

RESOURCE PAGE

Living with mental illness or living with someone with mental illness may sometimes leave you feeling hopeless and alone. Often, you may not know what's wrong or you may even feel like you've done something wrong. Even when you do understand what's happening, you may find it hard to talk about what you're going through with friends and family. The stigma associated with having a mental illness often makes it hard to talk openly about your feelings and experiences. We want you to know that help is available. Below is our ever growing discovery of available local and national resources. Please contact M3 if you have a resource you believe should be added to this list.

Crisis Hotlines

[The National Suicide Prevention Lifeline](#) provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. Call the Lifeline number at **1-800-273-8255** or connect via chat on their [website](#).

[First Link](#) assists people to identify, access, and make effective use of community and volunteer resources 24 hours a day. Call to find the resources you need.

The Trevor Project: Crisis Intervention and Suicide Prevention for Lesbian, Gay, Bisexual, Transgender and questioning Youth: 1-800-488-7386

National Youth Crisis Hotline: (800)-442-HOPE (4673).

Organizations / Websites

Solutions Behavioral Healthcare Professionals is a non-profit agency serving the mental health needs of Minnesota and North Dakota communities. Call 218-287-4338.

The mission of The Village Family Service Center is to strengthen individuals we serve through regional community behavioral health services. This includes counseling for depression, anxiety and other mental health concerns. Call 1-800-627-8220

Lakeland Mental Health Center has been providing mental health services in Clay County since 1974. For information call (218) 233-7524.

Clay County Children's Mental Health Local Advisory Council (LAC)
<https://claycountymn.gov/1212/Childrens-Local-Advisory-Council>

1 and 4 Project: This Chicago-based organization works to overcome the shame associated with mental health in sports by providing programs and workshops focused on self-advocacy, nutrition and more to athletes, their parents and the sports community. <https://www.1in4project.org/>

Athletes Against Anxiety and Depression Foundation: The AAAD provides resources for those coping with mental issues to foster a community where everyone feels comfortable and unashamed to share their stories. <https://www.aaadf.org/>

Athletes for Hope: This organization educates and connects athletes to charities around the world. It also provides athletes with suggestions on how to take action on mental health. <https://www.athletesforhope.org/2019/05/mental-health-and-athletes/>

Association for Applied Sports Psychology: The AASP's membership includes sport psychology consultants and professionals. Its site connects athletes, coaches and parents with information to help with the psychological component that affects performance. <https://appliedsportpsych.org/>

BelivePerform: This organization is a source of content on performance psychology. The website focuses on well-being and mental health for the sports community and provides free articles and videos on a broad range of topics for athletes of all levels. It also offers paid membership to access courses and training programs. <https://beliveperform.com/>

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. OK2TALK is an online community set-up by NAMI where teens and young adults struggling with mental health can find a safe place to talk about what they are experience. Visit OK2talk.org – anyone can participate. NAMI's national website, NAMI.ORG is an invaluable resource for information, breaking news, advocacy, and support.

NIMH, The National Institute of Mental Health, is the lead federal agency for research on mental disorders. <http://www.nimh.nih.gov/>

MHA, Mental Health America, is the nation's leading community-based non-profit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all. <https://www.mhanational.org/>

[Mental Health Help](#) is a leading provider of both residential and outpatient addiction treatment resources

Articles

Five Mindset Hacks That Will Make You a Better Hockey Player (almost overnight)
<https://builtforhockey.com/5-mindset-hacks-for-hockey-players/>

Jack.Org is Canada's only charity training and empowering young leaders to revolutionize mental health. On the website are Jack Talks which are mental health presentations delivered by young people to young people. Trained and certified youth speakers use the power of personal stories and mental health education to inspire, engage, educate, and equip young people to look out for themselves and their peers.
<https://jack.org/Talks>

NHL: The Hockey Talks mental health awareness initiative began in 2013. This year, all 7 Canadian NHL Teams and 8 US Teams will host a Hockey Talks mental health awareness night to encourage conversation, share mental health resource information, and reduce the stigma.
<https://www.nhl.com/canucks/community/hockey-talks>

LA Times: Mental Health No Longer Dirty Words in the Macho World of NHL:
<https://www.latimes.com/sports/story/2020-05-22/mental-health-no-longer-dirty-words-in-macho-world-of-nhl>

Mental Illness in Hockey (book recommendations contained in article):
<https://www.suicideinfo.ca/resource/mental-illness-hockey/>

Five Mental Health Articles by Hockey Players:
<https://www.opennetfoundation.org/5-mental-health-articles-by-hockey-players/>

Tyler Motte Inspires Others: https://www.espn.com/nhl/story/_/id/30002878/not-alone-tyler-motte-hopes-inspire-others-discuss-their-mental-health

The Benefits of Running and Exercise on Mental Health
<https://believeperform.com/the-benefits-of-running-and-exercise-on-mental-health/>

Screenings

Confidential Depression Screening: [Confidential Depression Screening](#)

Mental Health Screening for Youth: <https://screening.mhanational.org/screening-tools/youth>

Videos / Webinars

You Tube Video: Sesame Street: Abby and Emmy Rossum Stay Focused! [Link to Video](#)

True Focus: Goalie Training: [NHL Video Goalie Training on Focus](#)

Managing Stress in Sports: Quieting the Mind and the Body: This is a webinar that explores how to cope when a sport is becoming a stressor.

<https://adaa.org/webinar/consumer/managing-stress-sports-quieting-mind-and-body>

Youth Video: What is Mental Health? <https://www.youtube.com/watch?v=G0zJGDokyWQ>

Break the Stigma: <https://www.youtube.com/watch?v=49mfPFTZsHs>

Teen Health: Mental Health <https://www.youtube.com/watch?v=1i9OktVsTWO>

Podcasts

Mental Illness Happy Hour: Host Paul Gilmartin hopes to change this with his lauded podcast, “Mental Illness Happy Hour.” Gilmartin interviews a variety of noted figures and celebrities about their experiences with mental illness or trauma. Gilmartin’s interviews run the gamut from tackling the link between sexual assault and PTSD with successful attorneys to uncovering how being raised by a parent with alcohol addiction can affect you in many invisible ways. **Apple Podcast rating**: 5.0 stars (more than 4,900 ratings)

The Happiness Lab: Dr. Laurie Santos of Yale University hopes to show you that your own happiness is in your control in even the smallest ways using findings from cutting edge scientific research on the link between human behavior and emotions. It’s no accident that Dr. Santos’ course “Psychology and the Good Life” is one of Yale’s most popular. Her main ambition is to help make you a little bit happier by teaching you to take ownership of how your mind works, and how your behavior can be your first line of defense against negativity. **Apple Podcast rating**: 5.0 stars (more than 4,200 ratings)