

Mental Health Awareness Month Resources

MAY 2024

Rooted in compassion, guided by community.

May is Mental Health Awareness Month

May is Mental Health Awareness Month and at NYS TINRC, we want to share different resources that can help you take care of your mental health.

Self-Care

New York State System of Care Provider Wellness Training Series

This series helps human services agencies take care of their staff's health. Each video talks about how employees can stay healthy and strong. Along with the videos, the reference guide has questions and activities based on the videos. The series is adapted from The New York State Trauma-Informed Network and Resource Center's training, which teaches about stress and trauma's effects on health.

- [Understanding the Impact of Human Service Work \(Video 1\)](#)
- [Compassion Resilience Factors \(Video 2\)](#)
- [Cultural Responsiveness and Self-Awareness \(Video 3\)](#)
- [Promoting Compassion Resilience \(Video 4\)](#)
- [Reference Guide](#)

Breath-Body-Mind™ Practice Sessions

Explore breathing, relaxation, and gentle movement techniques during our Breath-Body-Mind™ practice sessions.

You can join these virtual sessions from work, at home, or any comfortable location. They help reduce stress, give your body a chance to reset, and better prepare you for whatever your day may bring.

Register today! [https://ccsi.swoogo.com/Traumainformedny-BBM-Practice-Sessions](https://ccsi swoogo.com/Traumainformedny-BBM-Practice-Sessions)

Breath-Body-Mind™ practice sessions are available to all New Yorkers free of charge, thanks to the NYS Office of Mental Health.

[Self-Care at Your Desk](#) – An infographic with nine coping strategies and/or skills for self-care that require no special equipment or training and very little time out of your day.

[Self-Care Tips for Frontline Workers](#) - An infographic with self-care tips for frontline workers.

[Stress Busters Video Series](#) - Video series that presents evidence-based interventions that can help reduce stress, improve health, and build resilience.

[Breathing Exercise Videos](#) - 1–2-minute breathing exercise videos.

[5 Ways to Center Yourself](#) - An infographic with quick tips to center yourself.

[21-Day Activism Self-Care Challenge](#) - Resources and tracking tool for a self-paced self-care plan for activists and advocates.

Parents, Youth, and Children

[Staying Resilient While Trying to Save the World: A fanzine for activists and volunteers](#) - A downloadable fanzine from Amnesty International and created by youth advocates and activists.

[Stress Management for Students](#) – A 2-page handout with stress management tips for students.

[A Parent's Self-Care and Self-Reflection Guide](#)– This 2-page guide offers a general approach for parents and caregivers to help reflect on their own stress levels/responses and create a plan to cope with and manage stress.

[Social Media and Mental Health](#) - Resources from NAMI on how social media can affect youth mental health.

[77 Children's Books About Mental Health](#) - Books for children up to age 12, from picture books to chapter books, categorized by topic.

[Just Checking In](#) – This 1-page handout includes tips that can help you have a supportive conversation, including different ways to start a conversation about mental wellness and different ways to respond to someone who is struggling.

[Online Grief Circles](#) - Virtual, hour-long sessions for grief support in community. Non-clinical and open to all.

[How Toxic Stress Affects Us, and What We Can Do About It](#) -Video on the effects of toxic stress and how to cope.

[Strength Over Silence: Stories of Courage, Culture, and Community](#) – Stories from people with lived experiences sharing their resiliency and recovery and the importance of the mental health movement.

Mental Health, Community Health & Climate Change

[How To Help Teens Overcome Anxiety About Climate Change](#) – Article on the impact of climate change and anxiety in teens and how compassion-based interventions can help.

[Mental Health & Climate Change – Let's Talk About It](#) - Video on how climate change can affect our mental health and ways to prevent burnout from it.

[Tips to Cope with Climate Anxiety](#) – Article on climate anxiety and helpful tips to ease your mind while helping the Earth.

[4 Ways to Improve Community Mental Health](#) - A resource explaining different ways to improve community health and actionable steps.

[Being More Intentional with our Mental Health](#) – Webinar on how to practice healthy mind habits on a regular basis.

Resource Guides & Toolkits

[Trauma Responsive Support and Resources for Asylum Seekers, Refugees, and Migrants in New York State](#) - Resources for service providers assisting individuals in migration.

[Capacitar Emergency Kits](#) - These are downloadable handouts for self and community care practices in emergencies or extremely stressful situations. Available in multiple languages.

[Field Guide for Barefoot Psychology](#) – A resource for community mental health designed specifically for folks experiencing trauma from violent conflict and displacement.

[Fireweed Collective](#) - “Fireweed Collective offers mental health education and mutual aid through a Healing Justice lens.” They have multiple resources, webinars, and toolkits available for free or low cost