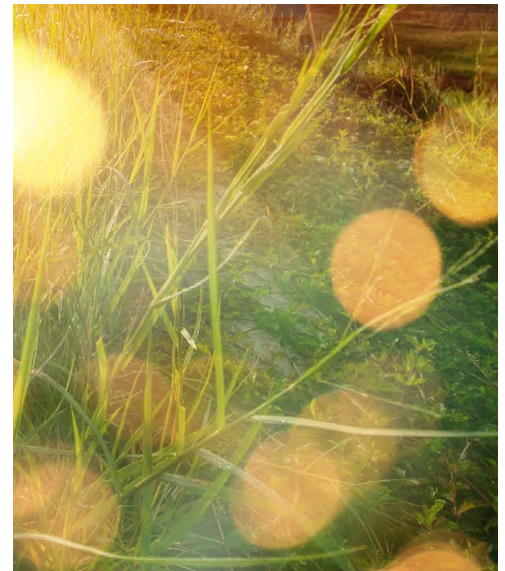
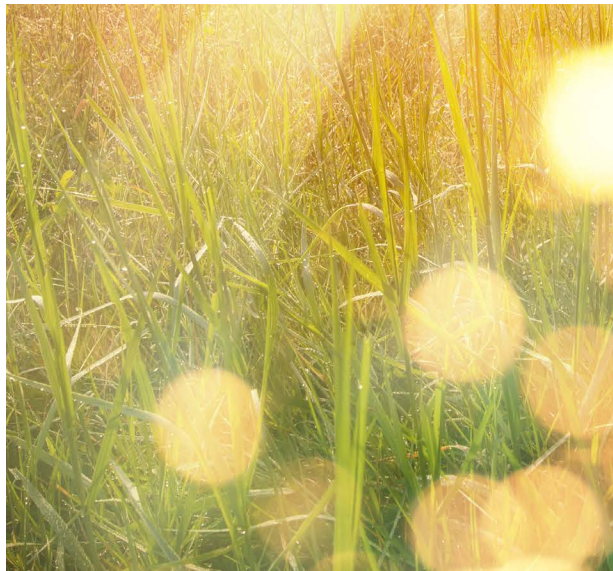
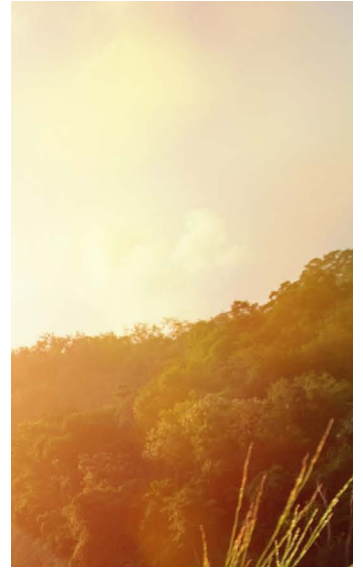
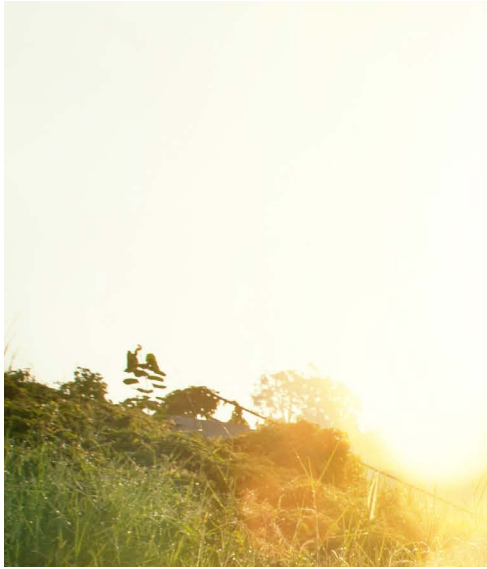


# #IGETIT

## Mental Health Resource Guide



Whether you're navigating daily stress, coping with a mental health condition, supporting a loved one, or simply seeking tools for personal growth, this guide is for you.

Inside, you'll find a collection of trusted resources. Our goal is to make it easier for you to find support, and we hope this finds you when you need it.

