**IF YOU ARE STRUGGLING:**

[National Suicide Prevention Hotline:](https://suicidepreventionlifeline.org/) Available 24/7 without judgment: [1-800-273-8255](tel:1-800-273-8255)

[Crisis Text Line:](https://www.crisistextline.org/) Text home to 741741 for free, 24/7 support in the United States

[My Wellbeing](https://www.mywellbeing.us/): a resource to help connect you with therapists (available right now only on the east coast, unfortunately)

[Psychology Today:](https://www.psychologytoday.com/us/therapists) a resource to help connect you with therapists

**IF YOU ARE NEW TO THE CONVERSATION** — these won’t make you an expert, but they’ll help you enter and encourage the conversation or learn something.

[All Kinds of Minds](https://www.ted.com/playlists/9/all_kinds_of_minds) (A TedTalk series on Mental Health)

[Deconstructing Stigma: A Change in Thought Can Change a Life](https://www.mcleanhospital.org/deconstructing-stigma) (a photography exhibit in Boston that invites viewers to walk in the shoes of those with mental illness in the hope of reducing stigmas and confronting stereotypes)

[Depression, the Secret We Share](https://www.ted.com/talks/andrew_solomon_depression_the_secret_we_share) (TedTalk by Andrew Solomon)

[*Furiously Happy: A Funny Book About Horrible Things*](http://thebloggess.com/furiously-happy/) by Jenny Lawson (in fact: Jenny Lawson’s [two](http://thebloggess.com/lets-pretend-this-never-happened-a-mostly-true-memoir/) [other](http://thebloggess.com/you-are-here-2/) books also come recommended, if you end up liking her work!)

[*@howiamfeelingg*](https://www.instagram.com/howamifeelingg/) – an Instagram account and mental health community that publishes original writing and artwork from people experiencing mental illness or struggles

[“The Lie We Tell Ourselves About Mental Health”](http://modernloss.com/mothers-suicide/) by Kelly Matthews (in fact: I would recommend spending time on the website [modernloss.com](http://modernloss.com/) in general)

[It’s Okay to Laugh (Crying is Cool Too)](https://www.harpercollins.com/9780062419385/its-okay-to-laugh) by Minnesota’s beloved Nora McInerny Purmort

[The Man Who Couldn’t Stop: OCD and the True Story of a Life Lost in Thought](https://www.barnesandnoble.com/w/the-man-who-couldnt-stop-david-adam/1118875989#/) by David Adam

[My Age of Anxiety: Fear, Hope, Dread and the Search for Peace of Mind](https://www.amazon.com/My-Age-Anxiety-Dread-Search/dp/0307269876) by Scott Stossel

[The Noonday Demon](http://andrewsolomon.com/books/the-noonday-demon/) by Andrew Solomon

[“Suicide is the Leading Cause of Death For New Moms But Awareness is Low](https://www.huffingtonpost.com/entry/the-conversation-about-postpartum-mental-health-cannot-afford-to-neglect-suicide_us_5adfaed1e4b07560f3966133?ncid=engmodushpmg00000004)” by Catherine Pearson

These [10 Podcasts on Mental Health](https://www.thelily.com/10-podcasts-about-mental-health/) (conveniently collected by [The Lily](https://www.thelily.com/) already)

These [10 New Books on Mental Illness to Read in 2018](https://www.bustle.com/p/10-new-books-about-mental-illness-to-read-in-2018-7923035) (conveniently collected by [Bustle](https://www.bustle.com/" \t "_blank)already)