

N B L S A 5 7

MENTAL HEALTH
Resource Guide



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Self-Assessment Tools

These online screening tools are not designed to diagnose mental health disorders – only physicians and mental health professionals can do that. While they do not replace professional evaluation, they may offer insight. You are encouraged to share your results with your healthcare provider.

Anxiety Self Assessment Screening Tools

[Mental Health America - Anxiety Test](#)

[Anxiety self-test](#)

Depression Self-Assessment Screening Tools

[Depression Assessment Tool | Kaiser Permanente](#)

[Mental Health America - Depression Test](#)

[Depression self-test](#)

Stress Self Assessments

[Perceived Stress Scale](#)

[Mental Health America - Stress Screener](#)

Eating Concerns

[National Eating Disorders Association | Eating Disorders Screening Tool](#)

Substance Use

[A Tool to Evaluate the Signs of Substance Abuse](#)

Managing Anxiety, Depression, and Stress

worksheets

[Creating a Safety Plan](#)

[Daily Self-Love Worksheet](#)

[Emotions Wheel](#)

[Everything is Awful and I'm Not Okay: Questions to Ask](#)

[Before Giving Up](#)

[Gratitude List Worksheet](#)

[How To Have The Conversation](#)

[Mental Health Benefits Of Movement](#)

[Navigating Anxiety Worksheet](#)

[Suicide Prevention: Protective And Risk Factors](#)

[Tips For When Anxiety Feels Too Big To Manage](#)

[What Are You Feeling Worksheet](#)

in-the-moment stress practices

[1-minute Breath Work](#)

[5-4-3-2-1 Grounding Technique](#)

[Rainbow Walk Grounding Technique](#)

Resting Well

[Sleep Diary](#)

[American Academy of Sleep Medicine | Bedtime Calculator](#)

Substance Use

[Tips if You're Sober Curious | Worksheet](#)

[Managing Cravings Guide](#)

[Questions To Ask About Medications | Worksheet](#)

Body Image

[Approach Guide - Binge Eating: Breaking the Cycle](#)

[Approach Guide - Navigating Social Media](#)

[Free Recovery Mentorship](#)

[Free Virtual Support Group | National Alliance for Eating Disorders](#)

[Free Eating Disorder Peer Support Groups | National Association of Anorexia Nervosa and Associated Disorders](#)

Imposter Syndrome

[Imposter Syndrome Worksheet: Making the Case for Yourself](#)

[What is imposter syndrome and how can you combat it? | Ted Talk](#)

[Podcast: On Imposter Syndrome, Dare to Lead with Brené Brown](#)

[Imposter Syndrome? 8 tactics to combat the anxiety | American Bar Association](#)

[Replacing Negative Self-Talk | Worksheet](#)

[Podcast | Imposter syndrome and self-doubt by psychologist Dr. Jessamy Hibberd](#)

[Why Capable People Suffer from the Imposter Syndrome and How to Thrive in Spite of It](#)

[Imposter Syndrome - BBC podcast, presented by Afua Hirsch](#)

[Track and Measure Success](#)

[Reverse the Rabbit Hole](#)

Healthy Coping Mechanisms

[Practicing Self-Care Activity](#)

[Self-Care Check-In](#)

[Taking Care Of Me Daily Worksheet](#)

[Coloring Pages](#)

Navigating Relationships

[Visualizing Your Boundaries](#)

[How to Set Boundaries - Saying No | Worksheet](#)

[Identifying Healthy and Unhealthy Friendships | Worksheet](#)

[Choosing Conversations to Have | Worksheet](#)

[The Personal Boundary Continuum - a Self-Reflection Tool](#)

[Dealing with Boundary Violations](#)

Grief

[The Grieving Process: Coping with Death](#)

[Coping with Grief or Loss | Guide for Navigating the Grieving Process](#)

Therapy

therapy funds

[Loveland Therapy Fund](#)

therapy services & directories

[Directory of Lawyer Assistance Programs | American Bar Association](#)

[Black Virtual Wellness Directory | Black Emotional and Mental Health Collective](#)

[Therapy for Black Girls](#)

[Melanin and Mental Health](#)

[ANAD Eating Disorder's Treatment Directory](#)

[InnoPsych](#)

[Inclusive Therapists](#)

[Pride Counseling](#)

[QTPoC Mental Health Practitioner Directory](#)

[Association of Black Psychologists Therapist Directory](#)

[Black Mental Health Alliance](#)

[Black Emotional And Mental Health \(BEAM\) Virtual Therapist Network](#)

[Boris Lawrence Henson Foundation Resource Directory](#)

Crisis Support

identity-centered care

The Steve Fund text line: (for young people of Color)

Text STEVE to 741741

24/7

National Grad Crisis Line

(877) 472-3457

24/7

substance use disorders

Alcoholics Anonymous

Narcotics Anonymous

Substance Abuse and Mental Health Services Administration National Helpline

(800) 662-4357

24/7

general crisis

Crisis Text Line

Text HOME to 741741

24/7

The United Way 211 Line

800.233.HELP (4357) or 211.

24/7

Wildflower Alliance: 888.407.4515

Connect with a trained peer supporter who has their own first-hand experience with psychiatric diagnosis, trauma, addiction, and/or other interrupting challenges. This line does not collect personal information, perform assessments, or call crisis or the police.

Monday - Thursday, 7 pm - 9 pm ET

Friday - Sunday, 7 pm - 10 pm ET..

suicide hotlines

National Suicide and Crisis Lifeline

988

Chat online

24/7

National Suicide and Crisis Lifeline (options for deaf and hard of hearing)

For TTY Users: Use preferred relay service or dial 711 then 988

Chat online

24/7

The Trevor Project:

866-488-7386

The LGBT National Hotline:

888-843-4564

The TransLifeline:

888-843-4564

abuse

National Domestic Violence Hotline:

(800) 799-7233

24/7

National Deaf Domestic Violence Hotline

by video phone: 855.812.1001

via instant messenger: DeafHotline

by email: nationaldeafhotline@adwas.org

24/7

National Sexual Assault Hotline:

(800) 656-HOPE (4673)

24/7

Love is Respect Dating Abuse Hotline :

Call 1.866.331.9474
chat, or text "LOVEIS" to 22522.
24/7

1 in 6

Free, Weekly online support groups facilitated by a counselor for men who were sexually abused or assaulted.

eating concerns

ANAD | National Association of Anorexia Nervosa and Associated Disorders:

888.375.7767
Monday - Friday, 10 am - 9 pm ET.

National Alliance for Eating Disorders Helpline:

1 (866) 662-1235
Monday-Friday, 9am-7pm ET

Diabulimia Helpline:

1 (425) 985-3635
24/7

Media Resources

apps

[Aura](#)

[Calm](#)

[Happify](#)

[Headspace](#)

[Healthy Minds Program](#)

[The Hopeful \(Free\)](#)

[MindShift](#)

[The Safe Place](#)

[Talk Life](#)

podcasts

[Therapy for Black Girls](#)

[The Path to Law Student Well-Being Podcast Series](#)

5-minute reads

[The Dark Art of Pretending You Are Fine](#) by Darius Foroux

[The Great Unknown: 10 Tips for Dealing with the Stress of Uncertainty](#) from the American Psychological Association

books

How to Be Sort of Happy in Law School by Kathryne M. Young

The Introverted Lawyer: A Seven-Step Journey Toward Authentically Empowered Advocacy by Heidi K. Brown

The Law Student's Guide to Doing Well and Being Well by Shailini Jandial George

magazines

Ourselves Black