

Additional Resources

Visit the resources below to learn more about the topics covered in the Self-Care and Stress Management Toolkit.

Topic	Source	Title	Link
Stress			
	New York City Department of Health and Mental Hygiene	Serious Mental Illness Among New York City Adults	nyc.gov/assets/doh/downloads/pdf/survey/survey-2015serious-mental-illness.pdf
	New York City Department of Health and Mental Hygiene	Sleep: Are You Getting Enough?	nyc.gov/assets/doh/downloads/pdf/public/dohmhnews7-09.pdf
	New York City Department of Health and Mental Hygiene	Detecting and Treating Depression in Adults	nyc.gov/assets/doh/downloads/pdf/chi/chi26-9.pdf
	New York City Department of Health and Mental Hygiene	Improving the Health of Adults with Serious Mental Illness	nyc.gov/assets/doh/downloads/pdf/chi/chi29-2.pdf

	New York City Department of Health and Mental Hygiene	Suicide and Self- Inflicted Injuries in New York City	nyc.gov/assets/doh/downloads/pdf/survey/survey-2012suicides.pdf
	American Psychological Association	Stress in America: The Impact of Discrimination	apa.org/news/press/releases/stress/2015/impact-of-discrimination.pdf
	National Alliance on Mental Illness	Stress Boosts Good and Bad Habits	nami.org/About-NAMI/NAMI-News/Stress-Boosts-Good-and-Bad-Habits,-Study-Finds
	American Psychological Association	Stress in America	apa.org/news/press/releases/stress/index.aspx
	The American Institute of Stress	Stress Statistics and Links to Additional Sources	stress.org/daily-life/
	American Psychological Association	How Stress Affects Your Health	apa.org/helpcenter/stress-facts.pdf
	Substance Abuse and Mental Health Services Administration	Action Planning for Prevention and Recovery: A Self-Help Guide	store.samhsa.gov/product/Action-Planning-for-Prevention-and-Recovery-A-Self-Help-Guide/SMA-3720

	Substance Abuse and Mental Health Services Administration	Community Conversations About Mental Health: Discussion Guide	store.samhsa.gov/product/Community-Conversations-About-Mental-Health-Discussion-Guide/SMA13-4764
Traumatic Stress			
	New York City Department of Health and Mental Hygiene	Diagnosing and Managing the Mental Health Needs of Adults Exposed to Disaster	nyc.gov/assets/doh/downloads/pdf/chi/chi-33-1.pdf
	International Society for Traumatic Stress Studies	Mass Disasters, Trauma and Loss	istss.org/ISTSS_Main/media/Documents/ISTSS_MassDisasterTraumaandLoss_English_FNL.pdf
	International Society for Traumatic Stress Studies	Children and Trauma	istss.org/ISTSS_Main/media/Documents/ISTSS_ChildrenandTrauma_English_FNL.pdf
	International Society for Traumatic Stress Studies	Traumatic Stress and Substance Abuse Problems	istss.org/ISTSS_Main/media/Documents/ISTSS_TraumaStressandSubstanceAbuseProb_English_FNL.pdf

	Substance Abuse and Mental Health Services Administration	Tips for Survivors: Coping with Grief After Community Violence	store.samhsa.gov/shin/content//SMA14-4888/SMA14-4888.pdf
	International Society for Traumatic Stress Studies	Trauma and Relationship	istss.org/ISTSS_Main/media/Documents/ISTSS_TraumaAndRelationships_FNL.pdf
	International Society for Traumatic Stress Studies	When a Friend or Loved One Has Been Traumatized	istss.org/ISTSS_Main/media/Documents/ISTSS_WhenaFriendLovedOneHasBeenTrauma_FNL.pdf
	International Society for Traumatic Stress Studies	Indirect Traumatization in Professionals Working with Trauma Survivors (for providers)	istss.org/ISTSS_Main/media/Documents/ISTSS_IndirectTrauma_FNL.pdf
Violence, Abuse and Neglect			
	New York City Department of Health and Mental Hygiene	Intimate Partner Violence: Encouraging Disclosure in the Primary Care Setting	nyc.gov/assets/doh/downloads/pdf/chi/chi27-suppl2.pdf