Brought to you by:



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# #IGETIT Partners

## What does it mean to be a partner?

Being an #IGETIT Network Partner means you're part of a growing movement that centers empathy, lived experience, and collective action in mental health.

**Our nonprofit partners aren't just doing meaningful work — they are trusted voices who truly get it. They understand the importance of meeting people where they are, breaking stigma, and making mental health support more accessible.**

Together, we're creating conversations that move beyond awareness. We're lifting real stories, offering practical tools, and building a future where no one feels like they have to go it alone. As an #IGETIT Partner, you help lead that charge by showing up authentically, sharing your knowledge, and being a source of support and connection for others. *Thank you for all you do.*



Project Sanctuary is a leading provider of therapeutic retreats and ongoing support for military families by reconnecting and empowering the entire family toward healing.

**Project Sanctuary Resources**



## PORTER'S CALL

At Porters' Call, we care for the heart and soul behind the music. Our home is a generous place of belonging where the tailored care we provide for touring recording artists and their partners is holistic and free of charge.

Our work is built on 3 pillars:

Belonging: Where artists feel safe, known, & connected

Holistic Care: Customized care for the whole person.

Generosity: Friendship, freely given without transaction.

**Porter's Call Referral Request Form**

## FOUNTAIN HOUSE

Our mission is to create the community, innovation, and social change needed for people most impacted by mental illness to lead connected and healthy lives.

**New York Information Sheet  
Los Angeles Information Sheet**



JACK was created to change the way those living with obsessive compulsive disorder (OCD) and anxiety and their families navigate the challenges of mental illness, fight stigma, and obtain quality education, support, and treatment.

**JACK OCD Resources  
JACK Feature Resources**



Step Up For Mental Health's mission is to support, educate and provide services to empower families living with the challenges of mental health disorders. We do this by providing a safe place to share stories and find support for others who are dealing with mental health disorders or caring for a family member with a mental illness. We believe that mental health issues impact social issues, including education, homelessness, and poverty. Step Up For Mental Health® strives to match families with resources to help move them toward a more productive life.

**Self-care Kit (English)  
Self-care Kit (Spanish)  
Older Teen Mindfulness Apps  
Youth / Children Self-care Resource**

## experience camps

We give grieving children experiences that change their lives forever. Experience Camps is an award-winning non-profit that transforms the lives of grieving children through summer camp programs and innovative, year-round initiatives.

Through compassion, connection, and play, we allow grieving children to embody a life full of hope and possibility. By amplifying their voices, we are creating a more grief sensitive culture.

[Experience Camps Grief Resources](#)



Our mission is to reduce service member and veteran suicide by using enhanced data insights, focused client acquisition, and suicide-specific intervention services.

[Veteran Information  
Important Facts  
Talking About Suicide](#)

A RISING TIDE  
LIFTS ALL BOATS.



The Kids Mental Health Foundation gives free, expert created resources to all U.S. communities so everyone can understand and promote mental health for children.

[The Kids Mental Health Foundation  
Grief Resource](#)



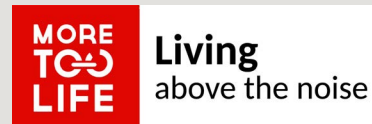
The Washington Tattoo's mission is to reshape today's conversation around mental health for active-duty personnel, veterans, first responders, and families through the power of music wellness.

[The Washington Tattoo Curriculum  
Recovery Workbook](#)



Rock Recovery makes lifesaving eating disorder treatment and support accessible for all.

[Therapy Services  
Nationwide Faith-based Support Groups  
Rock Recovery blog  
Mental Health Resources  
Treatment Referral Guide  
Eating Disorder Quiz](#)



We exist to inspire change and help transform lives for a better world for all victims exploitation, until there are none. We are a leading organization for innovation in human trafficking prevention, direct victim services, identity discovery and care.

[More Too Life Resources](#)



Backline is a 501(c)(3) non-profit that connects music industry professionals and their families with mental health and wellness resources. We are building a safer and more supported music industry by connecting our community with quality mental health care resources that understand this line of work.

[Backline Get Help Resource](#)



The Hidden Opponent is the leading non-profit organization for athlete mental health advocacy, education, and support. We provide accessible resources and unite a global community to empower athletes to prioritize their mental health and shatter the stigma within sports culture.

