

Mental Health & Well-Being Toolkit



May 2024

This **Mental Health & Well-Being Toolkit** includes proprietary NFP resources as well as thoughtfully vetted external websites, apps, podcasts, and assessments designed to support your mental health and well-being.

While the terms are often used interchangeably, mental *health* and mental *well-being* are defined differently.

- **Mental Health** is the *clinical care* aspect – where licensed clinicians diagnose and treat behavioral health illness and conditions or significant traumas or life events.
 - 1 in 5 U.S. adults experience mental illness each year¹ such as anxiety, mood disorders, post-traumatic stress disorder (PTSD), substance use disorder (SUD), obsessive compulsive disorder (OCD), etc.
 - Support may look like: Clinical Therapy, Employee Assistance Program (EAP), Carrier Behavioral Health Programs, Teletherapy, Mental Health Trainings with Onsite Champions, Grief Support & Resources, Rx
- **Mental Well-Being** refers to the broader state of emotional well-being – building resiliency skills and habits to manage life's daily demands and complexities in a healthy, wise, and compassionate manner, leading to more full lives where one can thrive.
 - Mental well-being is important for *everyone with a brain* – 100% of the population.
 - Support may look like: Stress Management, Mindfulness, Compassion, Empathy, Emotional Intelligence (EQ), Growth Mindset, Resiliency, Working with Difficult Emotions

Mental Health + Mental Well-Being = Mental Thriving

Mental Thriving allows us to regulate our systems for joy, energy, focus, calm, clarity, resilience and connectedness.

¹NAMI. Mental Health by the Numbers. www.nami.org



NFP Resources

Mental Well-Being Training Center

The below landing page is regularly updated with our Wise & Well webinar details and follow-up materials and includes our annual well-being calendar.

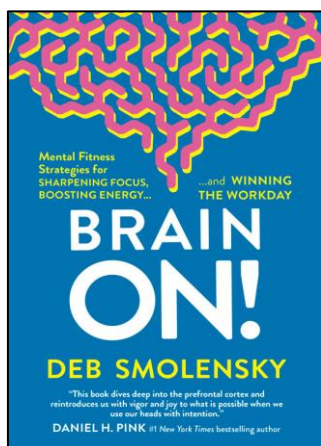
[Wise & Well Training Center](#)

Newsletter, Tips & Infographic

May's *Mental Health Awareness Month* Wise & Well [Newsletter](#), [Tips](#) and [Infographic](#)

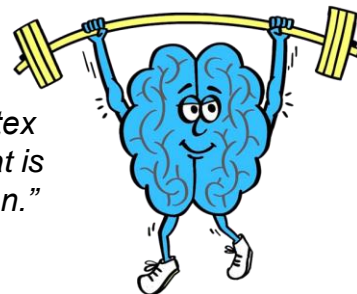
Brain ON! Book

Are you ready to rewire your mind to be more energized, alert, and resilient each workday? [Brain ON!](#)*, by Deb Smolensky, New York Times bestselling author and Well-Being and Engagement Practice Leader at NFP, details mental fitness strategies to help us navigate our dynamic and uncertain world and help us work smarter so we can enhance our workdays.



"This book dives deep into the prefrontal cortex and reintroduces us with vigor and joy to what is possible when we use our heads with intention."

- DANIEL H. PINK, #1 *New York Times* bestselling author



May 2024



* Cost associated with purchase of book.

Website Resources

- Substance Abuse and Mental Health Administration (SAMHSA)
 - www.samhsa.gov or www.samhsa.gov/find-help
- American Foundation for Suicide Prevention (AFSP)
 - <https://afsp.org> (See the “Get Help” tab for specific guidance)
- Centers for Disease Control and Prevention (CDC)
 - www.cdc.gov/mentalhealth or www.cdc.gov/suicide
- National Institute of Mental Health (NIMH)
 - www.nimh.nih.gov or www.nimh.nih.gov/health
- 988 Suicide & Crisis Lifeline
 - <https://988lifeline.org> or call 988 for immediate support
- Crisis Text Line
 - www.crisistextline.org or text HOME to 741741 for immediate support
- Veteran’s Crisis Line – Chat, Call or Text
 - www.veteranscrisisline.net or dial 988, then press 1 or text 838255
- Mental Health America (MHA)
 - www.mhanational.org (See the GET HELP tab for specific guidance)
- National Alliance on Mental Illness (NAMI)
 - www.nami.org or www.nami.org/support-education/support-groups
- Mental Health First Aid
 - www.mentalhealthfirstaid.org/mental-health-resources or www.mentalhealthfirstaid.org

Apps, Assessments & Podcasts

Mental Well-Being Apps



<https://howwefeel.org/>



<https://wiseatwork.com/>



INSIGHT
TIMER

<https://insighttimer.com/>

healthyminds
innovations®

<https://hminnovations.org/>



*

<https://www.calm.com/>



<https://www.totalbrain.com/>

Mental Health Apps



*

<https://www.headspace.com/>



*

www.talkspace.com

Assessments

- [Support & Education | NAMI: National Alliance on Mental Illness](#)
- [Checkup from the Neck Up - Mental Health Test – Mental Health America \(mhanational.org\)](#)
- [The Hopeful – TWLOHA](#)
- [Learn Your Character Strengths | VIA Institute](#)
- [Grit Scale - Passion & Perseverance](#)
- [Brain Health Assessment](#)

Podcasts

- [Huberman Lab, Mental Health Toolkit: Tools To Bolster Your Mood & Mental Health](#)
- [The Verywell Mind](#)
- [CLEANING UP YOUR MENTAL MESS With Dr. Caroline Leaf](#)
- [The Trauma Therapist](#)
- [The Happiness Lab with Dr. Laurie Santos](#)
- [Between Sessions](#)
- [The Brain Warrior's Way](#)
- [Mental - The Podcast to Destigmatise Mental Health](#)

May 2024



* In-app purchases may apply for some apps