

MENTAL HEALTH GUIDE

Get quick access to mental health topics designed to increase awareness, decrease stigma and provide helpful resources!

1. Overview
2. Diagnoses
3. Take a Screening
4. Helping Yourself and Others
5. Having Conversations
6. Personal Stories
7. Resources and Support
8. Learn More
9. Books and More



NAME:

1. Check out the Mental Health Guide

@ <https://libguides.tri-c.edu/MentalHealth>. Look at the different tabs until you find something of interest. Then, click on the tab(s) and interact with the information!

**This is a publicly accessible link, so share away!!! Only accessing books requires a login.*

2. Please answer the following:

a. Which tab(s) did you investigate?

b. What are TWO specific interesting facts that you learned about? (*note where you found the information*)

1.

2.

c. What are TWO specific helpful resources you learned about? (*could be an organization, hotline, helpline, etc.*)

1.

2.

d. What could be added AND / OR removed from the guide to improve it?

e. What are your overall thoughts about the Mental Health Guide?

f. Any other comments are welcomed!