

MENTAL HEALTH SUPPORT RESOURCES

WARNING SIGNS OF DISTRESS

Experiencing one or more of the following feelings or behaviors could be an indication of an early warning sign of a mental health concern:

- Eating or sleeping too much or too little
- Withdrawal from people and usual activities
- Decreased motivation
- Having low or no energy
- Feeling helpless or hopeless
- “Snapping” at others
- Crying episodes
- Feeling unusually on edge, angry, confused, scared, or worried
- Smoking, drinking, or doing drugs more than usual
- Thinking of harming yourself or others
- Having unexplained body aches or pains
- Working harder, but getting less done

EMERGENCY & CRISIS RESOURCES

Emergency (police, fire, medical) 911

Crisis Text Line

Texts answered by trained, supervised volunteer counselors within a few minutes of your texting; Text [HOME](#) to 741741 from anywhere in the USA, any time, about any type of crisis; If you are a person of color who would like to text with another person of color, text [STEVE](#) to 741741.

The Georgia Access and Crisis Line (GCAL)

1-800-715-4225

Rape, Abuse & Incest National Network (RAINN)

(800) 656-4673 (800-656-HOPE)

National Domestic Violence Hotline

(800) 799-7233 ([800] 799-SAFE);

(800) 787-3224 (TTY)

National Suicide Prevention Lifeline

(800) 273-8255 ([800] 273-TALK)

The Trevor Project

Crisis resources for LGBTQI youth and young adults. (866) 488-7386 ([866] 4-U-Trevor)

Veterans Crisis Line

(800) 273-8255 and press “1”

HOW TO FIND A CULTURALLY RESPONSIVE THERAPIST

Psychology Today Website
psychologytoday.com/us/therapists/culturally-sensitive

The National Queer and Trans Therapists of Color Network Website: nqttcn.com

Therapy For Black Girls Website
therapyforblackgirls.com

Therapy For Black Men Website
therapyforblackmen.org

5 QUESTIONS TO ASK BEFORE STARTING THERAPY

1. Is your therapist a licensed mental health professional?

Examples: Ph.D. (psychology), LPC, LCSW

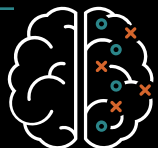
2. Does your therapist accept insurance and/or offer a sliding payment scale?

3. What is your therapist's approach to therapy?

4. What are your therapist's specializations?

5. Does your therapist offer tele mental health and/or virtual sessions?

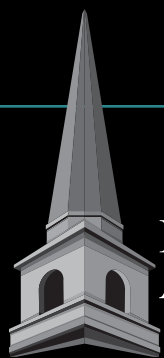
***Pro Tip:** If one is not offered, ask for a free 15 minute phone consultation. This is not a session, but is a great opportunity to see if a therapist is a good fit for you.



THE SPORTS MENTAL HEALTH AND WELLNESS PLAYBOOK

The Sports Mental Health and Wellness Playbook™ is a practical guide and a turnkey solution created to address one of the most challenging issues in sports: the mental health needs of athletes.

Learn more at mosleyandassociatesconsulting.com/the-sports-mental-health-and-wellness-playbook



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