	International Society for Traumatic Stress Studies	Internet Information on Childhood Abuse and Neglect (iCAN)	istss.org/getattachment/Public-Resources/Public-Education-Pamphlets/iCAN/ISTSS_iCAN_English_FNL.pdf.aspx
	International Society for Traumatic Stress Studies	Intimate Partner Violence	istss.org/ISTSS_Main/media/Documents/ISTSS_IntimatePartnerViolence_FNL.pdf
	Centers for Disease Control and Prevention	Preventing Child Maltreatment Through the Promotion of Safe, Stable and Nurturing Relationships Between Children and Caregivers	cdc.gov/violenceprevention/pdf/CM_Strategic_Direction-Long-a.pdf
	Centers for Disease Control and Prevention	Adverse Childhood Experiences Study	cdc.gov/violenceprevention/acestudy/about.html
	Substance Abuse and Mental Health Services Administration	Linking Substance Abuse Treatment and Domestic Violence Services: A Guide for Treatment Providers	store.samhsa.gov/product/Linking-Substance-Abuse-Treatment-and-Domestic-Violence-Services-A-Guide-for-Treatment-Providers/SMA12-3390

	Substance Abuse and Mental Health Services Administration	Helping Yourself Heal: A Recovering Woman's Guide to Coping with Childhood Abuse Issues	store.samhsa.gov/product/Helping-Yourself-Heal-A-Recovering-Woman-s-Guide-to-Coping-With-Childhood-Abuse-Issues/SMA14-4132
	Substance Abuse and Mental Health Services Administration	Helping Yourself Heal: A Recovering Man's Guide to Coping with the Effects of Childhood Abuse	store.samhsa.gov/product/Helping-Yourself-Heal-A-Recovering-Man-s-Guide-to-Coping-with-the-Effects-of-Childhood-Abuse/SMA14-4134
	Safe Horizon	After Sexual Assault: A Recovery Guide for Survivors	safehorizon.org/wp-content/uploads/2016/07/Safe-Horizon-Sexual-Assault-Guide-2011.pdf
	Safe Horizon	Anti-Trafficking Program	safehorizon.org/anti-trafficking-program/
Children and Teens			
	New York City Department of Health and Mental Hygiene	Mental Health Conditions Among Children Aged Six to 12 in New York City	nyc.gov/assets/doh/downloads/pdf/epi/databrief25.pdf

	New York City Department of Health and Mental Hygiene	Bullying Among New York City Youth	nyc.gov/assets/doh/downloads/pdf/epi/databrief37.pdf
	New York City Department of Health and Mental Hygiene	Mental Health of New York City Youth	nyc.gov/assets/doh/downloads/pdf/survey/survey-2008youthmh.pdf
	New York City Department of Health and Mental Hygiene	Promoting Healthy Behaviors in Adolescents	nyc.gov/assets/doh/downloads/pdf/chi/chi28-2.pdf
	American Psychological Association	Talking to Kids When They Need Help	apa.org/helpcenter/help-kids.pdf
	American Psychological Association	Teens and Stress: How to Keep Stress in Check	apa.org/helpcenter/stress-teens.aspx
	American Psychological Association	Talking to Teens About Stress	apa.org/helpcenter/stress-talk.aspx
	Your Body Your Mind	Nine Steps for De- Stressing a Stressed- Out Teen	yourmindyourbody.org/psychologist-9-steps-for-destressing-a-stressed-out-teen-stressapa/

<h2>Living with Chronic Illness</h2>			
	<p>New York City Department of Health and Mental Hygiene</p>	<p>Living Positively with HIV</p>	<p>nyc.gov/assets/doh/downloads/pdf/ah/positive-living-booklet.pdf</p>
	<p>American Psychological Association</p>	<p>Coping with a Diagnosis of Chronic Illness</p>	<p>apa.org/helpcenter/chronic-illness.aspx</p>
	<p>Agency for Healthcare Research and Quality</p>	<p>Next Steps After Your Diagnosis</p>	<p>ahrq.gov/patients-consumers/diagnosis-treatment/diagnosis/diagnof/index.html</p>
	<p>Substance Abuse and Mental Health Services Administration</p>	<p>Challenging Stereotypes: An Action Guide</p>	<p>store.samhsa.gov/product/Challenging-Stereotypes/SMA01-3513</p>
	<p>American Chronic Pain Association</p>	<p>Quality of Life Scale: A Measure of Function for People with Pain</p>	<p>theacpa.org/uploads/documents/Life_Scale_3.pdf</p>
	<p>U.S. National Library of Medicine</p>	<p>Living with Chronic Illness: Dealing with Feelings</p>	<p>medlineplus.gov/ency/patientinstructions/000601.htm</p>
	<p>American Psychological Association</p>	<p>How to Help a Friend or Loved One Suffering from a Chronic Illness</p>	<p>apa.org/helpcenter/help-chronic.aspx</p>

