

Mental Health Resources

Toolkits currently available:

[Mental Health Awareness Toolkits-English](#)

[Mental Health Awareness Toolkits-Spanish](#)

Online Centers currently available:

[Simple Changes to Improve Well-being](#)

[Sparking Positive Thinking](#)

Guides currently available:

[Resiliency Resource Guide](#)

[Depression Resource Guide](#)

HelpSheets:

[Practical Mental Health Resources](#)

[Mental Health and Social-Emotional Well-Being](#)

[32 Stress-reduction Tips](#)

[Resilience Building Techniques](#)

[Teenagers and Resiliency](#)

[Creating a Self-care Plan](#)

[Workplace Wellness](#)

[What are some ways I can nurture my child's mental health?](#)

[Mental Health First Aid: Helping Someone Who is Suffering](#)

And many more on www.guidanceresources.com

ebook: [Medicare & Your Mental Health Benefits](#)

COMPSYCH
GuidanceResources® Toolkit


Mental Health Awareness Toolkit


Featured:


Do I have good work-life balance?


If there never seems to be enough time between work and family to accomplish everything on our to-do lists, we may need to assess our work-life balance. This interactive feature can teach you how.

Begin


Mental Health Awareness
Our mental health is among our most valuable assets. This flyer explains how to nurture it.
Download


On-Demand Training: Using Kindness
Learn how kindness can help you achieve personal success and happiness.
Watch


Coping With Stress
This slide show from GuidanceResources Online offers 10 simple tips for managing stress.
Access


Connecting Mind and Body
This training explains how our mental health and physical health are intertwined and interrelated.
Watch

Mental Health Myth vs. Fact
Take this interactive quiz to help understand some of the common misconceptions about mental health.
Begin

Overall Well-Being Resources

Online Center

[Healthy Habits](#)

[Simple Changes to Improve Well-Being](#)

Online Resource Guides

[Resiliency](#)

[Stress](#)

[Health and Well-being](#)

On-Demand Trainings

[Connecting Mind & Bod for Healthy Living](#)

[Stress- A Way of Life or Fact of Life?](#)

[Using Kindness to Achieve Personal Success & Happiness](#)

[Health and Well-being Guided Series](#)

Articles

[Mental Health and Social-Emotional Well-being](#)

[Tips for More Positive Thinking](#)

[5 Simple Ways to Improve Your Mood](#)

[Resilience-Building Techniques](#)

[Creating a Self-Care Plan](#)

[Social Wellness Checklist](#)

[How Can I Improve My Self-Esteem?](#)

[Stepping Out of a Comfort Zone](#)

Assessment

[How Strong is My Self-Esteem?](#)

Slideshow

[Workplace Wellness](#)

Suggested Professional Development Trainings

[Developing Will Power and Self Control to Change Behavior](#)

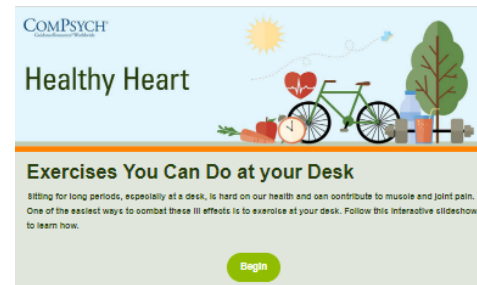
[Developing Grit- Strategies for Success in Work and Life](#)

[Connecting Mind and Body for Healthy Living](#)

[Awakening the Passion in Your Life](#)

Digital Toolkit - Healthy Heart

<https://pages.e2ma.net/pages/1807892/26842>



Marking Heart Month

Across the globe, February is synonymous with Heart Health. Check out this flyer for small changes you can make to reduce health risks for your heart.

Download

Motivation Guide

Motivation is an inner drive to act or behave in a certain way. This Resource Guide explains how to achieve motivation and how to stay motivated for the long run.

Download

Heart Smart

This HelpSheet from guidanceresources.com explains how you can lower your risk for cardiovascular disease and how to monitor your heart health.

Access

Are you at risk?

Coronary artery disease is the most common type of heart disease. Take this assessment on guidanceresources.com to learn if you are at risk.

Begin

Subscribe to www.guidanceresources.com Health/Well-being Newsletter. A holistic approach to physical and mental health and wellness. Stories featured address eating well, exercise, ways to reduce stress and other topics to keep you physically and mentally fit.