

Mental Health Resources

Use this guide as a directory to find mental health resources—including self-screening tools, how to communicate about mental health and guidance on connecting with mental health professionals.

General Mental Health Information & Support

- [Mental Health 101](#)
- [Finding a Mental Health Professional](#)

For Public Health & Health Professionals

- [Why Mental Health is a Public Health Issue](#)
- [Support for Public Health Workers and Health Professionals](#)
- [Compassion Fatigue or Empathy Burnout : Which Is It?](#)
- [Health Care Professionals](#)

Self-Screening Tests

- [Take a Mental Health Test](#)
- [Finding What Helps: How Are You Feeling These Days?](#)

COVID-19 & Mental Health

- [Protecting Your Mental Health During the Coronavirus Pandemic](#)
- [Coping with Grief and Loss During The COVID-19 Pandemic](#)

For Youth

- [Youth Mental Health Test](#)
- [Mental Health Resource Center](#)
- [Mental Health Literacy](#)
- [Q Chat Space: Online Chats for LGBTQ+ Youth](#)

For Employers & Employees

For Employers:

- [5 Ways to Improve Employee Mental Health](#)
- [Offering Benefits that Matter](#)
- [How Can Leadership Normalize The Conversation Around Mental Health?](#)
- [Workplace Mental Health Playbook](#)
- [Conversation Guide for Managers](#)

For Employees:

- [Mental Health in the Workplace](#)
- [Learn How to Manage Your Workplace Stress](#)
- [Mental Health Resources for Employees](#)

For Parents & Caregivers

Parents' and Caregivers' Mental Health:

- [Mental Health Resources for Caregivers](#)
- [Caring for Yourself and Your Family Member](#)
- [Mental Health Resources for Parents](#)
- [Mom's Mental Health Matters: Moms-To-Be and Moms](#)
- [Mental Health and the New Father](#)

Providing Care and Support:

- [Children and Mental Health: Is This Just a Stage?](#)
- [Early Childhood Mental Health](#)
- [How to Help Children and Teens Manage Their Stress](#)
- [28 Mental Health Games, Activities & Worksheets](#)

Need to talk to someone now?

If you need suicide or mental health-related crisis support, or are worried about someone else, please call or text [1-800-273-8255](tel:1-800-273-8255) or visit the [National Suicide Prevention Lifeline's](#) chat to connect with a trained crisis counselor. *Starting July 16, 2022: Dial 988 to reach the *Suicide and Crisis Lifeline*

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 publichealthcollaborative.org