



MENTAL HEALTH RESOURCES LIST

Immediate Crisis Resources

- **National Suicide Prevention Helpline** 800-273-TALK (8255) **(For Spanish Speakers:1-800-628-9454. The crisis centers have over 150 languages available)**
www.suicidepreventionlifeline.org
- **Montgomery County Crisis Center** 240-777-4000
1301 Piccard Dr., Rockville, MD 20850 **(Has Spanish speaking staff & can get other interpretation services)**
Mobile Crisis Team (MCT) provides emergency crisis evaluations for individuals who are experiencing a mental health crisis. Full crisis assessments and treatment referrals are provided for all crises, both psychiatric and situational. In addition, the program has four crisis beds as an alternative to hospitalization for those who are uninsured or are insured within the public mental health system. For in-person services, proof of residency and a photo-ID are needed.
- 24/7 **Crisis Text Lines** Text 'START' to 741-741
- 24/7 **Everymind Organization Montgomery County Hotline**
301-738-2255 (Call or text)
- **Love is Respect:** Visit www.loveisrespect.org/, text "LOVEIS" to 22522, or call 1-866-331-9474 to talk with a peer advocate to prevent and end abusive relationships
- **National Eating Disorder Association:** Visit www.nationaleatingdisorders.org/ or call 1-800-931-2237

- **SAMHSA's National Helpline (English & Spanish Support):**
1-800-662-HELP (4357) - For individuals and family members facing mental and/or substance use disorder. Confidential, free, 24/7 support in English and Spanish.

Teletherapy/Therapy/Counseling

1.Center for Healthy Families (Multilingual staff)

Contact: Room 0142, School of Public Health, Building 255 University of Maryland College Park, MD 20742-7515 (301) 405-2273 chf@umd.edu
<https://www.thecenterforhealthyfamilies.com/>

Provides therapist services for mental health and relationship problems. There are multilingual staff present to accommodate patients. Fees are on a sliding scale basis determined by income. The fees range from \$15-\$70 per session. Payments can be made in cash, credit, or debit at the end of a session. Military families have a discount that is available to them. The first 6 therapy sessions are free. After the 6 initial sessions, sessions will then be \$20 per session. You must be 18 years or older for individual sessions and couples therapy. For family sessions, one legal guardian must be present. You must also not have any untreated severe mental health diagnosis. You also must not have had any suicidal ideation and/or attempts that resulted in hospitalization in the last 3 months. They also do not treat any psychotic disorders or autistic disorders. For couples therapy, there also must not be any current (or in the past 6 months) experiences with physical aggression that led to seeking medical care. For family therapy, there must not currently (or in the past 6 months) be any domestic violence occurring in the household. Individual Sessions occur Monday-Friday 9 am- 5 pm. Group and family sessions occur after 5 pm. Services offered include child therapy, play therapy, family counseling, premarital counseling, couple/marriage counseling, coping & adjustments, anger management, discernment counseling, group therapy, individual therapy, grief therapy, trauma therapy, and anxiety management. To start, call the Center for Healthy Families at (301)-405- 2273. Requests are then promptly sent to a therapist to set up an initial appointment. In addition, to answer any questions that you may have. New clients should respect a response within a week. You could also email at chf@umd.edu to set up an appointment. Make sure to include your phone number in the email, the type of service you are seeking, and best times to contact you for a phone intake. **DUE TO COVID-19, ALL SERVICES ARE CURRENTLY REMOTE**

2. Adult Behavioral Health Program: (Translation Services available & accepts those who are undocumented)

Contact: (240) -777-1770 **Location:** Mid County Health Center 11002 Viers Mill Road Wheaton, MD 20902 **Hours of Operation:** 8 am- 4pm

<https://www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=BHCS/BHCSAdultmentalhealth-p321.html>

The Adult Mental Health Program is an outpatient mental health program which provides services, including individual and group psychotherapy, office based case management, and psychiatric medication monitoring to low-income residents of Montgomery County who are experiencing serious mental illness and who are unable to access the public mental health system due to lack of public benefits or their immigration status or income. This program also serves individuals in special situations, such as those discharged from a psychiatric hospital or incarceration, those involved with other health and human service agencies, or those who have experienced treatment failures in the public mental health system. The goals of this program are to improve the mental health of clients and to assist them in increasing their adaptive functioning in the community. Most staff members are bilingual in either Spanish and English or Vietnamese and English. Translation services are available via the Language Line. No private insurances are accepted but the program does accept Maryland Medical Assistance, PAC, and Medicare. A sliding fee scale issued by the Maryland Department of Health and Mental Hygiene is used to determine fees; however, clients are not turned away due to inability to pay.

