

BUILDING MENTAL WELL-BEING IN TODAY'S PERFORMERS

Mental Health Resources

Warning Signs of Mental Health Distress

- Having trouble functioning properly in daily life.
- Feeling very sad, withdrawn, or unmotivated (for more than two weeks).
- Overwhelming fear with a racing heart or fast breathing.
- Always feeling worried, stressed out, and anxious.
- Extreme difficulty in concentrating or staying still.
- Having sudden and frequent outbursts of intense anger or distress.
- Socially withdrawing and isolating more and more.
- Feeling disconnected or detached.
- Feeling worthless and extremely guilty almost all the time.
- Experiencing extreme and intense mood swings.
- Drastic changes in your personality, thoughts, hygiene, and behavior.
- Noticing drastic changes in appetite and weight.
- Having trouble sleeping—either sleeping too much or too little.
- Frequently having suicidal or self-harming thoughts.
- Out-of-control or risk-taking behaviors including excessive use of drugs or alcohol.

Mental Health Resources

NAMI Mental Health College Guide

<https://collegeguide.nami.org/>

Helpful Mindfulness and Mental Health Apps

[Insight Timer](#)

[Smiling Mind](#)

[Healthy Minds Program](#)

[Ten Percent Happier](#)

[Headspace](#)

[The Mindfulness App](#)

[Calm](#)

[Welzen](#)

Finding a Mental Health Provider

The National Council for Behavioral Health

<https://www.thenationalcouncil.org/providers/?region=>

Search for organizations that are committed to providing mental health services to anyone in the community who needs it regardless of their ability to pay.

Practical strategies for performing at the top of your game when it really counts!

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Substance Abuse and Mental Health Services Administration

<https://www.samhsa.gov/find-help>.

SAMHSA provides information on mental health services and treatment centers through an online service locator. You can search by your location, whether or not they provide services for youth, payment options (private insurance, cash, or something else), languages spoken, etc.

Therapist Directories

<https://www.choosingtherapy.com/>

<https://www.psychologytoday.com/us/therapists>

Mental Health Crisis Resources

National Suicide Prevention Lifeline

1-800-273-TALK (1-800-273-8255)

This is a crisis hotline that can help with many issues, not just suicide. For example, anyone who feels sad, hopeless, or suicidal; family and friends who are concerned about a loved one; or anyone interested in mental health treatment referrals can call the Lifeline. Callers are connected with a professional nearby who will talk with them about what they are feeling or concerns for other family and friends. Call the toll-free Lifeline, 24 hours/day, 7 days/week.

Crisis Text Line

Text "MHFA" to 741741

Available 24/7, 365 days a year, helps people with mental health challenges by connecting callers with trained crisis volunteers who will provide confidential advice, support, and referrals if needed.

Lifeline Crisis Chat www.crisischat.org

Visit www.crisischat.org to chat online with crisis centers around the United States.

The Trevor Project

Call 866-488-7386 or Text "START" to 678678

<https://www.thetrevorproject.org>

Trained counselors available 24/7 to support youth who are in crisis, feeling suicidal, or in need of a safe and judgment free place to talk. Specializing in supporting the LGBTQI+ community.

Substance Abuse and Mental Health Services Administration's (SAMHSA) Disaster Distress Helpline

Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

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