Mastering Stress and Improving Resilience During Times of Adversity: Presented by Total Brain at the Alera Group 2021 Wellbeing Fair

Alera Group
Three Parkway North | Suite 500
Deerfield, IL 60015

847.582.4501 | aleragroup.com

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- 15 Minute Breathwork and Meditation: Presented by Golden, formerly Namaste Wellness, at the Alera's 2021 Wellbeing Fair
- Child and Teen Mental Health – Supporting Our Children Through Uncertain Times: Presented by Namaste Wellness at the Alera Group Wellbeing Fair, Fall 2020.
- Managing Stress and Burnout: Presented by Modern Health at the Alera Group Wellbeing Fair, Fall 2020.
- 4-7-8 Breathing: Watch this quick video to learn this simple stress antidote.

YOUTUBE CHANNELS:

- Modern Health Community Support Videos: Modern Health, a behavioral health platform, has been sharing weekly webinars on their YouTube channel, by their practitioners on topics like Managing Isolation and Loneliness, Coping During Stressful Situations, and Work-from-home Wellbeing.
- Lyra Health "Let's Talk About That" Videos: Lyra Health has been transforming mental healthcare with technology and a human touch. On this YouTube site, they share a series of 10-minute videos on shared challenges.
- DocMikeEvans Videos: Doc Mike Evans hosts short videos using a "White-board" delivery to share health focused topics in a fun and engaging way.
- Meditation for Anxiety: Yoga by Adrienne is an exceptional YouTube Channel to develop a practice of meditation and yoga to help people feel calm, empowered & in control.

MENTAL HEALTH RESOURCES:

- NAMI Resource Guide (National Alliance on Mental Illness): The nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Their COVID-19 resource guide provides a wealth of resources.
- Child Mind Institute: Provides a beautiful collection of resources for parents such as supporting kids and teens through COVID-19, managing anxiety, resources for families of children on the spectrum, discipline issues, etc. There are articles, Facebook Live video chats and phone consultations available.
- Mental Health First Aid Blog: While Mental Health First Aid is a skills-based training course that instructs participants about mental health and substance-use issues, their blog provides some extremely helpful content.
- Yale's Massively Popular 'Happiness' Course (choose the free version): This course has been something of a phenomenon and you can access it for free right now. Over 1.5 million people have signed up in the wake of COVID-19.
- Mental Health Test: Mental Health America offers a series of online screening tests to help individuals understand how they might be handling specific stressful or personally dealing with a mental health condition. These are intended for a quick snapshot of an individual's mental health and can be a valuable tool to initiate a conversation with a mental health provider.

CONTACTS FOR OUTSIDE MENTAL HEALTH ASSISTANCE

If you or someone you care about feels overwhelmed with emotions like sadness, depression, or anxiety, or like you want to harm yourself or others call 911. You can also contact the Substance Abuse and Mental Health Services Administration's (SAMHSA) Disaster Distress Helpline at 800-985-5990, the National Suicide Prevention Lifeline at 800-273-8255 or text MHFA to 741741 to talk to a Crisis Text Line counselor.

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