Mental Health 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.

General Mental Health Information & Support

- Mental Health 101
- Finding a Mental Health Professional

For Public Health & Health Professionals

- Why Mental Health is a Public Health Issue
- Support for Public Health Workers and Health Professionals
- Compassion Fatigue or Empathy Burnout : Which Is It?
- Health Care Professionals

Self-Screening Tests

- Take a Mental Health Test
- Finding What Helps: How Are You Feeling These Days?

COVID-19 & Mental Health

- Protecting Your Mental Health During the Coronavirus Pandemic
- Coping with Grief and Loss During The COVID-19 Pandemic

For Youth

- Youth Mental Health Test
- Mental Health Resource Center
- Mental Health Literacy
- Q Chat Space: Online Chats for LGBTQ+ Youth

For Employers & Employees

For Employers:
- 5 Ways to Improve Employee Mental Health
- Offering Benefits that Matter
- How Can Leadership Normalize The Conversation Around Mental Health?
- Workplace Mental Health Playbook
- Conversation Guide for Managers

For Employees:
- Mental Health in the Workplace
- Learn How to Manage Your Workplace Stress
- Mental Health Resources for Employees

For Parents & Caregivers

Parents' and Caregivers' Mental Health:
- Mental Health Resources for Caregivers
- Caring for Yourself and Your Family Member
- Mental Health Resources for Parents
- Mom's Mental Health Matters: Moms-To-Be and Moms
- Mental Health and the New Father

Providing Care and Support:
- Children and Mental Health: Is This Just a Stage?
- Early Childhood Mental Health
- How to Help Children and Teens Manage Their Stress
- 28 Mental Health Games, Activities & Worksheets

Need to talk to someone now?

If you need suicide or mental health-related crisis support, or are worried about someone else, please call or text 1-800-273-8255 or visit the National Suicide Prevention Lifeline's chat to connect with a trained crisis counselor. *Starting July 16, 2022: Dial 988 to reach the Suicide and Crisis Lifeline*

Public Health Communications COLLABORATIVE

- @PH_Comms
- Public Health Communications Collaborative
- publichealthcollaborative.org