

H Y G H E R P O W E R L I F E S T Y L E

MENTAL HEALTH RESOURCES

National Suicide Prevention Lifeline: 800-273-8255

**"A STRONG MIND CAN MOVE
MOUNTAINS."**

Email: Hygherpowerlifestyle@gmail.com

Mental Health Resources

[David McCullar](#) - Founder of the first Mental Health Gym. A lifetime of stress and trauma can lead to emotional obesity. To learn more click [here](#).

[Mr. Jason Wilson](#) - Founder and CEO of Yunion (pronounced union), Jason Wilson has over 14 years of experience in training and developing young black men. Click [here](#) to learn more.

[Dr. Alfie](#) - Dr. Alfiee M. Breland-Noble is an internationally recognized scientist, author, speaker and media contributor. As Founder of the AAKOMA Project, Inc. she translates complex scientific concepts into useful, everyday language for communities of color. To learn more click [here](#).

[Resmaa Menakem](#) - Teacher of Somatic Abolitionism which is a living embodied Anti-Racism practice and culture building experience that requires endurance, agility, resource cultivation, stamina, discernment, self and communal discipline cultivation, embodied racial literacy and humility. To learn more click [here](#).

[Devi Brown](#) - She is on a mission to preach the gospel of living well, and she's using her own story as a testimony. Click [here](#) to join the mission.

[Stress Management](#) - Are you overwhelmed with life or experiencing high levels of stress too often? Click [here](#) for Positive Psychology's 62 Stress management tips.

[26 Mental Health Exercises & Interventions Based on Science](#) - Physical exercise is great but will only take you so far if you are not also exercising the mind. Click [here](#) for Positive Psychology's 26 mental health exercises for a stronger mind.

[SAMHSA](#) (Substance Abuse & Mental Health Services Administration) - For individuals and families facing mental and/or substance use disorders. Click [here](#) for more information.

[7 Herbs & Spices for Mental Health](#) - Click [here](#) to learn more about the seven herbs that can improve brain health.