- Low-income Montgomery County residents over the age of 18 who are experiencing serious mental illness. Those with private insurance are not eligible. All referrals are through the Access to Behavioral Health Services program.

3. Everymind Organization (Low income, uninsured, & newly arrived Spanish or French speaking immigrants):

Contact: For adult counseling, contact Patricia Doherty CounselingServices@Every-Mind.org 301-424-0656 x518. For Friendly visitor, contact Amy Fier afier@Every-Mind.org 301-424-0656 x511 <https://www.every-mind.org/>

1. **Adult Counseling** Individual and family counseling is provided in a community based setting- to increase self-esteem, improve relationships with family and friends, and develop positive coping skills. Services are provided by Everymind's licensed, bilingual clinicians. Clients are low-income, uninsured, and newly arrived Spanish and French speaking immigrants living in Montgomery County, many who have

experienced trauma. In addition, services are available for individuals with Medicaid- to increase access to high quality mental health services for low-income adults

2. Friendly Visitor Friendly Visitor provides friendship & emotional support to older adults who are homebound, isolated, and lonely-to reduce feelings of loneliness and isolation, help individuals remain in the community, and maintain a safe-home environment. Clients are matched with trained volunteers who share similar interests and visits one hour per week to form friendships Clients must be 60+, live in Montgomery County, and be able to engage in conversation and remember their volunteer from week to week

4. Pro Bono Counseling Project (Offers services to those who speak Spanish. Also, offers interpretation services for other languages. No documentation required. So, supports those who are undocumented.)

Contact: (410)-825-1001 for a confidential phone interview

<https://probonocounseling.org/>

Free therapy in Maryland may be available if you are sad, grieving, stressed or want to make a change in your life. The Pro Bono Counseling Project assists families, couples and individuals. Services are available via teletherapy (video conferencing), and during the COVID-19 pandemic, telephone only therapy has been authorized in Maryland.

The Pro Bono Counseling Project's mission is to ensure that Marylanders with limited resources requesting mental health care are provided access to volunteer licensed mental health professionals and other necessary supportive services.

5. SMR Counseling Services

Contact: Burtonsville 240-389-1487 <https://www.smr-counselingservices.com/>

About Our Pro Bono Services

Pro Bono counseling is free service available to adults who are unemployed, uninsured, under insured, or unable to afford traditional counseling services. This may include individuals and couples that are struggling with situations such as unemployment, life changes, depression, anxiety, grief or marital issues. We will provide short term counseling (10 sessions or less) at no cost to the recipient. Your sessions will be provided by Master's Level students, Licensed Professional Counselor Interns, Social Work Interns, or Marriage and Family Therapy Interns supervised by Dr. Shauna Moore Reynolds, Ed.D., LCPC-S, LPC, ACS.

Pro Bono Services Eligibility Criteria*

- * Individuals and Couples
- * Uninsured/Underinsured
- * Unemployed
- * Unable to afford traditional counseling services
- * Commitment to Prompt Attendance
- * Commitment to fully participate in therapeutic interventions and homework

6. Community Clinic, Inc. (Interpretation services available. All services based on a sliding scale. You must have CCI as your primary care provider.)

Contact: (866)-877-7258

<https://cciweb.org/>

7 Locations in Montgomery County (Germantown, Gaithersburg, Silver Spring, Wheaton, Takoma Park)

2 Locations in Greenbelt

All Services are based on a sliding scale

Services: WIC provider, Medical, Dental, has Behavioral Health services but need to be referred from one of their primary care doctors

Bilingual Referral Specialists Available

Support Group Meetings:

1. The Montgomery County Federation of Families (Spanish included & No registration needed)

Contact: Madge Mosby 301-828-0222 or mmosby@mcfof.org . Montgomery County Federation of Families for Children's Mental Health 13321 New Hampshire Ave., Terrace B., Silver Spring MD 20910 <https://www.mcfof.org>