[The Hidden Opponent Resources](#)





# Podcast



## The Happiness Lab with Dr. Laurie Santos

Yale professor Dr. Laurie Santos explores the latest scientific research and shares inspiring stories to change the way we think about happiness.



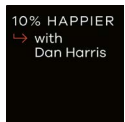
## Mindful Nature with Meryl Arnett

A recording of Meryl Arnett's live mindfulness meditation classes, each episode offers a short talk followed by a guided meditation practice.



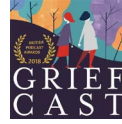
## Therapy Chat with Laura Reagan, LCSW-C

Hosted by integrative trauma psychotherapist Laura Reagan, this podcast delves into various aspects of psychotherapy and mental health.



## 10% Happier with Dan Harris

Journalist Dan Harris engages with meditation teachers, scientists, and celebrities to discuss mindfulness, meditation, and strategies for reducing stress.



## Griefcast

Griefcast features candid conversations about grief and loss with comedians, writers, and artists. Host Cariad Lloyd, who experienced the death of her father at a young age, explores the multifaceted nature of grief, creating a space for open and honest discussions.



## Terrible, Thanks for Asking

Host Nora McInerny, who has experienced profound personal loss, invites guests to share their real stories—gritty, raw, and sometimes funny—about grief, mental health, and life's messiest challenges. It's a compassionate reminder that it's okay to not be okay.



## Good Mourning

Hosted by two women who lost their mothers, Good Mourning is a modern grief podcast that breaks the stigma around death. It blends personal stories, expert advice, and humor, focusing on how to cope and grow through grief while living in today's fast-paced world.



## This Is What It Feels Like

This Is What It Feels Like asks bold, human questions—like what it feels like to use a public bathroom as a trans person, to move forward after losing a parent to suicide, or to choose to have an abortion—inviting listeners to step into the lived realities behind politicized issues.



## The Trauma Therapist Podcast

Guy Macpherson, PhD, interviews experts in trauma, mindfulness, addiction, and yoga, sharing their journeys and approaches to supporting trauma survivors.



## Unlocking Us

Brené Brown engages in conversations that delve into the human experience, aiming to help listeners live, love, parent, and lead with wholeheartedness.



## The Anxiety Coaches Podcast

This show provides resources and discussions on managing anxiety, featuring expert advice and personal stories to support listeners in their mental health journeys.



## Your Anxiety Toolkit

Kimberley Quinlan offers mindfulness-based tools for dealing with anxiety, OCD, depression, and related mental health challenges, aiming to provide practical strategies for everyday use.



Listening to mental health podcasts can be like having a quiet conversation with someone who understands—offering insights, comfort, and the reminder that you're not alone.



## On Purpose with Jay Shetty

Jay Shetty shares insights and interviews with various guests, focusing on personal growth, mindfulness, and purposeful living.



## Where Should We Begin? with Esther Perel

Renowned therapist Esther Perel invites listeners into real, anonymous counseling sessions, offering a deep look into the complexities of relationships.



## RealPod with Victoria Garrick Browne

Former Division I athlete Victoria Garrick Browne hosts candid conversations on mental health, body image, and personal development, aiming to inspire authenticity.



# Podcast



## Not Another Anxiety Show

Hosted by Kelli Walker, this podcast features casual conversations and expert interviews to help listeners understand and manage anxiety.



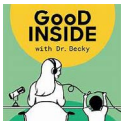
## My Therapist is Out

An Open Space Therapy Collective podcast that serves as a hub for queer and trans mental healthcare, offering insights and support for the LGBTQ+ community.



## OCD Straight Talk

Chris Leins, MA, discusses effective treatments for anxiety and OCD, addressing common challenges and misconceptions in managing these conditions.



## Good Inside with Dr. Becky

Clinical psychologist Dr. Becky Kennedy addresses parenting challenges, offering actionable guidance to help parents connect with their children and foster healthy development.



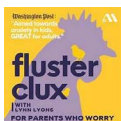
## Mindful Mama Podcast

Hunter Clarke-Fields emphasizes mindful parenting, encouraging self-understanding and strong parent-child connections to foster well-being.



