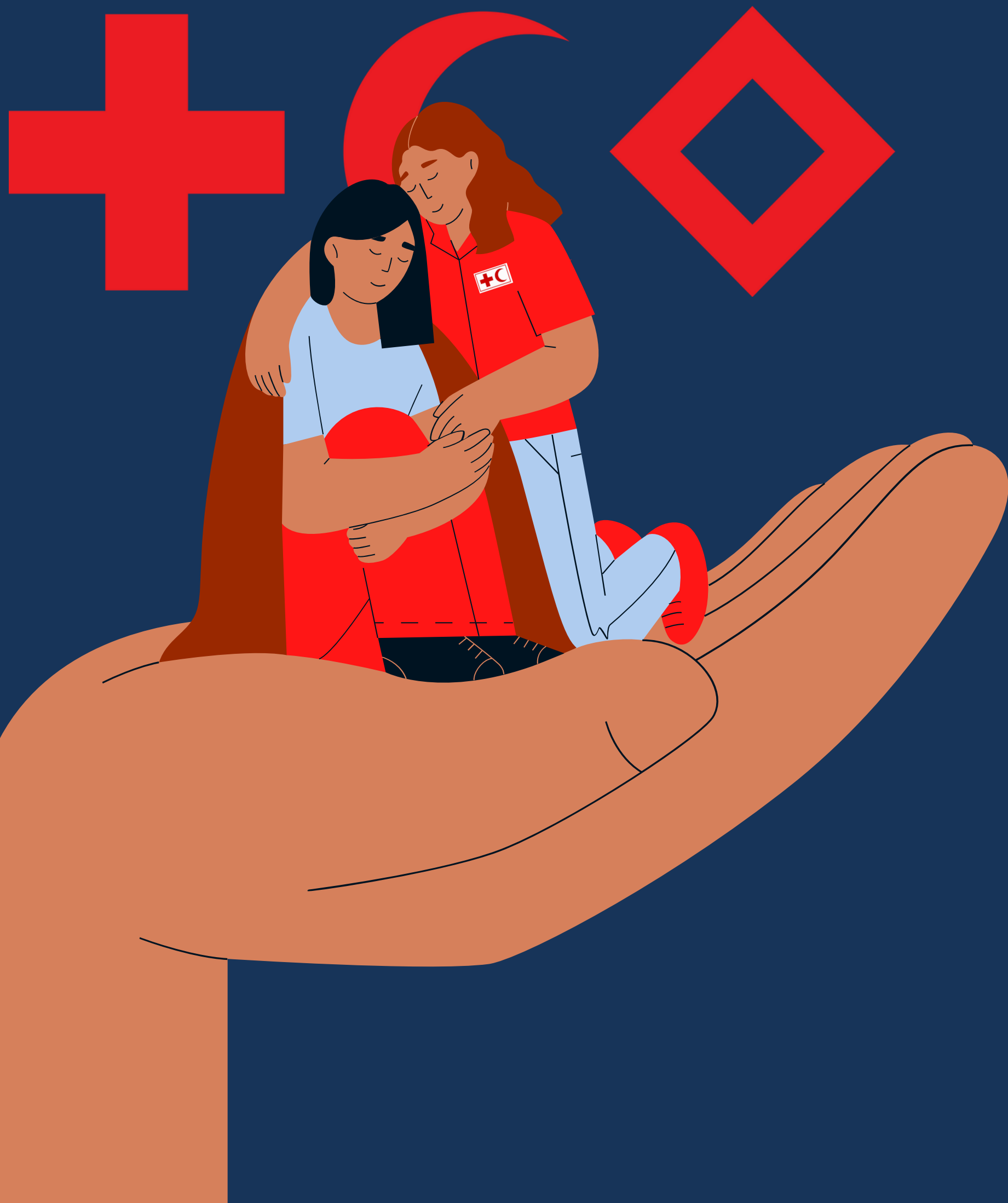


MENTAL HEALTH RESOURCES TOOLBOX





About this toolkit



The Mental Health Working Group of the Interamerican Centre for Volunteering Development (ICVD) alongside the IFRC and West Coast University Internship program have compiled a list of key mental health resources aimed at volunteers, caretakers, and general public in the Americas. The resources compiled are in English or Spanish.

