

TOGETHER NOT ALONE

"Life doesn't make any sense without interdependence. We need each other, and the sooner we learn that, the better for us all."

~ Erik Erikson



PROJECT NEVER ALONE

During the month of August, TNA is launching "Project Never Alone" which addresses current events through the eyes of mental health. Specifically, we have explored the circumstances surrounding the Black Lives Matters movement and the COVID-19 pandemic and how those circumstances have impacted the mental health of different individuals/groups. In order to explain each topic in the detail and time each one deserves, the BLM movement and COVID-19 topics are addressed separately and exclusive insight, information, and resources are given for both. Keep reading this newsletter to learn more!

Highlights

New Blog Posts!

New Podcasts!

Fast Facts

For Your Feed

Helplines

Fast Facts: In incidents where police violence is inflicted, protestors have an increased risk of developing PTSD.



BLACK LIVES MATTER

Podcast: Activism and Self-Care

In what appears to be the beginnings of a second civil rights movement, many regular citizens have assumed the roles of allies, self-educators, and protestors almost overnight in the name of the Black Lives Matter movement. In many cases, however, activists tend to forget or even feel guilty for taking much needed breaks from their social justice work. Listen into this episode where we discuss the mental health effects that activists may experience and stay tuned for a plethora of free/affordable mental health resources! (This episode is live right now!)

Blog Post: Fighting for a Better Day

The past 3 months of national protests in the wake of the murder of George Floyd have rocked our nation to the core. However, we are not the only nation fighting against systemic injustice as our brothers and sisters across the globe are fighting for freedom as well through protests, online dialogue and raw conversation. As we struggle and push on to ensure the rights of every human being, especially the marginalized, how do we protect our own mental health in the midst of the striving?



Find our "Making Sense of Mental Health" podcast on Spotify to listen to new episodes!

COVID-19

Blog Post: Your Vision for 2020: Bringing the Year into Focus In Light of a Global Pandemic

As we rang in the new decade in January, a novel virus had just been born and was secretly spreading throughout East Asia. Seven months later, as a nation, we have grown accustomed to new terms such as "social distancing", "self-quarantine" and "flatten the curve". However, as we look forward to the future, what does this new reality look like, and how do we as humans adapt to the long-term changes COVID-19 has brought?



Podcast: The COVID-19 Pandemic and Mental Health

In the blink of an eye, many of our lives have changed amid the COVID-19 pandemic. From experiencing economic insecurity from losing their jobs to losing beloved family and friends due to the coronavirus, it is clear that each individual is going through their own stressors as a result of this pandemic. Tune in later this month to listen to this podcast for some further information and mental health resources.

Fast Facts!

Virtual communication, such as phone calls and videochats, are considered to be effective forms of social support and can help to cope with stress! (Source: *Coping with Stress*, CDC).

FOR YOUR FEED



DLC Anxiety | @dlcanxiety

Well-Healed Black Girl | @wellhealedblackgirl

National Alliance on Mental Health Illnesses |
@namicomunicate

Color of Change | @colorofchange

The Conscious Kid | @theconsciouskid

A Safe Place Inside Your Head | @asafesplaceinsideyourhead

MENTAL HEALTH HELPLINES

National Domestic Violence Helpline | 800-799-7233

The Suicide Prevention Lifeline | 800-273-2377

Substance Abuse and Mental Health Services
Administration (SAMHSA) | (800) 662-4357

Mental Health America Hotline | Text MHA to
741741

Crisis Text Line | Text CONNECT to 741741

