



Silver Lining Mentoring Institute
Fostering Progress Series: Mental Health Matters!
March 24th, 2023

Resources Listed

Mental Health Training

[Mental Health First Aid](https://www.mentalhealthfirstaid.org/) - <https://www.mentalhealthfirstaid.org/>

[American Academy of Pediatrics: Mental Health Education and Training](https://www.aap.org/en/patient-care/mental-health-initiatives/mental-health-education-and-training/)

<https://www.aap.org/en/patient-care/mental-health-initiatives/mental-health-education-and-training/>

Resources for Organizations

[NAMI: Navigating a Mental Health Crisis](https://www.nami.org/Support-Education/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis/Navigating-A-Mental-Health-Crisis?utm_source=website&utm_medium=cta&utm_campaign=crisisguide) - [https://www.nami.org/Support-](https://www.nami.org/Support-Education/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis/Navigating-A-Mental-Health-Crisis?utm_source=website&utm_medium=cta&utm_campaign=crisisguide)

[Education/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis/Navigating-A-](https://www.nami.org/Support-Education/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis/Navigating-A-Mental-Health-Crisis?utm_source=website&utm_medium=cta&utm_campaign=crisisguide)

[Mental-Health-Crisis?utm_source=website&utm_medium=cta&utm_campaign=crisisguide](https://www.nami.org/Support-Education/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis/Navigating-A-Mental-Health-Crisis?utm_source=website&utm_medium=cta&utm_campaign=crisisguide)

[Youth Collaboratory: The Role of Program Staff: Mentoring Youth in the Foster Care System](https://www.youthcollaboratory.org/resource/role-program-staff-mentoring-youth-foster-care-system) -

<https://www.youthcollaboratory.org/resource/role-program-staff-mentoring-youth-foster-care-system>

[Research and Training Center \(RCT\) for Pathways to Positive Futures](https://www.pathwaysrtc.pdx.edu/pathways-transition-training-modules) -

<https://www.pathwaysrtc.pdx.edu/pathways-transition-training-modules>

How to Find a Therapist

[A Beginners Guide to Therapy. Part 1: How to find a therapist](https://www.therapyden.com/blog/a-beginners-guide-to-therapy-how-to-find-a-therapist)

<https://www.therapyden.com/blog/a-beginners-guide-to-therapy-how-to-find-a-therapist>

[Mental Health America: How does therapy work? What to expect](https://screening.mhanational.org/content/how-does-therapy-work-what-expect/?layout=actions_a)

https://screening.mhanational.org/content/how-does-therapy-work-what-expect/?layout=actions_a

[Medium: How to Find a Therapist](https://medium.com/whats-on-your-mind-inc/how-to-find-a-therapist-a1f64ed26179) - <https://medium.com/whats-on-your-mind-inc/how-to-find-a-therapist-a1f64ed26179>

[HuffPost: ow To Find A Therapist Who Focuses On Black Mental Health](https://www.huffpost.com/entry/how-to-find-therapist-black-mental-health_1_5ee7edb5b6a5cad74f81e7)

https://www.huffpost.com/entry/how-to-find-therapist-black-mental-health_1_5ee7edb5b6a5cad74f81e7

[Advocate: How to Find an Accepting Therapist](https://www.advocate.com/commentary/2016/4/20/how-find-accepting-therapist)

<https://www.advocate.com/commentary/2016/4/20/how-find-accepting-therapist>

[Harvard: Antiracism Self Care Resource List](https://projects.iq.harvard.edu/antiracismresources/bipoc/selfcare)

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Mental Health Tools and Apps

[Insight Timer](https://insighttimer.com/) - <https://insighttimer.com/>

[Calm Harm](https://calmharm.co.uk/) - <https://calmharm.co.uk/>

[Calm](http://www.calm.com) – www.calm.com

[Headspace](http://www.headspace.com) – www.headspace.com

Mental Health Organizations and Emergency Resources

[SAMHSA National Helpline](http://www.samhsa.gov) – www.samhsa.gov

1-800-662-HELP (4357)

SAMHSA Suicide & Crisis Line: call or text 988 or chat 988lifeline.org

[National Alliance on Mental Health \(NAMI\)](http://www.nami.org) – www.nami.org

[National Domestic Violence Hotline](http://www.thehotline.org) – www.thehotline.org

1-800-799-SAFE (7233)

Text “START” to 88788

[Crisis Text Line](http://www.crisistextline.org) – www.crisistextline.org

Text HOME to 741741

[The Trevor Project](http://www.trevorproject.org) – www.trevorproject.org

1-866-488-7386

Text ‘START’ to 678-678

Mental Health Providers

[A Home Within](https://www.ahomewithin.org/) - <https://www.ahomewithin.org/>