This toolkit collects key resources in mental health support for the following topics:

- Women and motherhood
 - Older adults
- Anxiety and depression
 - Self-care in youth
- Humanitarian assistance
 - Children
 - Burnout
 - Recreation
- Organizational well-being
 - Stress management
 - Substance abuse
- Emotion regulation and management.



Women and motherhood

Infographic Motherhood

<https://volunteeringredcross.org/es/recurso/infographic-for-motherhood-mental-health/>

Depresión en madres – Guía

<https://volunteeringredcross.org/es/recurso/depresion-en-madres-guia/>



Sexual and Reproductive Health

<https://volunteeringredcross.org/es/recurso/mental-health-aspects-of-womens-reproductive-health-a-global-review-of-the-literature/>



Elderly

Adultos Mayores - Guía

<https://volunteeringredcross.org/es/recurso/guia-para-la-prevencion-del-suicidio-en-personas-adultas-mayores/>





Anxiety and depression

Self management for teens

<https://volunteeringredcross.org/es/recurso/depresion-en-madres-guia/>





Youth

Youth Help Resources

Websites with different information for youth:

<https://starsyouth.net/hotlines/> <https://ymhc.ngo/>
<https://www.youthfriendly.com/english>
<https://accessopenminds.ca/>

Everyday tips

<https://volunteeringredcross.org/es/recurso/everyday-tips-for-keeping-mentally-healthy/>

Caring as a Radical Act

<https://volunteeringredcross.org/es/recurso/caring-for-yourself-is-a-radical-act-self-care-guide-for-youth-working-in-the-community/>





Youth

Signs and Myths

<https://volunteeringredcross.org/es/recurso/warning-signs-of-mental-illness/>

What Works for me

<https://volunteeringredcross.org/es/recurso/what-works-for-me-the-self-care-approaches-of-children-and-young-people/>

Coping Skills Toolkit

<https://volunteeringredcross.org/es/recurso/the-coping-skills-toolbox/>

Kit para adolescentes

<https://volunteeringredcross.org/es/recurso/kit-para-adolescentes-herramientas-para-programas-destinados-a-adolescentes-y-empoderamiento-de-adolescentes-en-situaciones-de-crisis/>

Every day is Mind day

<https://volunteeringredcross.org/es/recurso/every-day-is-mind-day-mental-health-toolkit-for-children/>

PSS COVID 19 Manual

<https://volunteeringredcross.org/es/recurso/psychosocial-support-for-children-during-covid-19-a-manual-for-parents-and-caregivers/>



Humanitarian assistance

MHPSS Toolkit

<https://volunteeringredcross.org/es/recurso/mhpss-toolkit-coronavirus-disease-covid-19-pandemic/>

Mental Health Toolkit

<https://volunteeringredcross.org/es/recurso/assessing-mental-health-and-psychosocial-needs-and-resources-toolkit-for-humanitarian-settings/>

Humanitarian Intervention Guide

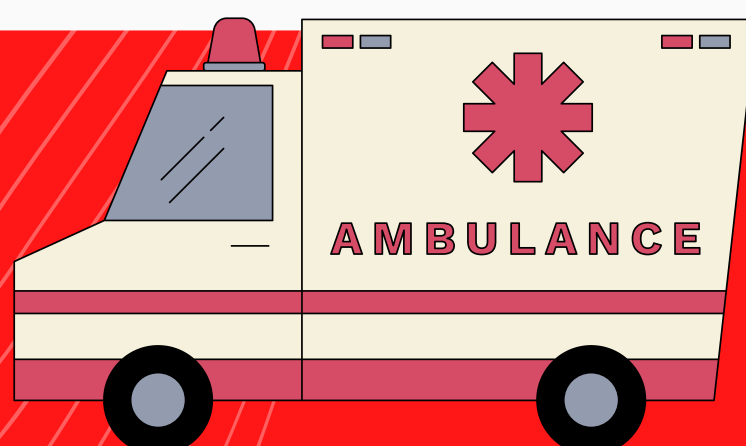
<https://volunteeringredcross.org/es/recurso/clinical-management-of-mental-neurological-and-substance-use-conditions-in-humanitarian-emergencies-mhgap-humanitarian-intervention-guide-mhgap-hig/>