## The Conscious Parent Podcast

This podcast aims to inspire parents to remain reflective and present, fostering deeper connections with their children through conscious parenting practices.



## Flusterclux

Lynn Lyons provides clear, actionable advice for managing anxiety, offering valuable insights for individuals and parents seeking to understand and address anxious patterns.



## The Brain Architects

Presented by Harvard's Center on the Developing Child, this podcast explores early childhood development, emphasizing the importance of foundational brain architecture.



## The Mel Robbins Podcast

Mel Robbins shares motivational insights and practical advice on personal development, aiming to empower listeners to create meaningful changes in their lives.



## The Life Coach School Podcast

Brooke Castillo offers life coaching strategies and self-improvement techniques, focusing on mindset shifts and personal growth.



## The Confidence Podcast

Trish Blackwell provides inspiration and practical tips to help listeners build self-confidence and embrace their potential.



## Mom & Mind

Dr. Kat Kaeni addresses maternal mental health, discussing topics like postpartum depression and anxiety to support mothers' well-being.



## The Birthful Podcast

Adriana Lozada explores pregnancy, birth, and postpartum topics, offering insights and information to empower expecting and new parents.



## The Motherly Podcast

This podcast shares stories and expert advice to support and inspire modern mothers in their parenting journeys.

## DID YOU KNOW?

Just 10 minutes of petting a dog can lower cortisol levels (the stress hormone) and increase oxytocin (the "feel-good" bonding hormone). Studies have shown that interacting with dogs can reduce anxiety, improve mood, and even help with symptoms of depression.





# Influencers

**Brené Brown (@brenebrown)**

A research professor at the University of Houston, Brené Brown is renowned for her work on vulnerability, courage, empathy, and shame. She has authored several New York Times bestsellers and hosts the podcasts *Unlocking Us* and *Dare to Lead*. Her TEDx talk, "The Power of Vulnerability," is among the most viewed worldwide.

**Jay Shetty (@jayshetty)**

A former monk turned motivational speaker, Jay Shetty shares wisdom on mindfulness, relationships, and purpose through his podcast *On Purpose*. His book *8 Rules of Love* offers guidance on every stage of romance, blending ancient wisdom with modern science.

**Dr. Nicole LePera (@the.holistic.psychologist)**

A clinical psychologist, Dr. LePera promotes a holistic approach to mental wellness, emphasizing self-healing and self-awareness. She founded the SelfHealers Circle and co-hosts the SelfHealers Soundboard podcast. In her conversation with Jay Shetty, she discusses utilizing one's environment for self-healing and the importance of small daily steps toward healing.

**Nedra Glover Tawwab (@nedratawwab)**

A licensed therapist and New York Times bestselling author, Nedra focuses on healthy relationships and boundaries. Her books, *Set Boundaries*, *Find Peace* and *Drama Free*, provide practical advice on asserting oneself and prioritizing personal well-being.

**The Depression Project (@realdepressionproject)**

An organization dedicated to providing support and resources for those dealing with depression. They share informative content, including frameworks like "The 3 Zones of Depression," to help individuals understand and manage their mental health.

**Lyla Connolly (@lylaconnollytherapy)**

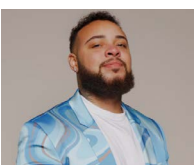
An integrative health practitioner, Lyla specializes in helping high achievers address anxiety at its root. Through her therapy practice, she offers personalized strategies to promote mental wellness and balance.

**Dr. Ashurina Ream (@psychedmommy)**

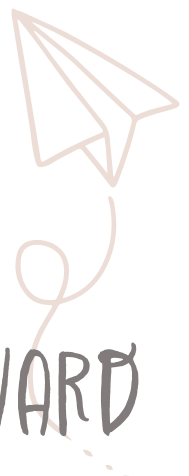
A licensed clinical psychologist, Dr. Ream focuses on maternal mental health. Through her platform, she provides support and education for mothers navigating the challenges of parenthood, emphasizing the importance of mental well-being during the perinatal period.

