

Understanding & Recognizing Mental Health Concerns

[Understanding Mental Health | White Swan Foundation](#)

[It's OK to Talk](#) *An initiative by Sangath, a not-for-profit organisation with over 25 years of experience in Goa and other Indian states. The website features podcasts and articles that challenge mental health stigma by sharing anonymised stories from real people.*

[Articles - Mental Health First Aid Australia](#) - *Understanding different aspects of Mental Health.*

Early Signs of Mental Health Issues

[10 Common Warning Signs Of A Mental Health Condition](#) - *Learn common warning signs of a possible mental health condition (By NAMI)*

[Psychiatry.org - Warning Signs of Mental Illness](#) - *Learn about the early warning signs of mental illness, symptoms, and how to take action. (By APA)*

Common Mental Health Problems Overview

[Recognize common mental health concerns](#) - *An educational video on recognition of common mental health concerns and their treatment options.*

[I had a black dog, his name was depression: A brief animation on depression.](#)

Stigma Reduction: Breaking Down Barriers

[Myths About Mental Illness - CMHA National](#)

[Reducing Stigma Against Mental Illness – The Live Love Laugh Foundation](#)

[The Gestalt Project - Stop the Stigma Mental Health Video](#)

Website Resources for Everyday Life

[Information Education Communication leaflets | NIMHANS Centre for Well Being](#) - Offers educational resources that promote positive mental health, providing brief but essential insights into key mental health conditions along with practical self-help tips.

[Positive Psychology Unit | NIMHANS](#) – YouTube Channel

[Negative Emotions | Positive Psychology](#) - *The positive psychology guide to negative emotions*

[The Science of Happiness](#) - *An introductory guide to the science behind happiness*

[Doing What Matters in Times of Stress](#) - This illustrated stress management guide helps people learn how they can deal with tough times. It follows recommendations from WHO on how to manage stress.

[How to build resilience? | White Swan Foundation](#) - *Learn bouncing back or adapting well in the face of adversity.*

[Free Guided Meditations - MARC | UCLA Health](#) – *Mindfulness meditation activities for practice.*

Tools for Self-help (mobile apps and web-apps)

[MindNotes from NIMHANS](#) - *An app that helps navigate mental wellness journey by helping increase information on self-awareness, common mental health concerns, recognize and deal with barriers to seeking help and build a self-help toolkit.*

[Wellness - Check](#) - *An internet based self-report program to reflect, track and get feedback on enhancing mental wellbeing over time.*

[PUSH - D](#) - *PUSH-D (Practice and Use Self-Help for Depression) is a computer-based self-care program for managing depression.*Shape

SOS- Suicide Prevention Resources

[Resources | Outlive](#) - Outlive's resources help you learn about suicide, how you can help yourself or support a loved one.

[600 seconds \(Suicide prevention\)](#) - A message to contribute to the cause of suicide prevention.

[TeleMANAS](#) - *The National Tele Mental Health Programme of India*

Books Recommendations

18 minutes: Find your focus. Master distraction and get the right things done by Bregman, P.
Publication:(2011). London: Orion

Mind over mood by Greenberger, D., & Padesky, C.A. Publication: (1995). New York: Guilford Press.

Feeling good: The new mood therapy by Burns, D. D. Publication: (2009). New York: Harper Collins Publishers.

The now habit: A strategic program for overcoming procrastination and enjoying guilt-free play by Fiore, N. Publication: (2007). New York: Tarcher/Penguin.

Off Balance on Purpose: Embrace Uncertainty and Create a Life You Love (2nd ed.) by Thurmon, D. Publication: (2016). Motivation Works, Inc.

The How of Happiness: A scientific approach to getting the life you want by Lyubomirsky, S. Publication: (2008). New York: Penguin Press.

Drive: The surprising truth about what motivates us. Author: Pink, D.H. Publication: (2009). Edinburgh: Canongate.

How full is your bucket? Positive strategies for work and life by Rath, T., & Clifton, D.O. Publication: (2004). New York: Gallup Press.

Flourish: A visionary new understanding of happiness and well-being by Seligman, M. E. P. Publication: (2011). New York: Free Press.

Go put your strengths to work: Six powerful steps to achieve outstanding performance by Buckingham, M. Publication: (2007). London: CBS Company.

Now, Discover Your Strengths: How to develop your talents and those of the people you manage by Buckingham, M., & Clifton, D. O. Publication: (2001). London: Pocket Books.

Triggers. Sparking positive change and making it last by Goldsmith, M., & Reiter, M. Publication: (2015). London: Marshall Goldsmith Inc.

The Happiness Hypothesis by Haidt, J. Publication: (2006). New York: Basic Books.

Atomic Habits: Tiny changes, Remarkable Results by James Clear. Publication (2018), Penguin Random House.
