

# CLINICAL ENCOUNTERS: MEDICAL SCHOOL RESOURCES

## **GET HELP**

- [Crisis Text Line](#)
- [Find a Psychiatrist\(APA\)](#)
- [Find a Therapist\(ADAA\)](#)
- [Find Help & Treatment \(SAMHSA\)](#)
- [Find Mental Health Help \(MHA\)](#)
- [Help for Mental Illness \(NIMH\)](#)
- [Local Mental Health Resources](#)
- [National Suicide Prevention Lifeline \(phone 1-800-273-8255\)](#)
- [Psychology Help Center\(APA\) \(phone 800-374-2721\)](#)
- [Resources by Mental Help Topic](#)

## **STRESS MANAGEMENT**

- [Strategies To Help Prevent Burnout](#)
- [Managing Stress](#)
- [Stress and your Health](#)
- [Stress in America\(APA\)](#)
- [Stress Management\(AHA\)](#)
- [Stress Management\(APA\)](#)
- [Stress Management & the Challenge of Balance](#)

## **EMERGENCIES AND CRISIS CARE**

- [Sustaining Well-Being During Outbreaks](#)
- [Emergency Responders – Taking Care Of Yourself](#)
- [Managing Mental Health During A Crisis](#)
- [Managing Healthcare Workers' Stress During Outbreaks](#)
- [Psychological Effects of Quarantine](#)
- [Grief and Loss During A Crisis](#)

## **MINDFULNESS**

- [What Is Mindfulness?](#)
- [Mindfulness – Life Is Right Now](#)
- [Cognitive Neuroscience Of Mindfulness Meditation](#)
- [Headspace Meditation App](#)
- [Nine Tips For Mindfulness](#)
- [Ten Simple Ways To Practice Mindfulness Each Day](#)
- [How to Practice Mindfulness Throughout Your Workday](#)
- [Benefits Of Mindfulness](#)

## **MENTAL HEALTH EDUCATION**

- [Anxiety & Depression Association of America \(phone 240-485-1001\)](#)
- [Anxiety Disorders\(NIMH\)](#)
- [Depression & Bipolar Support Alliance](#)
- [Depression Basics\(NIMH\)](#)
- [Mental Health Facts\(CDC\)](#)
- [Mental Health Resources](#)
- [National Alliance on Mental Illness](#)
- [Suicide Prevention\(NIMH\)](#)

## **FINANCIAL SUPPORT**

- [Financial Aid](#)
- [FinAid](#)
- [Loan Repayment/Forgiveness/Scholarships](#)
- [Refinance Student Loans](#)