- **Tea Time with Parents** presents a "Relax & Unwind" hour every Tuesday from 5:30 PM to 6:30 PM. Zoom Link:
<https://us02web.zoom.us/j/87267259906?pwd=SGYzV1pqZUxvZjhoZmtDbVFDRmhkQT09> Meeting ID: 872 6725 9906; Passcode: 1234
- **Parent Talk** presents a "Lunch and Discussion" hour every Thursday from 12 Noon to 1 PM. Zoom Link:
<https://zoom.us/j/350322859?pwd=dElhTG1RcjVPY1IBdDZVMTNXejZHQT09> Meeting ID: 350 322 859; Passcode: 253238
- **Parent Connection** presents a great Parent-to-Parent support group every 2nd Saturday of the month from 10 AM to 12 Noon. Zoom Link:
<https://us02web.zoom.us/j/926372599?pwd=cIMvNEpkZ0xIMEp5RUZvTUVPVWxidz0> Meeting ID: 926 372 599; Passcode: 028229

https://e13e5e63-a019-40a5-8f69-98a73fc5bc2e.filesusr.com/ugd/948339_e609afa28dbe428eadbc657bfefe68c5.pdf -Spanish Flyer summary of zoom meetings

https://e13e5e63-a019-40a5-8f69-98a73fc5bc2e.filesusr.com/ugd/948339_e24757272ffa4a85b0f5a14385625d9a.pdf -English Flyer summary of zoom meetings

2. Livewell Foundation (All groups are FREE & CONFIDENTIAL. No insurance, diagnosis, or registration required)

Contact: <https://www.livewell-foundation.org/depressionsupport>

They are Offering free and confidential zoom support groups for depression. These sessions are typically 75 mins. They offer meetings for adults 19+ and separate meetings for teenagers 14-18

Adult Schedule:

Sundays 11 am: <https://us02web.zoom.us/j/84027876834>

Mondays 8 pm: <https://us02web.zoom.us/j/83742396648>

Tuesdays 7 pm: <https://us02web.zoom.us/j/89980271986>

These 75-minute support groups follow the standard LiveWell format: a brief introduction, a topic or [strategy](#)-related discussion, and a reflection. Learn new skills for reducing your own symptoms and relapses of depression, and for increasing wellbeing

Thursdays 7 pm (Recovery Support Group: Managing Depression & Other Concurrent issues): <https://us02web.zoom.us/j/86957381176> .

This 75-minute support group is dedicated to managing depression and its co-occurring mental health issues of substance use and/or anxiety. Each meeting begins with a "mental health check-up," followed by a relevant group discussion. Share weekly successes and challenges with supportive peers.

Teen Schedule (Registration required 15 minutes before meeting):

7 pm every wednesday. A short form needs to be completed about 15 mins before <https://www.livewell-foundation.org/lw-teens-consent-reg-form>. The questions that are asked are just name, email address, 2 emergency contacts w/ name & phone #, and then age). You will then be automatically entered into the zoom. This is a 60-70 minute meeting addressing depression and anxiety. It will start with introductions to the program, peers, and community guidelines. It will then move on to exploration of the specific strategy for that day and necessary terms. It will then move on to group discussion around a tailored activity and/or conversation prompt. Next, takeaways to implement are discussed. Finally, it will conclude with a short closing meditation.

3. LifeRing Secular Recovery (Meetings are open to all. Currently, translation services not available)

Contact: 1-800-811-4142 25125 Santa Clara St, E-359 Hayward, CA 94544

<https://lifering.org/online-meetings/>

LifeRing offers daily virtual support group meetings for those needing sobriety support. All meetings are conducted via zoom. There is also a 24 hour chat room available.

4. Al-Anon Family Groups Electronic Meetings (Spanish meetings are available. No registration required. Completely anonymous.)

Contact: 1-888-425-2666 for meeting information 1600 Corporate Landing Parkway Virginia Beach, VA 23454-5617 Email wso@al-anon.org

<https://al-anon.org/al-anon-meetings/electronic-meetings/>

They offer virtual meetings in English & Spanish. They also offer chat groups such as Whatsapp group support. Electronic meetings, like all Al-Anon meetings, offer help and hope to anyone who is affected by alcoholism in a family member or friend. Electronic Al-Anon meetings agree to abide by the spirit of the Twelve Traditions. Each Al-Anon member is responsible for keeping the meeting focused on Al-Anon recovery and discussion of Al-Anon related topics. Al-Anon will always be what we—its members—make it. Confidentiality and anonymity varies from platform to platform. It is the responsibility of the Al-Anon member to understand how to maintain personal anonymity when participating in an online Al-Anon meeting

5. **GriefShare (Meetings in other languages could be available)**

Contact: <https://www.griefshare.org/>

GriefShare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone. Find a GriefShare support group or event near you:

Thousands of GriefShare support groups meet weekly around the world. Visit or join a group at anytime. And attend as many meetings as you like. You Just enter your zip code and virtual meetings in your area will be shown.

