# **Providing Mental Health Resources at Your Library**

## **Information Resources**

[5 Tips for Non-Judgmental Listening](https://www.mentalhealthfirstaid.org/2019/08/five-tips-for-nonjudgmental-listening/)

[Centers for Disease Control and Prevention (CDC): Mental Health](https://www.cdc.gov/mentalhealth/index.htm)

[DailyMed](https://dailymed.nlm.nih.gov/dailymed/)

[About DailyMed: Product Guide](https://www.nnlm.gov/BqVs4)

[May is Mental Health Awareness Month](https://www.samhsa.gov/programs/mental-health-awareness-month)

[MedlinePlus](https://medlineplus.gov/)

* MedlinePlus: [Review and Update of Content on MedlinePlus](https://medlineplus.gov/about/general/reviewandupdate/)
* MedlinePlus: [Mental Health & Behavior](https://medlineplus.gov/mentalhealthandbehavior.html)
* MedlinePlus: [Health Information in Multiple Languages](https://medlineplus.gov/languages/languages.html)
* MedlinePlus: [Organizations](https://medlineplus.gov/organizations/all_organizations.html) and [Directories](https://medlineplus.gov/directories/)
* [MedlinePlus: Drugs & Supplements](https://medlineplus.gov/druginformation.html)

[MentalHealth.gov](https://www.mentalhealth.gov/)

[Mental Health America: Person Centered Language](https://www.mhanational.org/person-centered-language)

[Mental Health Observances Calendar](https://stampoutstigma.com/observance-calendar/)

[National Institute of Mental Health: Digital Shareables](https://www.nimh.nih.gov/get-involved/digital-shareables)

[National Library of Medicine Traveling Exhibitions](https://www.nlm.nih.gov/hmd/about/exhibition/index.html)

* [Join the NLM Exhibition listserv](https://list.nih.gov/cgi-bin/wa.exe?SUBED1=MAKING-EXHIBITION-CONNECTIONS&A=1)
* [Care & Custody: Past Responses to Mental Health exhibit](https://www.nlm.nih.gov/exhibition/careandcustody/index.html)
* [Graphic Medicine: Ill-conceived & Well-drawn exhibit](https://www.nlm.nih.gov/exhibition/graphicmedicine/index.html)
* [Host an NLM Traveling Exhibition](https://www.nlm.nih.gov/hmd/get-involved/hostexhibitions.html)

[NNLM Reading Club: Mental Health](https://nnlm.gov/nnlm-reading-club/mental-health)

[NNLM Public Libraries Guide, Mental Health](https://www.nnlm.gov/public-libraries/resources-for-public-libraries)

[National Alliance on Mental Illness (NAMI)](https://nami.org/Support-Education)

[National Center for Complementary and Integrative Health](https://www.nccih.nih.gov/) (CCIH)

[About CCIH: Product Guide (downloads as a Word document)](https://www.nnlm.gov/BJSR7)

[National Institute of Mental Health Brochures and Fact Sheets (NIMH)](https://www.nimh.nih.gov/health/publications)

[Programming Librarian](https://programminglibrarian.org/)

[SAMHSA (Substance Abuse and Mental Health Services Administration)](https://www.samhsa.gov/)

[Stamp Out Stigma](https://stampoutstigma.com/)

[World Health Organization Illustrated Guide: Doing What Matters in Times of Stress](https://www.who.int/publications/i/item/9789240003927)

## **NNLM Classes and Guides**

[NNLM Training Calendar](https://www.nnlm.gov/training)

[Introduction to Health Reference (on-demand class)](https://www.nnlm.gov/training/class/introduction-health-reference-ethics-and-best-practices-2022)

[Providing Multilingual and Multicultural Health Information](https://www.nnlm.gov/training/class-catalog/providing-multilingual-health-information-webinar)