General Mental Health

- Guide to mental and emotional health: helpguide.org
- Woebot: woebot.io
- Daily text to help you thrive! shinetext.com
- Free guided meditations and ambient sounds: insighttimer.com
- 5-step grounding exercise: Grounding+Exercise
- 24/7 hotline for any issue: 1-800-448-3000 or text VOICE to 20121 or yourlifeyourvoice.org for chat and email options

The Pope school counseling office encourages maintaining a healthy balance through realistic academic goals, self-advocacy and practicing self-care. We understand that sometimes there is a stigma related to mental health and counseling services that can cause people to feel ashamed for something that is out of their control. Worst of all, stigma prevents people from seeking the help they need."

Here are some tips on how to fight the stigma of mental health in our community.

- Talk openly about mental health
- Educate yourself and others
- Be conscious of language
- Encourage equality between physical and mental illness
- Show compassion for those with mental illness
- Choose empowerment over shame
- Be honest about treatment
- Don't harbor self-stigma

For more on how to combat the mental health stigma, see - *National Alliance on Mental Illness* articles at: *https://www.nami.org/Blogs/NAMI-Blog/October-2017/9-Ways-to-Fight-Mental-Health-Stigma* and *https://www.nami.org/mentalhealthmonth*).