6. **NAMI Support Group, Montgomery County (Pre-registration required. All information is kept safe and confidential. It is only used in the event of a mental health crisis)**

Contact: For Nami programs in Spanish, please visit <https://namimc.org/en-espanol/> or email Stephanie Del Cid at stephaniedelcid@namimc.org

<https://namimc.org/support-groups-in-spanish/>

- **Connection Recovery Support Group in Spanish**

1st & 3rd Thursdays

7:00 – 8:30 PM

New Dates TBD

- **Family Support Group in Spanish**

Every other Wednesday, *en Español*

7:00 – 8:30 PM

7. Nami Support Group, Santa Cruz County California (In Spanish)

Contact: NOELI PEREZ (831) 205-7074 noeli@namiscc.org

Grupo de Apoyo para Familiares de NAMI es un grupo libre, confidencial y seguro para ayudar a los familiares y seres queridos de personas que viven con una enfermedad mental.

Los grupos de apoyo de NAMI son únicos porque siguen un modelo estructurado, lo que garantiza que todos tengan la oportunidad de ser escuchados y obtener lo que necesitan.

- Gratis para los participantes
- Diseñado para seres queridos adultos de personas con problemas de salud mental.
- Dirigido por familiares de personas con problemas de salud mental.
- 60-90 minutos de duración y se reúne cada dos semanas
- No se respalda ninguna terapia o tratamiento médico específico.
- Confidencial

Lo que obtendrá

Al compartir sus experiencias en un entorno seguro, podrá ganar esperanza y desarrollar relaciones de apoyo. Este grupo permite que su voz sea escuchada y proporciona una oportunidad para que sus necesidades personales sean satisfechas. Fomenta la empatía, la discusión productiva y el sentido de comunidad. Se beneficiará de las experiencias de otros, descubrirá su fuerza interior y se potenciará compartiendo sus propias experiencias en un espacio no crítico.

Únase a nosotros cada martes a las 3:30 p.m. a través de Zoom.

Enlace para unirse: <https://zoom.us/j/138331612>

O puede llamar usando este número (no se requiere acceso a Internet): +1 669 900 9128

Cuando se le solicite, ingrese el ID de la reunión: 138 331 612

7. Maryland Coalition of Families- MARYLAND STATEWIDE GROUP-Online Support Group for Spanish-Speaking Families (In Spanish)

Contact: Cynthia Ariza 443-878-3113 cariza@mdcoalition.org

Join other parents and caregivers of children with mental and behavioral health challenges. We will support each other, share our experiences and learn about educational and community resources to help our families. Meets **Every Wednesday**, 5:00 – 7:00 pm. For more information and to receive the Zoom link, contact Cynthia Ariza 443-878-3113

¡El Poder de Compartir! Grupo de apoyo Para familias de habla hispana Grupo De Apoyo en Español

Venga y únase a otros padres y cuidadores de niños con problemas de salud mental y conductual. Nos uniremos y nos apoyaremos mutuamente con nuestra experiencia vivida, información educativa y recursos disponibles. ¡Este programa no tiene costo y todos son bienvenidos! Las familias de habla hispana de todo Maryland pueden asistir. Para más información y para recibir el enlace de Zoom, contáctese con Cynthia Ariza cariza@mdcoalition.org O al (443)878-3113

Quando: Horario: Todos los miércoles 5:00 – 7:00 pm Como Conectarse: Reunión de Zoom en línea* Costo Gratis * Zoom es una herramienta gratuita de video y conferencias telefónicas. Simplemente haga clic y únase desde su computadora, tableta o teléfono inteligente. Se recomienda descargar la aplicación gratuita Zoom, pero no es obligatorio.

8. Eating Recovery Center (Must Pre-register)

Contact: <https://www.eatingrecoverycenter.com/events/support-groups>. Call 1-866-414-3853 to talk to a masters-level clinician.

Offers support to those who have an eating disorder.

Center for Discovery Eating Disorder Treatment (Offers free groups in English & Spanish. It is Confidential. Just pre-register with Name and email for zoom link.)

Contact: <https://centerfordiscovery.com/groups/> 855-806-9961

Center for Discovery and Discovery Mood & Anxiety are proud to offer free online support groups for anyone who has been impacted by an eating disorder or mental health. We invite you to find the one that's right for you from the list below.

