Mental Wellness Resources*

* The following resources have been created to accompany the May 18, 2021 COMTO Emerging Leaders Webinar: Mental Wellness During Challenging Times

Website: National Alliance on Mental Health
Link: https://www.nami.org/home
Link: https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions

Website: Substance Abuse and Mental Health Services Administration (SAMHSA)
Link: https://www.samhsa.gov/

Website: MindWise Innovations
Link: https://www.mindwise.org/behavioral-health/

Author: **Tatiana Garcia**
Podcast: Calmly Coping
Link for site: becalmwithtati.com

Author: **Andrea Bonior**
Book: Detox Your Thoughts and Psychology & Essential Thinkers, Classic Theories, and How They Inform Your World
Link for book: https://drandreabonior.com/books
Five steps to detoxing your thoughts: https://www.psychologytoday.com/us/blog/friendship-20/202005/5-steps-detoxing-your-thoughts

Author: **Valorie Burton**
Book: Where will you go from here?

Author: **Sarah Jakes Roberts**
Book: Don’t settle for safe
Link for book: https://sarahjakesroberts.com/dont-settle-for-safe

Author: **Ayodeji Awosika**
Book: Real help: An honest guide to self-improvement & You 2.0: Stop feeling stuck and reinvent yourself
Link for book: http://ayotheauthor.com/books/

Podcast Name: **The hardcore self-help podcast by Duff the Psych**
Link: https://www.duffthepsych.com/hsh-podcast/
Podcast: The Tony Robbins Podcast
Link: https://www.tonyrobbins.com/podcasts/

Podcast Name: Tiny leaps, big changes by Gregg Clunis
Link: https://greggclunis.com/tiny-leaps/