

EVERYONE HAS MENTAL HEALTH.

This World Mental Health Day,
take a moment to care for yours —
and help a loved one care for theirs.

**We've compiled hundreds of tips
and resources to help.**

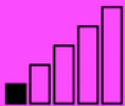


FIRST, TAKE TABS ON YOUR MENTAL HEALTH

A good first step to care for your mental health is to figure out how you're currently doing. Check in with yourself. Ask yourself how you're really feeling, and see where you fall on the following scale. Note that your answer may ebb and flow in any given day, week, or month.

IN CRISIS

- Very anxious
- Very low mood
- Absenteeism
- Exhausted
- Very poor sleep
- Weight change



STRUGGLING

- Anxious
- Low mood
- Tired
- Poor performance
- Poor sleep
- Poor appetite



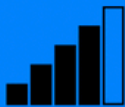
SURVIVING

- Worried
- Irritable
- Sad
- Trouble sleeping
- Distracted
- Withdrawn



THRIVING

- Positive
- Calm
- Performing
- Sleeping well
- Eating well
- Socially active



EXCELLING

- Cheerful
- Joyful
- Energetic
- Peak performance
- Flow state
- Fully realizing potential



3 WAYS TO SUPPORT YOUR OWN MENTAL HEALTH

Your mental health deserves your attention. Even small acts of care can have a big impact on how you feel and function.

1. Practice self-care.

Taking time for yourself isn't selfish — it's essential for your mental health. There are many forms of self-care, including physical (like fitness, pampering, or rest), emotional (connecting with others, journaling), cognitive (reading, watching films), and spiritual (meditation, prayer).

2. Feel your feelings.

Make an active effort to notice your thoughts and feelings, and make room for all of them. Remember: there are no “bad” emotions. Every feeling is information — and acknowledging them is the first step toward healing.

3. Reach out and connect.

You're not meant to carry everything alone. Talk to a friend, family member, or mental health professional when you could use some support.

Learn more: TheMentalHealthCoalition.org/SelfCare

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3 WAYS TO SUPPORT A LOVED ONE'S MENTAL HEALTH

We all struggle sometimes, and offering support to your loved one can make a big difference. Usually all they need is your presence, patience, and compassion.

1. Check in often.

“How are you, really?” can go a long way. If you’re worried about a friend, you can also ask about something specific going on in their life or try a conversation starter like: “Have you been doing alright? I noticed you haven’t been around much.”

2. Listen without judgment.

You don’t need the perfect words. Just being there and allowing space for honesty can be powerful. You can also ask if they’d prefer your help with a constructive distraction or problem-solving.

3. Encourage professional help if needed.

If someone you love seems overwhelmed, remind them that reaching out for therapy or crisis support is an act of courage. You can find resources further on in this toolkit.

Learn more: TheMentalHealthCoalition.org/Friends

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3 WAYS TO HELP **END THE STIGMA** AROUND MENTAL HEALTH

Mental health is part of being human.
Let's start treating it that way.

1. Talk about it openly.

Share your mental health journey or simply start a conversation — your openness can inspire others to do the same.

2. Share reliable resources.

Spread awareness by sharing credible guides and mental health content (like this toolkit!) within your communities, online or offline.

3. Support the movement.

If you're able, donate to help us reach more people and change the conversation around mental health.

Support at TheMentalHealthCoalition.org/Donate.



MENTAL HEALTH SUPPORT AND RESOURCES ARE AVAILABLE.

Explore hundreds of free mental health resources in our Resource Library at TheMentalHealthCoalition.org/Resources.

Keep swiping for more.



24/7 MENTAL HEALTH CRISIS SUPPORT HOTLINES

Save



988 Suicide & Crisis Lifeline

Call or Text 988

Chat via 988lifeline.org/chat

Crisis Text Line

Text COALITION to 741-741

Chat via crisistextline.org

Disaster Distress Helpline

Call or text 1-800-985-5990

Learn more at samhsa.gov

The Trevor Project (for LGBTQ+ Youth)

Text START to 678-678 | Call 1-866-488-7386

Chat via thetrevorproject.org/get-help

International Services

To search for international crisis services, visit the International Association for Suicide Prevention at findahelpline.com.