Join us online via our secure, HIPPA-compliant Zoom video conference platform. All you need is a mobile device or laptop computer and an internet connection. We respect your privacy – you may attend anonymously, if you wish. No RSVP required!

9. የኢትዮጵያዊያን እና የኢርትራዊያን ስቲዝም ማህበረሰብ - **Ethiopian Eritrean Special Needs Community (EESNC) (Amharic)**

Contact: <https://eesnc.org> Parent Organizer: Azeb Ataro Email: aaadere@gmail.com
Phone: (800) 403-7851 autismsupport@eesnc.org

Free APPs:

(Also, come in Spanish is noted in red)

Self Help & Therapy Skills Apps

1. Happify(Apple & Android) **En Español**
2. MoodMission (Apple & Android)
3. Woebot (Apple & Android)
4. PTSD Coach (Apple & Android)
5. Mindshift (Apple & Android)
6. SuperBetter (Apple & Android)
7. Self-help for Anxiety Management (Apple & Android)
8. MoodTools-Depression aid (Apple & Android)
9. Breakup Shakeup (Apple) **En Español**
10. Daylio (Apple & Android) **En Español**
11. Recovery Record (Apple & Android)
12. I Am Sober (Apple & Android) **En Español**
13. Loosid App: Addiction & Recovery Support (Apple & Android)
14. Wysa (Apple & Android)

Mindfulness/Meditation/ & Breathwork Apps

1. Healthy Minds Program (Apple & Android)
2. Stop Breathe, & Think app (Apple) **En Español**
3. Breathe2Relax (Apple & Android)

4. Bambú Meditación y Dormir (Android)
5. Headspace (Apple & Android)

En Español

Mood tracker, Journal & CBT

1. Moodnotes (Apple & Android)
2. CBT Thought Diary (Apple & Android)
3. Woebot (Apple & Android)

En Español

Professional & Peer Support Apps

1. notOK (ios & Google Play/free)
2. Solace (ios & Google Play/ free)
3. Lyf (ios & Google Play/free)
4. HearMe (ios & Google Play/free)
5. Chats For Life (ios & Google Play/free)
6. The Check In (ios & Google Play/free)

Worksheets/Guides:

1. **Mindfulness Meditation:**

English-<https://www.therapistaid.com/worksheets/how-to-practice-mindfulness-meditation.pdf>

Spanish-<https://www.therapistaid.com/worksheets/how-to-practice-mindfulness-meditation-spanish.pdf>

2. **Depression Information sheet:**

English- <https://www.therapistaid.com/worksheets/depression-info-sheet.pdf>

Spanish- <https://www.therapistaid.com/worksheets/depression-info-sheet-spanish.pdf>

3. **Supporting Someone With Depression:**

English-<https://www.therapistaid.com/worksheets/supporting-someone-with-depression.pdf>

Spanish-<https://www.therapistaid.com/worksheets/supporting-someone-with-depression-spanish.pdf>

4. **Coping skills for Depression:**

<https://www.therapistaid.com/worksheets/coping-skills-depression.pdf>

5. **Coping Skills for Anxiety**

English- <https://www.therapistaid.com/worksheets/coping-skills-anxiety.pdf>
Spanish- <https://www.therapistaid.com/worksheets/coping-skills-anxiety-spanish.pdf>

6. **Cognitive Distortions**

English- <https://www.therapistaid.com/worksheets/cognitive-distortions.pdf>
Spanish- <https://www.therapistaid.com/worksheets/cognitive-distortions-spanish.pdf>

7. **Relaxation Techniques**

English- <https://www.therapistaid.com/worksheets/relaxation-techniques.pdf>
Spanish- <https://www.therapistaid.com/worksheets/relaxation-techniques-spanish.pdf>

8. **Mindfulness Activities for Children**

English- <https://www.therapistaid.com/worksheets/mindfulness-for-children.pdf>
Spanish- <https://www.therapistaid.com/worksheets/mindfulness-for-children-spanish.pdf>

9. **54321 Grounding Technique:**

<https://www.therapistaid.com/worksheets/grounding-techniques.pdf>

10. **25 Journal Prompts for Self Discovery**

<https://mindremakeproject.org/wp-content/uploads/2021/01/25-Journal-Prompts-for-Self-Discovery-2.pdf>

11. **List of Hobbies**

<https://mindremakeproject.org/wp-content/uploads/2020/05/list-of-hobbies-final-1.pdf>