	Your Body Your Mind	Two Rules to Use When Talking to Someone with Dementia	yourmindyourbody.org/psychologist-2-rules-dementia-communication/
	Your Body Your Mind	Nine Ways to Help a Friend with Breast Cancer	yourmindyourbody.org/9-ways-to-help-a-friend-with-breast-cancer/
	American Psychological Association	When Your Child is Diagnosed with Chronic Illness: How to Cope	apa.org/helpcenter/chronic-illness-child.aspx
Military, Veterans and Families			
	The National Veterans Foundation	What Statistics Show About Veteran Substance Abuse and Why Proper Treatment Is Important	nvf.org/veteran-substance-abuse-statistics/
	Addiction Resource	Veterans and Substance Abuse: The Many Sides of the Problem	addictionresource.com/addiction/veterans-and-substance-abuse/
	Addiction Resource	Rehab for Veterans	addictionresource.com/drug-rehab/veterans-rehab/

	National Center for Post-Traumatic Stress Disorder	For Veterans and Families: Understanding PTSD and Substance Use	ptsd.va.gov/about/print-materials/sudptsdflyer.pdf
	National Center for Post-Traumatic Stress Disorder	Cognitive Processing Therapy for PTSD: How to Help Your Loved One During Treatment	ptsd.va.gov/about/print-materials/CPT_familyhandout.pdf
	Substance Abuse and Mental Health Services Administration	The TEDS Report: Homelessness Among Veterans in Substance Abuse Treatment	samhsa.gov/data/sites/default/files/spot121-homeless-veterans-2014.pdf
	Substance Abuse and Mental Health Services Administration	Behavioral Health Issues Among Afghanistan and Iraq U.S. War Veterans	store.samhsa.gov/product/Behavioral-Health-Issues-Among-Afghanistan-and-Iraq-U-S-War-Veterans/SMA12-4670
	Substance Abuse and Mental Health Services Administration	Coming Home: Supporting Military Service Members, Veterans and Their Families (Webcast)	store.samhsa.gov/product/SMA12-4677DVD
	Veterans Health Administration	Suicide Rates in VHA Patients through 2011 with Comparisons with Other Americans and Other Veterans through 2010	mentalhealth.va.gov/docs/Suicide_Data_Report_Updated_January_2014.pdf

<p>People Living with Disabilities</p>			
	<p>New York City Department of Health and Mental Hygiene</p>	<p>Identifying Developmental Risks and Delays in Young Children</p>	<p>nyc.gov/assets/doh/downloads/pdf/chi/chi-34-4.pdf</p>
	<p>The U.S. Department of Labor</p>	<p>Disability Assistance</p>	<p>benefits.gov/benefits/browse-by-category/category/13</p>
	<p>Florida Developmental Disabilities Council, Inc.</p>	<p>Coping with Disability Related Stress: A Quality of Life Pamphlet</p>	<p>fndusa.org/wp-content/uploads/2015/05/COPING-WITH-DISABILITY-RELATED-STRESS.pdf</p>
	<p>CareerOneStop</p>	<p>Resources for Workers with Disabilities</p>	<p>careeronestop.org/resourcesfor/workerswithdisabilities/workers-with-disabilities.aspx</p>
	<p>U.S. Department of State Bureau of Consular Affairs</p>	<p>Traveling with Disabilities</p>	<p>travel.state.gov/content/passports/en/go/disabilities.html</p>
	<p>NPR</p>	<p>Workplaces Can Be Particularly Stressful for Disabled Americans, Poll Finds</p>	<p>npr.org/sections/health-shots/2016/07/13/485261651/workplaces-can-be-particularly-stressful-for-disabled-americans-poll-finds</p>

