

Tools

Self-Care / Resilience		
Mental Health Benefits of Exercise	https://www.therapistaid.com/worksheets/mental-health-exercise-benefits.pdf	Worksheet
How to Practice Mindfulness	https://www.therapistaid.com/worksheets/how-to-practice-mindfulness-meditation.pdf	Worksheet
Mindfulness Exercises	https://www.therapistaid.com/worksheets/mindfulness-exercises.pdf	Info Sheet
Building New Habits	https://www.therapistaid.com/worksheets/building-new-habits.pdf	Info Sheet
Breathe2relax App	https://apps.apple.com/us/app/breathe2relax/id425720246 https://play.google.com/store/apps/details?id=org.t2health.breathe2relax&hl=en	App
Happify App	https://apps.apple.com/us/app/happify-for-stress-worry/id730601963 https://play.google.com/store/apps/details?id=com.happify.happifyinc&hl=en	App
Practice Mindfulness	https://youtu.be/bLpChrgS0AY	Informational video
Positive Self-Talk	https://youtu.be/71_NkXgAK1g	Informational video
Tips for Improving Mental Health	https://youtu.be/NQcYZpITXnQ	Informational video
Mental Health Vs Mental Illness		
B4Stage 4: Changing the Way We Think About Mental Health	https://www.mhanational.org/b4stage4-changing-way-we-think-about-mental-health	Informational /Interactive Website
Man Therapy	https://mantherapy.org/	Informational /Interactive Website
What's Up App	https://apps.apple.com/us/app/whats-up-a-mental-health-app/id968251160 https://play.google.com/store/apps/details?id=com.jacksonempra.apps.whatsup&hl=en	App
Tips for Improving Your Mental Health	https://youtu.be/NQcYZpITXnQ	Informational Video
Connection Between Mental & Physical Health	https://youtu.be/EKEWk4oWmjY	Informational Video

How to Help A Loved One with Mental Health	https://youtu.be/d0mFtYPJwhc	Informational Video
Heads Up – Mental Health in The Workplace	https://www.headsup.org.au/healthy-workplaces/for-employees	Informational /Interactive Website
Breaking Mental Health Myths	https://www.youtube.com/watch?v=021ZPGYeczU	Informational Video
Seize the Awkward – Talking About Mental Health	https://seizetheawkward.org/	Interactive Website
<u>Stigma</u>		
Stamp Out Stigma	https://www.stampoutstigma.com/resources/	Informational /Interactive Website
Guilt and Stigma - Learning to Forgive Myself	https://youtu.be/Uqz-aCs3VMA	Informational Video
Cure Stigma Resources & Quiz	https://www.nami.org/Get-Involved/Awareness-Events/Awareness-Resources/Cure-Stigma-Resources	Informational /Interactive Website
What Is Stigma?	https://makeitok.org/#!/whatIsStigma	Informational /Interactive Website
Stress		
Stress Exploration	https://www.therapistaid.com/worksheets/stress-exploration.pdf	Worksheet
Fight or Flight Response	https://www.therapistaid.com/worksheets/fight-or-flight.pdf	Info Sheet
Symptoms of Stress	https://www.therapistaid.com/worksheets/symptoms-of-stress.pdf	Info Sheet
Guided Meditation in Times of Stress	https://youtu.be/lx73CLl0Mo0	Informational Video
Stress Management	https://www.helpguide.org/articles/stress/stress-management.htm	Informational Article - Tips
APA - Stress	https://www.apa.org/topics/stress	Informational /Interactive Website
CDC Stress	https://www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html	Informational Article - Tips

Depression Vs Anxiety		
Supporting Someone with Depression	https://www.therapistaid.com/worksheets/supporting-someone-with-depression.pdf	Info Sheet
The Cycle of Depression	https://www.therapistaid.com/worksheets/cycle-of-depression.pdf	Info Sheet
What Is Depression?	https://www.therapistaid.com/worksheets/depression-info-sheet.pdf	Info Sheet
What Is Depression? (Video)	https://www.therapistaid.com/therapy-video/what-is-depression	Info Sheet
Major Depressive Disorder: Mood Symptoms	https://youtu.be/gRVDon8uo1g	Informational Video
What Is Anxiety?	https://www.youtube.com/watch?v=BVJkf8luRjE	Informational Video
Panic Attacks – Know the Signs	https://www.youtube.com/watch?v=16XD6zP_d8M	Informational Video
Coping Skills - Anxiety	https://www.therapistaid.com/worksheets/coping-skills-anxiety.pdf	Info Sheet
Coping with Anxiety Worksheet	https://www.therapistaid.com/worksheets/introduction-to-anxiety.pdf	Worksheet
The Cycle of Anxiety	https://www.therapistaid.com/worksheets/cycle-of-anxiety.pdf	Info Sheet
What Is Anxiety	https://www.therapistaid.com/worksheets/what-is-anxiety.pdf	Info Sheet
Alcohol & Substance Use		
Quit That! – Habit Tracker	https://apps.apple.com/us/app/quit-that-track-how-long/id909400800	App
Samhsa's National Helpline	https://www.samhsa.gov/find-help/national-helpline	Helpline
Nida Drug Addiction Resources	https://www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/resources	Helplines
Building New Habits	https://www.therapistaid.com/worksheets/building-new-habits.pdf	Info Sheet
10 Tips for Avoiding Relapse	https://www.therapistaid.com/therapy-article/10-tips-for-avoiding-relapse	Info Sheet