12. **Unconventional Coping Strategies**

<https://mindremakeproject.org/wp-content/uploads/2020/01/unconventional-coping-skills-final-version1.13.20-3.pdf>

13. **Daily Mood Tracker**

<https://mindremakeproject.org/wp-content/uploads/2021/01/Daily-Mood-Tracker-2.pdf>

14. **Managing Relapse Triggers**

<https://mindremakeproject.org/wp-content/uploads/2020/04/managing-relapse-triggers.pdf>

15. **Life Areas for Goal Development**

<https://mindremakeproject.org/wp-content/uploads/2020/08/life-areas-for-goal-development-3.pdf>

16. **Self-esteem**

<https://mindremakeproject.org/wp-content/uploads/2020/05/self-esteem-worksheet-2.pdf>

17. **Weekly Food Diary**
<https://mindremakeproject.org/wp-content/uploads/2021/01/Weekly-Food-Diary-1.pdf>
18. **Behavioral Activation for Depression**
<https://medicine.umich.edu/sites/default/files/content/downloads/Behavioral-Activation-for-Depression.pdf>
19. **COPING WITH ANXIETY AND PANIC ATTACKS: Some Cognitive-Behavioural Self-Help Strategies**
https://www4.ntu.ac.uk/student_services/document_uploads/107734.pdf
20. **Cognitive Skills for Anxiety**
<https://medicine.umich.edu/sites/default/files/content/downloads/Cognitive-Skills-for-Anxiety.pdf>
21. **Creating Your Personal Stress-Management Plan**
http://www.fosteringresilience.com/pdf/stress_management_plan.pdf
22. **Relaxation Skills for Anxiety**
<https://medicine.umich.edu/sites/default/files/content/downloads/Relaxation-Skills-for-Anxiety.pdf>
23. **Grief Recovery Pyramid**
<http://circle.adventist.org/download/GriefRecoveryPyramidHandout.pdf>
24. **Afirmaciones Positivas (In Spanish):**
[http://www.getselfhelp.co.uk/docs/translated/AfirmacionesPositivas\(PositiveAffirmations\).pdf](http://www.getselfhelp.co.uk/docs/translated/AfirmacionesPositivas(PositiveAffirmations).pdf)
25. **Tratar con las emociones negativas (In Spanish)**
[http://get.gg/docs/translated/Tratar-con-las-Emociones-Negativas\(DealingNegativeEmotions\).pdf](http://get.gg/docs/translated/Tratar-con-las-Emociones-Negativas(DealingNegativeEmotions).pdf)
26. **Auto-dialogo Positivo / Hoja Pensamientos para Afrontar (In Spanish)**
[http://www.getselfhelp.co.uk/docs/translated/DeclaracionesPositivas\(PositiveStatements\).pdf](http://www.getselfhelp.co.uk/docs/translated/DeclaracionesPositivas(PositiveStatements).pdf)

27. **STOPP (In Spanish)**

<http://www.getselfhelp.co.uk/docs/translated/STOPPsp.pdf>

28. **Hábitos de Pensamientos Inútiles (In Spanish)**

<http://www.getselfhelp.co.uk/docs/translated/HabitosdePensamientosInutilesSP.pdf>

29. **5 Aspectos (In Spanish)**

<http://www.getselfhelp.co.uk/docs/translated/5aspectosSp.pdf>

30. **Círculo Vicioso Y Alternativas (In Spanish)**

<http://www.getselfhelp.co.uk/docs/translated/CirculoViciosoyAlternativasSP.pdf>

31. **Las emociones y los pensamientos asociados, reacciones corporales y comportamientos resultantes (In Spanish)**

<http://www.getselfhelp.co.uk/docs/translated/EmocionPSC.pdf>

32. **12 Pasos Cuestionario (In Spanish)**

https://12step.org/docs/12pasos_questionario.pdf

33. **Las Etapas del Duelo (In Spanish)**

<https://www.therapistaid.com/worksheets/stages-of-grief-education-spanish.pdf>

Amharic Guides

1. የምግብ መታወክ ምንድን ነው? (What is an eating disorder?) Eating Disorders:

https://embracemantalhealth.org.au/sites/default/files/2019-04/Amharic_Eating.pdf

2. በመረበሽ የመታወክ በሽታ ማለት ምንድን ነው? (What is an anxiety disorder?)

https://embracemantalhealth.org.au/sites/default/files/2019-04/Amharic_Anxiety.pdf

3. ባይፖላር የስሜት መለዋወጥ ማለት ምን ማለት ነው? (What is Bipolar mood disorder?)

