

6. Resources #1

Hey there, thanks for tuning in again! First, I would like to wish you all a happy new year! Cheers to making a lot of lemonade together with silver--lining in 2022!

[intro sound]

I want to start the year acknowledging that it is important not only to believe in one's own work, but also to uplift and support other sources of support. Thus, today, I will give you the first part of a list of important, effective mental health relief sources that may interest and perhaps help you in addition to listening to this podcast, based on the site spur.org, which I greatly recommend. Here we go.

General websites (mental health):

- Mental Health First Aid Resources: Mental Health First Aid provides guidelines on what constitutes best practice first aid, as informed by expert consensus.

<https://mhfa.com.au/mental-health-first-aid-guidelines>

- Online Counseling and Mental Health Resources: A range of online resources including blog, education Resources (including for children and teens), and tool-kits.

<https://onlinecounselingprograms.com/resources/>

- 7 Cups: 7 Cups provides online therapy & counselling. <https://www.7cups.com/>

- IMALive: IMALive is a free, confidential and secure online chat service that provides live help to people in crisis. <https://www.imalive.org/>

- Headspace: Headspace is meditation made simple. Learn online, when you want, wherever you are, in just 10 minutes a day. <https://www.headspace.com/>

- Thinkladder: Thinkladder is an app that complements your wellness routine with personalised insights. <https://www.thinkladder.com>

In general, if you or someone else is in acute danger, please contact your local emergency services immediately; these resources are meant for long-term relief. If you feel there is an especially important resource you would like to have featured on the silver--lining, reach out through our website and we will make sure to forward its work. Please also feel free to use our online contact form if you would like to share what is bothering you with us. We will put you in contact with appropriate resources tailored to your needs, for free, at any time.

Thank you so much for listening today. In 2022, I want to remind you: You are never alone. For one, we at silver--lining are always here for you.

[outro sound]