	U.S. Office of Disease Prevention and Health Promotion	Physical Activity Guidelines Chapter 7: Additional Considerations for Some Adults	health.gov/paguidelines/guidelines/chapter7.aspx
	Centers for Disease Control and Prevention	People with Disabilities: Achieving Healthy Weight and Obesity Prevention	cdc.gov/ncbddd/disabilityandhealth/documents/pdf_w_obesity-prev.pdf
	U.S. Department of Health and Human Services	The Surgeon General's Call to Action to Improve the Health and Wellness of Persons with Disabilities	ncbi.nlm.nih.gov/books/NBK44667/pdf/Bookshelf_NBK44667.pdf
	Paula A. Braveman, Catherine Cubbin, Susan Egerter, David R. Williams and Elsie Pamuk ¹	Socioeconomic Disparities in the United States: What the Patterns Tell Us	researchgate.net/publication/41422079_Socioeconomic_Disparities_in_Health_in_the_United_States_What_the_Patterns_Tell_Us
	Stopbullying.gov	Bullying and Children and Youth with Disabilities and Special Health Needs	stopbullying.gov/at-risk/groups/special-needs/BullyingTipSheet.pdf

¹ Braveman, P. A., Cubbin, C., Egerter, S., Williams, D. R., & Pamuk, E. (2010). Socioeconomic Disparities in Health in the United States: What the Patterns Tell Us. American Journal of Public Health, 100(S1). doi:10.2105/ajph.2009.166082

<p>Immigrants and Refugees</p>			
	<p>New York Immigration Coalition</p>	<p>The Language of a Healthier Immigrant: New York City</p>	<p>thenyic.org/sites/default/files/NYIC_UHF_LangAccess_Hosp_2014_finalfinal.pdf</p>
	<p>New York Immigration Coalition</p>	<p>Public Education and Dynamic Bilingualism for the 21st Century</p>	<p>thenyic.org/sites/default/files/NYIC-INPS%20Governor's%20Commission%20Policy%20Brief%20FINAL%2012%206%2013.pdf</p>
	<p>New York Immigration Coalition</p>	<p>The NSEERS Effect: A Decade of Racial Profiling, Fear and Secrecy</p>	<p>thenyic.org/sites/default/files/NSEERs%20Effect%20Report.pdf</p>
	<p>New York Immigration Coalition</p>	<p>Working Without Laws: A Survey of Employment and Labor Law Violations in New York City</p>	<p>thenyic.org/sites/default/files/report_1_wi_0.pdf</p>
	<p>New York Immigration Coalition</p>	<p>No Safe Harbor: Challenges in Obtaining Immigration Legal Services in New York State</p>	<p>thenyic.org/sites/default/files/NYIC%20legal%20report.pdf</p>

	Szabolcs Kéri ²	Suffering Has No Race or Nation: The Psychological Impact of the Refugee Crisis in Hungary and the Occurrence of Posttraumatic Stress Disorder	mdpi.com/2076-0760/4/4/1079/htm
	U.S. Department of Veterans Affairs	PTSD in Refugees	ptsd.va.gov/professional/trauma/other/ptsd-refugees.asp
Seniors			
	The American Institute of Stress	Stress in Aging	stress.org/seniors/
	A Place for Mom	Elderly Anxiety Disorders	aplaceformom.com/senior-care-resources/articles/elderly-anxiety-disorders
	National Center on Elder Abuse	Protect Yourself From Abuse, Neglect and Exploitation!	ncea.acl.gov/resources/docs/Protect-Yourself-From-Abuse-NE.pdf
	American Psychological Association	Multicultural Aging and Mental Health Resource Guide	apa.org/pi/aging/resources/guides/multicultural.aspx

² Kéri, S. (2015). Suffering Has No Race or Nation: The Psychological Impact of the Refugee Crisis in Hungary and the Occurrence of Posttraumatic Stress Disorder. *Social Sciences*, 4(4), 1079-1086.