https://embracemantalhealth.org.au/sites/default/files/2019-04/Amharic_Bipolar.pdf

4. ቻላንጂንግ ቢሄቪዮር (የጸባይ ለስቶጋሪነት) (Challenging Behaviours)

https://embracemantalhealth.org.au/sites/default/files/2019-04/Amharic_Challenging.pdf

5. ዲፕራሲቭ ዲስዐርደር ማለት ምን ማለት ነው? (What is a depressive disorder?)

https://embracementalhealth.org.au/sites/default/files/2019-04/Amharic_Depressive.pdf

6. የAEምሮ ሕመም ምንድን ነው? (What is mental illness?)

https://embracementalhealth.org.au/sites/default/files/2019-04/Amharic_Mental.pdf

7. ተባባሪ የሆኑ ወላጆች Eና ቤተሰቦች፡ የልጆችና የወጣቶች የAEምሮ ጤንነትና ደህንነት (Supporting parents and families: the mental health and wellbeing of children and young people)

https://embracementalhealth.org.au/sites/default/files/2019-04/Amharic_Supporting.pdf

8. About Mental Health

<https://www.camh.ca/-/media/files/mi-index-other-languages/amharic-about-mental-health.pdf>

9. Asking For Help When Things are Not Right

<https://www.camh.ca/-/media/files/mi-index-other-languages/amharic-asking-for-help.pdf>

10. Understanding Addiction

<https://www.camh.ca/-/media/files/mi-index-other-languages/amharic-understanding-addiction.pdf>

11. Coping with Stress

<https://www.camh.ca/-/media/files/mi-index-other-languages/amharic-coping-with-stress.pdf>

12. Depression or Anxiety During or After Pregnancy

https://www.health.state.mn.us/docs/people/womeninfants/pmad/pmad_amh.pdf

Youtube Videos

Spanish

1. Momento de Atención Plena: El Uso Consciente del Celular

<https://www.youtube.com/watch?v=-s0x6oMGGFs>

2. Mentalidad Positiva

<https://www.youtube.com/watch?v=SJA9YVX9TiE>

3. Momento de Atención Plena: Respiración Consciente
<https://www.youtube.com/watch?v=YsqulsY417U>
4. Momento de Atención Plena: El Estrés es Natural
<https://www.youtube.com/watch?v=1mOMWCS814w>
5. Momento de Atención Plena: Fuerza de Carácter y la Atención Plena
<https://www.youtube.com/watch?v=wlsOg7HMzyl>
6. Depresión/Depression - Spanish psychoeducational video
<https://www.youtube.com/watch?v=JbwqzUGR1o8>
7. Ansiedad/Anxiety - Spanish psychoeducational video
<https://www.youtube.com/watch?v=v64bYjYx19k>
8. Self-Care Strategies (Spanish w/ captions)
<https://www.youtube.com/watch?v=RUnlxHUMucg>

Amharic

1. የአእምሮቻችን እንዴት መንከባከብ እንደሚችሉ | Managing Depression and Anxiety_COVID-19
<https://www.youtube.com/watch?v=JC-86FZhyzw>
2. Tips to Cope with Stress | ጭንቀትን ለመቋቋም የሚጠቅሙ መላዎች | Ethiopian Psychology
<https://www.youtube.com/watch?v=QQ6wYOf7UFY>
3. ቀላል የአተነፋፊስ ልምምድ |Breathing Exercise Guide in Amharic |Stress & Anxiety Relief| Ethiopian Motivation
<https://www.youtube.com/watch?v=MNfFt3H8A60>
4. Mindfulness Meditation in Amharic የማስተዋል ጥበብ በጥምና አማርኛ (How to NOT worry about unnecessary things)
https://www.youtube.com/watch?v=S-00gh_-xvM
5. ሚድቲጽን (Meditation In Amharic) ወይም ጥምና ምንድን ነው?ከጭንቀት ያወጣናል ምንስ ትርጉም አለው? How to become stress free
<https://www.youtube.com/watch?v=JplaJRudmBM>
6. FULL BODY STRETCH 15 MINS YOGA// IN AMHARIC
<https://www.youtube.com/watch?v=8gP8oxqMna0>