**Mychal Threats (@mychal3ts)**

Mychal Threats is a California-based librarian and social media creator known for spreading "library joy" through uplifting videos that celebrate books, inclusivity, and mental health. With his signature affirmations like "you belong," he has become a beloved advocate for the power of libraries and kindness online.

**Kenny Ethan Jones (@kennyethanjones)**

A transgender advocate who uses his platform to address body politics, mental health, and relationships. Kenny Ethan Jones actively educates and fosters understanding on social media, driving awareness and inclusivity in the transgender community.



## SOFTLY MOVE FORWARD



# Apps

**Calm:**

**Official Sponsor of #IGETIT.** Provides guided meditations, sleep techniques, and relaxation music to aid in stress reduction and better sleep.

**BetterHelp:**

**Official Sponsor of #IGETIT.** Provides access to licensed therapists for online counseling sessions.

**Talkspace:**

Offers 24/7 access to mental health professionals for therapy sessions.

**Headspace:**

Focuses on mindfulness and meditation to help reduce stress and improve focus.

**Penzu:**

Penzu is a private online diary and personal journal platform that enables users to create and securely store their thoughts, ideas, and experiences.

**Finch:**

A self-care app that helps users build healthy habits and track their mood.

**Happify:**

Utilizes evidence-based interventions in cognitive behavioral therapy (CBT) and mindfulness to improve emotional well-being.

**Moodfit:**

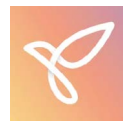
A mood journal that helps users track their mood and understand factors influencing their mental state.

**Insight Timer:**

Offers a vast library of free guided meditations for stress management and improved sleep.



Mental health apps are like therapists in your pocket—offering support, structure, and strategies anytime, anywhere.

**Youper:**

An AI-powered mental health assistant providing emotional support and mood tracking.

**7 Cups:**

Connects users with trained volunteer listeners and licensed therapists for emotional support.

**Spring Health:**

Provides personalized care plans, therapy, and coaching through a flexible subscription model.

**Breathe, Think, Do With Sesame:**

Designed for children to help them learn problem-solving, self-control, and planning.

**I Am Sober:**

Assists individuals in tracking their sobriety and provides motivational resources.

**Worry Watch:**

Helps users track and analyze their worries to manage anxiety more effectively.

**MoodTools:**

Designed to help users combat depression through various tools and resources.

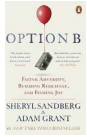
**Bearable:**

A comprehensive mood and symptom tracker to help users understand their health patterns.





# Books



## **Option B – Sheryl Sandberg & Adam Grant**

Co-authored by Sheryl Sandberg and Adam Grant, this book explores building resilience after life-altering events. Following the sudden death of her husband, Sandberg shares personal experiences and combines them with Grant's research to provide insights on overcoming adversity and finding joy.



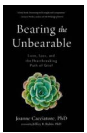
## **The Year of Magical Thinking – Joan Didion**

Joan Didion's memoir delves into the year following the unexpected death of her husband, John Gregory Dunne, and the severe illness of their daughter, Quintana. Didion candidly examines her grief, detailing her struggle to accept her husband's death and the surreal experiences that accompany mourning.



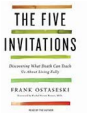
## **It's OK That You're Not OK – Megan Devine**

Megan Devine challenges conventional approaches to grief, arguing that the typical advice given to the bereaved is often counterproductive. Drawing from her personal loss and professional experience as a therapist, she advocates for a more compassionate and realistic understanding of grief.



## **Bearing the Unbearable – Joanne Cacciatore**

Joanne Cacciatore offers a series of meditations on grief, emphasizing the profound pain of loss and the importance of fully experiencing and expressing grief. As a bereavement counselor, she provides insights into navigating the complex emotions that accompany loss.



## **The Five Invitations – Frank Ostaseski**

Frank Ostaseski, co-founder of the Zen Hospice Project, presents five guiding principles learned from his work with the dying. These invitations encourage readers to embrace mortality as a means to live more authentically and meaningfully.



## **The Grief Recovery Handbook – John W. James & Russel Friedman**

John W. James and Russell Friedman provide a step-by-step process for dealing with grief and recovering from various types of loss. The book offers practical exercises to help individuals work through their emotions and find completion.



