



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?

Link for book: https://www.amazon.com/Where-Will-You-Go-Here/dp/0307729761/ref=tmm_pap_swatch_0?encoding=UTF8&qid=&sr=

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/>