Treatment for Substance Use Disorders	https://www.youtube.com/watch?v=aTS5OW85Og4&feature=youtu.be	Informational Video
Substance Use Disorder	https://www.youtube.com/watch?v=Hgn7MjMfkk&feature=youtu.be	Informational Video
Drinking or Using More Than Intended	https://www.youtube.com/watch?v=SeMPxhfykN0&feature=youtu.be	Informational Video
Opioids		
What Are Opioids	https://youtu.be/XAMKmUd7zsc	Informational Video
Signs of Opioid Use Disorder	https://youtu.be/9nt7Ng_eLLU	Informational Video
Caring for Your Pain - You Have Options	https://youtu.be/hYwXPMvOmul	Informational Video
Treatment Options for Opioid Use Disorder	https://youtu.be/A65X5wXekyg	Informational Video
Responsible Use of Opioids	https://youtu.be/Qm_6G4o3en4	Informational Video
Prescription Opioids Drug Facts	https://www.drugabuse.gov/publications/drugfacts/prescription-opioids	Informational Website
What Are Opioids and Why Are They Dangerous	https://www.mayoclinic.org/diseases-conditions/prescription-drug-abuse/expert-answers/what-are-opioids/faq-20381270	Informational Website
Time2act Missouri	https://time2actmissouri.com/resource-links	Informational and Interactive Website
Awareness Of My Own Mental Health		
Mental Health Screening	https://www.mhanational.org/b4stage4-get-screened	Tools
Building Self-Awareness Activities	https://positivepsychology.com/building-self-awareness-activities/	Tools
Man Therapy 20-Point Head Inspection	https://mantherapy.org/head-inspection/question	Tools

Is It Time for A Mental Health Checkup?	https://www.webmd.com/mental-health/features/time-mental-health-checkup#1	Informational Website
How to Look After Your Mental Health	https://www.mentalhealth.org.uk/publications/how-to-mental-health	Informational Website
How to Get Help		
Treatment, Services, & Supports	https://dmh.mo.gov/alcohol-drug/help#FindTreatment	Informational Website
How to Ask for Help	https://youtu.be/9FbBwehUp5Q	Informational Video
Inpatient Behavioral Health Professionals: Who They Are and How They Help	https://youtu.be/0p9689Wp5CM	Informational Video
Outpatient Behavioral Health Professionals: Who They Are and How They Help	https://youtu.be/Y-YUsgA8eas	Informational Video
How to Talk About Mental Health	https://youtu.be/yjqfJutZU8U	Informational Video
Helping A Workmate	https://www.headsup.org.au/supporting-others/helping-a-workmate	Informational /Interactive Website
Suicide		
National Suicide Prevention Lifeline	https://suicidepreventionlifeline.org/	Informational /Interactive Website
My 3 – Suicide Crisis App	https://my3app.org/	app
I am Alive – Online Suicide Support	https://www.imalive.org/	Interactive Website
7 Cups – Online Emotional Support	https://www.7cups.com/	Interactive Website

Suicide Warning Signs	https://www.therapistaid.com/worksheets/suicide-warning-signs.pdf	Info Sheet
How to Start (And Continue!) A Conversation About Mental Health	https://afsp.org/story/how-to-start-and-continue-a-conversation-about-mental-health-a-realconvo-guide-fr	Informational /Interactive Website
How to Start the Conversation About Suicide	https://www.nami.org/Blogs/NAMI-Blog/September-2019/How-to-Ask-Someone-About-Suicide	Informational Website
Fatigue		
Burnout Prevention and Treatment	https://www.helpguide.org/articles/stress/burnout-prevention-and-recovery.htm	Informational Website
How to Treat and Prevent Mental Exhaustion	https://www.healthline.com/health/mental-exhaustion	Informational Website
What Is Fatigue?	https://www.ccohs.ca/oshanswers/psychosocial/fatigue.html	Informational Website
Better Health – Fatigue	https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/fatigue	Informational Website
Wellbeing Resources for Burnout	https://www.psychiatry.org/psychiatrists/practice/well-being-and-burnout/well-being-resources	Informational /Interactive Website
Bullying		
Bullying in Construction – What Workers Say	https://www.exakttime.com/blog/what-construction-workers-say-about-bullying/	Informational Website
Your Mental Health	https://www.headsup.org.au/your-mental-health/bullying-information-for-employees	Informational /Interactive Website
Bullying and Harassment in Construction	https://www.worksafebc.com/en/resources/health-safety/videos/bullying-and-harassment-in-construction/bullying-and-harassment-in-construction-its-personal?lang=en	Informational Video
Builders, Not Bullies	https://www.worksafebc.com/en/resources/health-safety/videos/bullying-and-harassment-in-construction/builders-not-bullies?lang=en	Informational Video

It is Personal: A Video Discussion Guide on Bullying and Harassment in Construction	https://www.worksafebc.com/en/resources/health-safety/books-guides/its-personal-video-discussion-guide?lang=en	Informational Guide / Videos
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