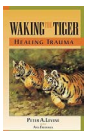
## **The Body Keeps the Score – Bessel van der Kolk**

Bessel van der Kolk explores how trauma affects the brain and body, leading to lasting psychological and physical effects. He discusses innovative treatments, emphasizing the importance of understanding and addressing the bodily aspects of trauma for effective healing.



## **What Happened to You? – Bruce D. Perry & Oprah Winfrey**

In this collaboration, Bruce D. Perry and Oprah Winfrey discuss the impact of early trauma on our lives. They shift the conversation from asking "What's wrong with you?" to "What happened to you?" to foster understanding and healing.



## **Waking the Tiger – Peter A. Levine**

Peter A. Levine introduces a new approach to healing trauma by understanding the body's instinctual responses. He suggests that by tapping into these natural processes, individuals can resolve traumatic experiences and their lingering effects.

YOU ARE ENOUGH

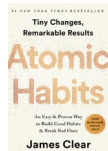


# Audiobooks



## **The Gifts of Imperfection – Brené Brown**

A compassionate guide to letting go of who you think you're supposed to be and embracing who you are—with courage, compassion, and connection at the heart of true self-worth.



## **Atomic Habits – James Clear**

Small changes make a big impact. This practical blueprint shows how to build good habits, break bad ones, and master the tiny behaviors that lead to remarkable results.



## **This Book Is Gay – Juno Dawson**

A frank, funny, and inclusive book covering sex, relationships, and identity, with a strong emphasis on mental health and self-acceptance.

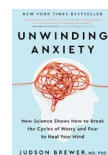


## **Maybe You Should Talk to Someone – Lori Gottlieb**

A witty and raw memoir-meets-therapy-session following a therapist whose life falls apart—only to find healing through her own journey as a patient.

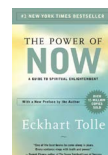
“COURAGE STARTS WITH SHOWING UP  
AND LETTING OURSELVES BE SEEN.”

– Brené Brown



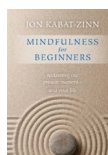
## **Unwinding Anxiety – Judson Brewer**

A neuroscientist unpacks the hidden loops of anxiety and shows how awareness and curiosity can break the cycle—for good.



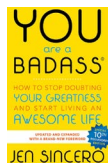
## **“The Power of Now” – Eckhart Tolle**

An awakening to the peace and stillness found in the present moment. A spiritual classic that shows how presence dissolves suffering and brings deep fulfillment.



## **Mindfulness for Beginners – Jon Kabat-Zinn**

A gentle introduction to living with awareness, presence, and peace—from the founder of MBSR (Mindfulness-Based Stress Reduction).



## **You Are a Badass – Jen Sincero**

Bold, funny, and real—this motivational guide lights a fire under your potential, helping you ditch self-doubt and start living a kick-ass life.



# Websites

## **Death Over Dinner — [deathoverdinner.org](https://deathoverdinner.org)**

Encourages meaningful conversations about death by hosting dinners to reduce the stigma around end-of-life discussions.

## **Alcoholics Anonymous — [aa.org](https://aa.org)**

A global fellowship helping individuals recover from alcoholism through the 12-step program.

## **SMART Recovery — [smartrecovery.org](https://smartrecovery.org)**

A science-based addiction recovery program focused on self-empowerment and behavioral change.

## **International OCD Foundation — [iocdf.org](https://iocdf.org)**

Supports people with OCD and related disorders through research, education, and advocacy.

## **Center for Workplace Mental Health — [workplacementalhealth.org](https://workplacementalhealth.org)**

Provides tools to help employers improve mental health support in the workplace.

## **American Psychological Association — [apa.org](https://apa.org)**

A leading authority in psychology, offering research, guidelines, and mental health resources.

## **The Project HEAL — [theprojectheal.org](https://theprojectheal.org)**

Provides equitable access to eating disorder treatment, especially for under-served communities.

## **National Eating Disorders Association — [nationaleatingdisorders.org](https://nationaleatingdisorders.org)**

Offers support, resources, and advocacy for those affected by eating disorders.

## **Rock Recovery — [rockrecovered.org](https://rockrecovered.org)**

Combines therapy, community, and faith to help individuals heal from eating disorders.

