

Programs that attempt to reduce the incidence of specific types of mental health issues such as problem gambling, suicidal feelings, sexual addiction, shopping addiction or cluttering through a variety of educational interventions in situations where prevention is a realistic option. The programs help people understand the nature of the problem, the impact of the issue on the lives of individuals and families, the risk factors and warning signs, and sources of treatment and support that are available in the community.

Links

Mental Health Support: Find support for mental health, drugs or alcohol

Source

[Mental Health Support: Find support for mental health, drugs or alcohol](#)

Videos

S.T.A.Y. Tuned: Supporting Transition-Age Youth Podcast

S.T.A.Y. Tuned: Supporting Transition-Age Youth Podcast is a podcast for young adults, made by young adults, with mental health conditions. It's designed with the purpose of sharing useful information our research team has gained through studies of transition-age youth/young adults navigating school or work.

Source

[UMass Chan Medical School: Transitions to Adulthood Center for Research \(Transi...](#)

Links

Mental Health FIRST AID

Source

[Mental Health FIRST AID](#)

Article

Mental Health Brochures and Fact Sheets from NIMH

NIMH offers brochures and fact sheets on mental health disorders and related topics for patients and their families, health professionals, and the public.

Source

[National Institute of Mental Health](#)

Article

Commit to Connect: Combatting Social Isolation and Loneliness in All Communities

Connecting with other people is essential to our health and well-being.

Source

[Administration for Community Living](#)

Links

Commit to Connect: Combatting Social Isolation and Loneliness in All Communities

Source

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Article

Improve Your Mental Health Through Proper Nutrition

If you're looking for ways to help your body and brain stay healthy, consider including nutrition-packed foods in your daily diet.

Source

[Sheltering Arms](#)

Article

Shake it Off: Boosting Your Mood

Have you ever had a bad mood you just couldn't shake? The good news is that certain healthy habits can help you boost your mood.

Source

[National Institutes of Health](#)

Links

American Psychiatric Association

Source

[American Psychiatric Association](#)

Links

Depression and Bipolar Support Alliance

Source

[Depression and Bipolar Support Alliance](#)

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