doi:10.3390/socsci4041079

	Jill Eden ³	Assessing the Service Needs of Older Adults with Mental Health and Substance Use Conditions	ncbi.nlm.nih.gov/books/NBK201406/
LGBTQ+			
	New York City Department of Health and Mental Hygiene	Take Pride, Take Care: Tips for Transgender Women's Health	nyc.gov/assets/doh/downloads/pdf/ah/transgender-womens-health-booklet.pdf
	New York City Department of Health and Mental Hygiene	Health Tips for Trans Men and People of Trans-Masculine Experience	nyc.gov/assets/doh/downloads/pdf/ah/transgender-men-health-booklet.pdf
	Campus Pride	10 Physical and Emotional Health Concerns of LGBTQ Students	campuspride.org/resources/10-physical-and-emotional-health-concerns-of-lgbt-students/
	American Psychological Association	Discrimination-Related Stress and Its Effect on LGBT Lives	apa.org/news/press/releases/stress/2015/impact-of-discrimination.pdf
	American Psychological Association	Discrimination: What it is, and how to cope	apa.org/helpcenter/discrimination.aspx

³ Eden, J., & Eden, J. (2012). Assessing the Service Needs of Older Adults with Mental Health and Substance Use Conditions. In The mental health and substance use workforce for older adults: in whose hands? Washington, D.C.: National Academies Press. Retrieved March 15, 2017, from <https://www.ncbi.nlm.nih.gov/books/NBK201406/>.

	Ilan H. Meyer ⁴	Prejudice, Social Stress and Mental Health in Lesbian, Gay and Bisexual Populations: Conceptual Issues and Research Evidence	ncbi.nlm.nih.gov/pmc/articles/PMC2072932/
	American Psychological Association	Lesbian, Gay, Bisexual and Transgender Aging	apa.org/pi/lgbt/resources/aging.aspx
	National Resource Center on LGBT Aging	The Aging and Health Report: Disparities and Resilience Among Lesbian, Gay, Bisexual and Transgender Older Adults	lgbtagingcenter.org/resources/resource.cfm?r=419
Alcohol and Drug Use			
	New York City Department of Health and Mental Hygiene	Prescription Painkillers: The Dangers of Misuse	nyc.gov/assets/doh/downloads/pdf/public/dohmhnews11-01.pdf

⁴ Meyer, Ilan H. (2003). Prejudice, social stress, and mental health in lesbian, gay, and bisexual populations: Conceptual issues and research evidence. *Psychological Bulletin*, 129(5), 674-697.

<http://dx.doi.org/10.1037/0033-2909.129.5.674>

	New York City Department of Health and Mental Hygiene	Excessive Drinking is Dangerous	nyc.gov/assets/doh/downloads/pdf/public/dohmhnews9-08.pdf
	New York City Department of Health and Mental Hygiene	How Much is Too Much?	nyc.gov/assets/doh/downloads/pdf/public/dohmhnews6-02.pdf
	New York City Department of Health and Mental Hygiene	Help to Stop Using: Drug Problems Can Be Treated	nyc.gov/assets/doh/downloads/pdf/public/dohmhnews7-06.pdf
	Addiction Resource	Alcohol Addiction Self- Assessment	addictionresource.com/alcohol-addiction-screening/
	Addiction Resource	Drug Addiction Self- Assessment	addictionresource.com/drug-addiction-self-assessment/
	Addiction Resource	Dual Diagnosis: Addiction and Mood Disorder	addictionresource.com/addiction/dual-diagnosis/
	Addiction Resource	College and Drug Abuse	addictionresource.com/addiction/college/
	Addiction Resource	Teenage Drug Abuse: A Guide for Parents and Educators	addictionresource.com/parents-and-educators/
	Additional Resource	When a Loved One Has an Addiction	addictionresource.com/addiction/loved-ones-and-addiction/

	Addiction Resource	Finding a Free or State Funded Drug and Alcohol Rehab Center	addictionresource.com/drug-rehab/free-rehabs/
	The City of New York Office of the Mayor	HealingNYC: Preventing Overdoses, Saving Lives	nyc.gov/assets/doh/downloads/pdf/basas/healingnyc-book.pdf
	Substance Abuse and Mental Health Services Administration	Substance Abuse Treatment for Persons With Child Abuse and Neglect Issues	store.samhsa.gov/product/Substance-Abuse-Treatment-for-Persons-With-Child-Abuse-and-Neglect-Issues/SMA15-3605
	Substance Abuse and Mental Health Services Administration	Building Communities of Recovery: How Community-Based Partnerships and Recovery Support Organizations Make Recovery Work (Webcast)	store.samhsa.gov/product/Building-Communities-of-Recovery-How-Community-Based-Partnerships-and-Recovery-Support-Organizations-Make-Recovery-Work/SMA12-4678DVD