Cartoons

1. You are not your thoughts
<https://www.youtube.com/watch?v=0QXmmP4psbA>

2. Everyday mindfulness
<https://www.youtube.com/watch?v=QTsUEOUaWpY>
3. How Mindfulness Empowers Us: An Animation Narrated by Sharon Salzberg
<https://www.youtube.com/watch?v=vzKryaN44ss>
4. Meditation 101: A Beginner's Guide
<https://www.youtube.com/watch?v=o-kMJBWk9E0>
5. How to Calm Your Worries and Sleep Better: A Scientist's Tips for Falling Asleep More Quickly
<https://www.youtube.com/watch?v=FulTaDhEtDY>
6. Self Compassion
<https://www.youtube.com/watch?v=-kfUE41-JFw>
7. Why You Are Not a Loser
<https://www.youtube.com/watch?v=2aNhD6owCn0>
8. How To Deal With Loneliness
<https://www.youtube.com/watch?v=TWNL7ECIClo>
9. Daily Routine To Fight Off Depression
<https://www.youtube.com/watch?v=Y9A5wuTtblw>

For Kids

1. Fight Flight Freeze – A Guide to Anxiety for Kids
https://www.youtube.com/watch?v=FfSbWc3O_5M
2. Managing Worry & Anxiety For Kids
<https://www.youtube.com/watch?v=l7g8Atv27Q8>
3. Stress Management Tips For Kids and Teens!
<https://www.youtube.com/watch?v=3Nf2Pzcketg>
4. Belly Breathing: Mindfulness For Children
<https://www.youtube.com/watch?v=RiMb2Bw4Ae8>

5. Rainbow Relaxation: Mindfulness For Children
<https://www.youtube.com/watch?v=IlbBI-BT9c4>
6. Bubble Bounce! Mindfulness for Children (Mindful Looking)
<https://www.youtube.com/watch?v=UEuFi9PxKuo>
7. Anxiety and depression in kids: Healthy Head to Toe
<https://www.youtube.com/watch?v=dZgMvyRkaI4>
8. Children's Mental Health Week: Express Yourself (KS1)
<https://www.youtube.com/watch?v=YaBjzFx2Kro>

Videos for Teens

1. How We Cope With Anxiety | MTV's Teen Code
<https://www.youtube.com/watch?v=0qnYXCLk5bQ&pbjreload=101>
2. Self Care in Middle School
<https://www.youtube.com/watch?v=KSXXYH4pWfs>
3. Y2Y Teens Discuss Stress, Anxiety and Mental Health
<https://www.youtube.com/watch?v=BgZhHxUwIU>
4. Teen Anxiety
<https://www.youtube.com/watch?v=sBH4HnuNTTY>
5. Overcoming Anxiety | Jonas Kolker | TEDxTheMastersSchool
<https://www.youtube.com/watch?v=A1anXJhVamc>
6. Overcoming Social Anxiety | Marielle Cornes | TEDxYouth@MBJH
https://www.youtube.com/watch?v=YqM-17lw_2k
7. A to Z of coping strategies
<https://www.youtube.com/watch?v=5EXpkVw3fh0>
8. 10 Easy Self Care Tips for Depression
<https://www.youtube.com/watch?v=5lf1LFZ1CQA>
9. Mental Health 101 for Teens
https://www.youtube.com/watch?v=Fps7_GQ-Z4U

10. A Self-Care Action Plan

<https://www.youtube.com/watch?v=w0iVTQS8ftg>

11. Quick Self-Care Tips for Middle & High School Students - 2020 (Actionable!)

<https://www.youtube.com/watch?v=fJKNSi1z2tA>

12. Navigating Teen Life: Stress Management

<https://www.youtube.com/watch?v=wmz84pBmLJs>

13. Self-Care in High School

<https://www.youtube.com/watch?v=gEHPTjMv4F0>

Mental Health Websites

1. <https://adaa.org/find-help/support/community-resources>
2. <https://www.nationaleatingdisorders.org/>
3. <https://findtreatment.gov/>
4. <https://mhanational.org/>
5. <https://www.safehorizon.org/hotlines>
6. <https://eatingdisordersanonymous.org/>
7. <https://www.eatingrecoverycenter.com/events/support-groups>
8. <https://www.nationaleatingdisorders.org/free-low-cost-support>
9. <https://centerfordiscovery.com/groups/>

Youth Specific Online Resources

1. <https://www.girlshealth.gov/feelings/index.html>
2. <https://teenshealth.org/en/teens/your-mind/>
3. <https://teenmentalhealth.org/>
4. <http://strengthofus.org/>
5. <http://mindfulnessforteens.com/>
6. <https://www.halfocus.com/>
7. <https://teenhealthandwellness.com/static/hotlines>