



THE  
**PLAYBOOK**  
PRACTICE BETTER

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**RESOURCE PLAYBOOK**

# MENTAL HEALTH SUPPORT RESOURCES

**NO TWO PEOPLE ARE ALIKE – AND NEITHER ARE THEIR ISSUES.**

IF YOU SUSPECT THAT YOU OR SOMEONE YOU KNOW IS EXPERIENCING MENTAL DISTRESS, IT'S ESSENTIAL TO KNOW THE SIGNS AND STEPS TO GET THE SUPPORT YOU NEED – FAST.

## WARNING SIGNS OF DISTRESS

**EXPERIENCING ONE OR MORE OF THE FOLLOWING FEELINGS OR BEHAVIORS COULD BE AN INDICATION OF AN EARLY WARNING SIGN OF A MENTAL HEALTH CONCERN:**

- Eating or sleeping too much or too little
- Withdrawal from people and usual activities
- Decreased motivation
- Having low or no energy
- Feeling helpless or hopeless
- “Snapping” at others
- Crying episodes
- Feeling unusually on edge, angry, confused, scared, or worried
- Smoking, drinking, or using drugs more than usual
- Thinking of harming yourself or others
- Having unexplained body aches or pains
- Working harder, but getting less done

## FIVE QUESTIONS TO ASK BEFORE STARTING THERAPY

1. Is your therapist a licensed mental health professional?  
Examples: Ph.D. (psychology), LPC, LCSW
2. Does your therapist accept insurance and/or offer a sliding payment scale?
3. What is your therapist's approach to therapy?
4. What are your therapist's specializations?
5. Does your therapist offer telemental health and/or virtual sessions?

### PRO TIP:

If one is not offered, ask for a free fifteen-minute phone consultation. This is not a session, but is an excellent opportunity to see if a therapist is a good fit for you.

# NATIONAL EMERGENCY & CRISIS RESOURCES

**EMERGENCY (FIRE/MEDICAL/POLICE)** 911

## CRISIS TEXT LINE

Texts answered by trained, supervised volunteer counselors within a few minutes of your texting; Text HOME to 741741 from anywhere in the USA, any time, about any type of crisis; If you are a person of color who would like to text with another person of color, text STEVE to 741741.

## RAPE, ABUSE & INCEST NATIONAL NETWORK (RAINN)

(800) 656-4673 (800-656-HOPE)

## NATIONAL SUICIDE & CRISIS LIFELINE

988

(800) 273-8255 ([800] 273-TALK)

# HOW TO FIND A CULTURALLY-RESPONSIVE THERAPIST

## PSYCHOLOGY TODAY

[psychologytoday.com/us/therapists/culturally-sensitive](https://psychologytoday.com/us/therapists/culturally-sensitive)

## THE NATIONAL QUEER AND TRANS THERAPISTS OF COLOR NETWORK

[nqttn.com](https://nqttn.com)

## THERAPY FOR BLACK GIRLS

[therapyforblackgirls.com](https://therapyforblackgirls.com)

## NATIONAL ALLIANCE ON MENTAL ILLNESS

(800) 950-6264 or [nami.org/help](https://nami.org/help)

## NATIONAL DOMESTIC VIOLENCE HOTLINE

(800) 799-7233 ([800] 799-SAFE);

(800) 787-3224 (TTY)

## THE TREVOR PROJECT

Crisis resources for LGBTQIA youth and young adults. (866) 488-7386 ([866] 4-U-Trevor)

## VETERANS CRISIS LINE

(800) 273-8255 and press "1"

## SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA)

1-800-985-5990 or

[samhsa.gov/find-help/disaster-distress-helpline](https://samhsa.gov/find-help/disaster-distress-helpline)

## THERAPY FOR BLACK MEN

[therapyforblackmen.org](https://therapyforblackmen.org)

## THERAPY FOR LATINX

[therapyforlatinx.com](https://therapyforlatinx.com)

## CULTURALLY DIVERSE THERAPISTS

[innopsych.com](https://innopsych.com)



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## ABOUT THE PLAYBOOK

Since 2018, The Playbook has helped organizations and top talent learn how to be effective, maximize performance — and win.

Traditional athletic performance solutions heavily focus on improving the skill development and physical health of athletes without recognizing the impact of mental health and overall wellbeing on performance.

The Playbook™, our award-winning platform, addresses gaps in performance enhancement by measuring stress, wellbeing, and bounce back (i.e. resilience) – providing athletes with data-driven insights to improve performance while giving their teams a competitive advantage.

## A FEW OF THE ORGANIZATIONS WE'VE HELPED:



## SUBSCRIBE TO THE HUDDLE NEWSLETTER

We want to help you in any way we can, and are committed to helping you win! Throughout each edition of The Huddle, we'll provide tips and tools to help you devise the game plan you need to navigate your unique path to success.

Scan the QR code or visit [playbookperformance.co/subscribe-thehuddle](https://playbookperformance.co/subscribe-thehuddle).



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