Community Approach

<https://volunteeringredcross.org/es/recurso/community-based-protection-mental-health-psychosocial-support/>

Caring for volunteers

<https://volunteeringredcross.org/es/recurso/caring-for-volunteers-training/>





Children

Activity Guide

<https://volunteeringredcross.org/es/recurso/a-hopeful-healthy-happy-living-toolkit-activity-guide-psychosocial-support-pss-for-teachers-parents-caregivers-and-children-during-the-covid-19-pandemic/>





Burnout

Burn Out Prevention

<https://volunteeringredcross.org/es/recurso/learning-material-for-the-vet-burnout-prevention-and-coping-blended-learning-training-course-booklet/>

Prevention of Burn Out

<https://volunteeringredcross.org/es/recurso/handbook-on-prevention-of-burn-out-and-control/>

High School Burn Out

<https://volunteeringredcross.org/es/recurso/high-school-burnout-tips-and-tricks/>

Managing Stress and Anxiety

<https://volunteeringredcross.org/es/recurso/managing-stress-and-anxiety-a-guide-for-parents-and-guardians/>

Introduction to Stress

<https://volunteeringredcross.org/es/recurso/introduction-to-stress-management/>



Leisure

Kit de Recreación

<https://volunteeringredcross.org/es/recurso/unicef-manual-de-kit-de-receacion/>





Organizational wellbeing

Supporting Mental Health

<https://volunteeringredcross.org/es/recurso/supporting-mental-health-in-the-workplace-employer-resources-how-to-help-support-youth-with-mental-health-when-at-work/>

Disconnecting from Work

<https://volunteeringredcross.org/es/recurso/canadian-red-cross-disconnecting-from-work-policy/>

Youth Friendly Principles

<https://volunteeringredcross.org/es/recurso/6-principles-for-a-youth-friendly-crc/>

Wellbeing framework

<https://volunteeringredcross.org/es/recurso/canadian-red-cross-wellbeing-framework/>

Work-Life Balance

<https://volunteeringredcross.org/es/recurso/canadian-red-cross-work-life-balance-in-a-work-from-home-wfh-environment/>

Psychological Health and Safety in the Workplace

<https://volunteeringredcross.org/es/recurso/psychological-health-and-safety-in-the-workplace/>



Stress management

Doing what matters in times of stress

<https://volunteeringredcross.org/es/recurso/doing-what-matters-in-times-of-stress-an-illustrated-guide/>

Doing what matters in times of stress (Caribbean)

<https://volunteeringredcross.org/es/recurso/doing-what-matters-in-times-of-stress-caribbean-version-an-illustrated-guide/>

Stress in Exams

<https://volunteeringredcross.org/es/recurso/exam-stress-toolkit/>



Substance abuse

Helping your Teen Cope

<https://volunteeringredcross.org/es/recurso/helping-your-teen-cope-with-traumatic-stress-and-substance-abuse-a-guide-for-parents/>





Managing emotions

ABC de las Emociones

<https://volunteeringredcross.org/es/recurso/abc-de-las-emociones/>

Atención primaria a malestar emocional

<https://volunteeringredcross.org/es/recurso/atencion-a-las-personas-con-malestar-emocional-relacionado-con-condicionantes-sociales-en-atencion-primaria-de-salud/>

Gestión emocional grupal

<https://volunteeringredcross.org/es/recurso/curso-anual-basico-facilitacion-de-grupos-gestion-emocional-grupal-el-corazon-del-grupo/>