COMMUNITY-SPECIFIC MENTAL HEALTH RESOURCES

BIPOC (Black, Indigenous, and People Of Color)

The AAKOMA Project

aakomaproject.org | @aakomaproject

Asians for Mental Health

asiansformentalhealth.com | @asiansformentalhealth

Black Girls Smile

blackgirlssmile.org | @blackgirlssmile

Mental Wealth Alliance

mentalwealthalliance.org | @mentalwealthalliance

National Latino Behavioral Health Association

nlbha.org | @nlbhaorg

Silence the Shame

silencetheshame.com | @silencetheshame

The Steve Fund

stevefund.org | @thestevefund



COMMUNITY-SPECIFIC MENTAL HEALTH RESOURCES

LGBTQ+ Mental Health

The Trevor Project

thetrevorproject.org | @trevorproject

Trans Lifeline

translifeline.org | @translifeline

Veterans' Mental Health

The Headstrong Project

theheadstrongproject.org | @headstrongproject

Cohen Veterans Network

cohenveteransnetwork.org | @cohenveterans



COMMUNITY-SPECIFIC **MENTAL HEALTH RESOURCES**

Maternal Mental Health

Maternal Mental Health Leadership Alliance

mmhla.org | @mmhla2

Postpartum Support International

postpartum.net | @postpartumsupportinternational

Men's Mental Health

Movember

movember.com | @movember



YOUTH AND TEEN MENTAL HEALTH RESOURCES

Active Minds

activeminds.org | @active_minds

Bring Change to Mind

bringchange2mind.org | @bringchangetomind

Child Mind Institute

childmind.org | @childmindinstitute

The Defensive Line

thedefensiveline.org | @thedefensiveline

Inspiring Children Foundation

inspiringchildren.org | @inspiringchildren

The Jed Foundation

jedfoundation.org | @jedfoundation

Kids Mental Health Foundation

kidsmentalhealthfoundation.org | @kidsmentalhealthfoundation

Our Minds Matter

ourmindsmatter.org | @our.minds.matter

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YOUTH AND TEEN MENTAL HEALTH RESOURCES

Sandy Hook Promise

sandyhookpromise.org | @sandyhookpromise

Teen Line, a Program of Didi Hirsch Mental Health Services

teenline.org | @teenlineonline

Yale Center for Emotional Intelligence

medicine.yale.edu/childstudy | @yalechildstudycenter



CONDITION-SPECIFIC **MENTAL HEALTH RESOURCES**

ACE Resource Network [Adverse Childhood Experiences]
numberstory.org | @mynumberstory

American Foundation for Suicide Prevention
afsp.org | @afspnational

Anxiety and Depression Association of America
adaa.org | @anxietyanddepression_adaa

Depression and Bipolar Support Alliance
dbsalliance.org | @dbsalliance

Don't Mind Me [Severe Mental Illness Support]
dontmindme.org | @dontmindme

Fountain House [Serious Mental Illness Support]
fountainhouse.org | @fountainhouse

International OCD Foundation
iocdf.org | @iocdf

National Alliance for Eating Disorders
allianceforeatingdisorders.com | @alliancefored



CONDITION-SPECIFIC **MENTAL HEALTH RESOURCES**

Schizophrenia & Psychosis Action Alliance

sczaction.org | @sczaction

Shatterproof [Addiction Support]

shatterproof.org | @weareshatterproof

Suicide Awareness Voices of Education

save.org | @savevoicesofedu



GENERAL MENTAL HEALTH INFORMATION & RESOURCES

American Psychiatric Association Foundation

apaf.org | @apapsychiatric

Brain & Behavior Research Foundation

bbrfoundation.org | @bbrfoundation

Creative Visions

creativevisions.org | @creativevisionsfoundation

Didi Hirsch Mental Health Services

didihirsch.org | @didi_hirsch

Inseparable, Inc.

inseparable.us | @iaminseparable

Mental Health America

mhanational.org | @mentalhealthamerica

Mindful Philanthropy

mindfulphilanthropy.org | @mindful.philanthropy

Mind Share Partners

mindsharepartners.org | @mindsharepartners

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GENERAL MENTAL HEALTH INFORMATION & RESOURCES

Mindsight News

mindsitenews.org | [@mindsitenews](https://twitter.com/mindsitenews)

National Alliance on Mental Illness

nami.org | [@namiconnunicate](https://twitter.com/namiconnunicate)

National Council for Mental Wellbeing

thenationalcouncil.org | [@nationalcouncil](https://twitter.com/nationalcouncil)

One Mind

onemind.org | [@onemindorg](https://twitter.com/onemindorg)

The Quell Foundation

thequellfoundation.org | [@quellfoundation](https://twitter.com/quellfoundation)

September Letters

septemberletters.com | [@septemberletters](https://twitter.com/septemberletters)

UCLA Depression Grand Challenge

dgc.ucla.edu | [@uclathinkgrand](https://twitter.com/uclathinkgrand)

Vibrant Emotional Health

vibrant.org | [@vibrantforall](https://twitter.com/vibrantforall)

[@mentalhealthcoalition](https://twitter.com/mentalhealthcoalition)



TOGETHER, WE CAN END STIGMA.

Follow [@mentalhealthcoalition](#) to be part of the biggest community changing the conversation around mental health.