## **Backline — [backline.care](https://backline.care)**

Connects music industry professionals and their families to mental health and wellness services.

## **The Trevor Project — [thetrevorproject.org](https://thetrevorproject.org)**

The leading national organization providing crisis intervention and suicide prevention services to LGBTQ+ youth. It offers 24/7 support.

### **DID YOU KNOW?**

Humming or singing stimulates the vagus nerve and brings a soothing rhythm to the body



# Websites

**Porter's Call — [porterscall.com](https://porterscall.com)**

Offers emotional and mental health support specifically for recording artists.

**The Washington Tattoo — [thewashingtontattoo.com](https://thewashingtontattoo.com)**

Combines music, military tradition, and culture to promote mental health awareness for veterans and first responders.

**Experience Camps — [experiencecamps.org](https://experiencecamps.org)**

Provides free, one-week grief camps for children who have experienced the death of a parent, sibling, or primary caregiver.

**Fountain House — [fountainhouse.org](https://fountainhouse.org)**

Supports people living with serious mental illness through community-based programs and advocacy.

**More Too Life — [moretoolife.org](https://moretoolife.org)**

Focuses on preventing human trafficking and sexual violence through education and advocacy.

**Project Sanctuary — [projectsanctuary.us](https://projectsanctuary.us)**

Offers therapeutic retreats and support services for military families to help them heal and thrive.

**Stop Soldier Suicide — [stopsoldiersuicide.org](https://stopsoldiersuicide.org)**

Provides personalized care and support to veterans and service members to prevent suicide.

**Step Up For Mental Health — [stepupformentalhealth.org](https://stepupformentalhealth.org)**

Aims to educate and support families dealing with mental health issues through peer support, assistance programs, and advocacy.

**The Hidden Opponent — [thehiddenopponent.org](https://thehiddenopponent.org)**

Advocates for mental health awareness among student-athletes, offering resources and a community to address the stigma in sports culture.

**Kids Mental Health Foundation — [kidsmentalhealthfoundation.org](https://kidsmentalhealthfoundation.org)**

Focuses on improving the mental health of children through education, resources, and support for families.

**JACK Mental Health Advocacy — [jacmha.org](https://jacmha.org)**

JACK was created to change the way those living with obsessive compulsive disorder (OCD) and anxiety and their families navigate the challenges of mental illness, fight stigma, and obtain quality education, support, and treatment.





# Hotlines

## 988 Suicide & Crisis Lifeline

Call 988

Free, 24/7 confidential support for people in emotional distress or suicidal crisis.

## National Suicide Prevention Lifeline

Call 1-800-273-TALK (8255)

The original Lifeline number, still active, offering support for suicidal thoughts and mental health crises.

## Crisis Text Line

Text HOME to 741741

24/7 free and confidential support via text from trained crisis counselors.

## Substance Abuse and Mental Health Services Administration National Helpline (SAMHSA)

Call 1-800-662-HELP (4357)

24/7 confidential treatment referral and information service for mental health and substance use issues.

## National Eating Disorders Association

(NEDA) Helpline

Call 1-800-931-2237

Offers support, resources, and treatment options for individuals affected by eating disorders.

## Trans Lifeline

(877) 565-8860

Provides trans peer support. Run by and for trans people.

## National Grief Support Hotline

Call 1-800-395-5755

Compassionate support for individuals coping with the loss of a loved one.

## Hospice Foundation of America Grief Support

Call 1-855-860-3464

Offers resources and emotional support for those experiencing grief and loss related to end-of-life care.

Sometimes, just knowing someone is there to listen can be the turning point. Mental health hotlines are proof that even

**A SINGLE CONVERSATION  
CAN SAVE A LIFE.**



# Videos

## “I Had a Black Dog, His Name Was Depression” – World Health Organization

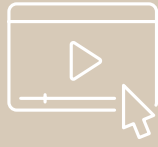
This animated video by the World Health Organization uses the metaphor of a black dog to depict the experience of living with depression, making it relatable and accessible.

## TED Talk: “There’s No Shame in Taking Care of Your Mental Health”

In this compelling TED Talk, Sangu Delle discusses confronting societal stigmas and personal biases about mental health, emphasizing the importance of seeking help.

## “Hiding in Plain Sight: Youth Mental Illness” – PBS

A documentary that follows the lives of over 20 young Americans dealing with mental health issues, shedding light on their struggles and resilience.



# Videos

## **“Any Given Day” – PBS**

This film explores the lives of three individuals with mental illness navigating life after incarceration, highlighting the intersection of mental health and the criminal justice system.

## **“In Between” – F.Learning Studio**

An animated short that delves into the emotional turmoil of anxiety and self-doubt, offering a visual representation of internal struggles.

## **“Overcoming Bad Inner Voices” – F.Learning Studio**

This video addresses the concept of negative self-talk and provides strategies to combat these detrimental thoughts.

## **“The Last Knit” – F.Learning Studio**

An allegorical animation that portrays the dangers of obsession and the importance of balance in life.

## **TED Talk: The Power of Vulnerability**

This TEDx Houston talk by researcher and storyteller Brené Brown, explores the essential role of vulnerability in human connection and personal growth.

## **Coursera: The Science of Well-Being - Yale University**

Free online course offered by Yale University through Coursera, taught by Professor Laurie Santos. Based on her popular Yale class “Psychology and the Good Life,” the course explores evidence-based strategies to enhance personal happiness and well-being.

## **TED Talk: Why You Should Define Your Fears Instead Of Your Goals**

In his TED Talk, Tim Ferriss shares a “fear-setting” technique to manage tough decisions. He explains that defining your fears reduces anxiety and leads to better choices. Facing fears, not just setting goals, brings clarity and courage.



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STILL YOU RISE.

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# Support Groups & Online Communities

**GriefShare**

**GriefShare – [griefshare.org](http://griefshare.org)**

Offers local and virtual grief support groups to help individuals navigate the loss of a loved one.



**Modern Loss – [modernloss.com](http://modernloss.com)**

An online community fostering candid conversations and content about grief, offering support through storytelling.



**The Compassionate Friends – [compassionatefriends.org](http://compassionatefriends.org)**

Provides support to families who have experienced the death of a child, sibling, or grandchild.



**Survivors of Suicide Loss – [afsp.org](http://afsp.org)**

Support groups and resources for those grieving the loss of someone to suicide, hosted by the American Foundation for Suicide Prevention.



**Mental Health America (MHA) – [inspire.com/groups/mental-health-america](http://inspire.com/groups/mental-health-america)**

An online support community where people can share experiences, ask questions, and connect around mental health topics.



**The Mighty – [themighty.com](http://themighty.com)**

A digital health community where people with mental health conditions (and other health challenges) share stories, advice, and encouragement.



**DailyStrength – [dailystrength.org](http://dailystrength.org)**

Offers online support groups for a wide range of mental health conditions, including anxiety, depression, and PTSD.



**NAMI Discussion Groups (National Alliance on Mental Illness) – [nami.org](http://nami.org)**

Provides moderated online forums for people with mental illness and their loved ones to share experiences and find support.



**Trevor Space**

TrevorSpace is a free, affirming online community for LGBTQ+ young people aged 13 to 24, designed to help them connect, find peer support, and explore their identities in a safe, moderated environment.



**Mental Health Month**

Founded by Golden Globe-winning actor, musician, and philanthropist Kevin Bacon on the principle that everyone is in need of connection, SixDegrees.org is a 501(c)(3) that has been harnessing good since 2007. SixDegrees.org supports impactful initiatives to sustain and enrich local communities and amplify the work of grassroots nonprofits. Our work centers around four core pillars: youth empowerment, equality and justice, building sustainable living environments, and emerging crises.

SixDegrees.org is committed to listening to and prioritizing the lived experiences of commonly marginalized communities. Mental health affects everyone, but support, access, and resources vary widely. That's why we created #IGETIT: a national movement to flood social feeds with resources, amplify voices across the sector, and shine a spotlight on both the growing demand for support and the ongoing work to break down stigma.

*SixDegrees.org has curated this guide in partnership with a variety of organizations in the mental health sector as a community resource. SixDegrees.org does not provide mental healthcare. Individuals in crisis or in need of intervention should call the 988 lifeline.*