



The Jed Foundation

## The Jed Foundation Resources:

- [JED Workshops and Trainings](#): learn more about our workshops and trainings!
- [Mental Health Resource Center](#): essential information about common emotional health issues.
- [Set To Go](#): easy-to-use resources for students, families, and educators to help students think about, plan for, and life after high school.
  - [First-generation college students page](#)
- [Just Press Pause](#): creative ideas to incorporate self-care and take care of our mental health
- [JED Educational Programming](#): book a workshop or training session with us.
- [JED Campus](#): learn more about our JED Campus work
- [JED High School](#): learn more about JED high school and district
- [Seize the Awkward](#): tips for starting conversations about mental health
- [JED Voices](#): conversations with leading culture creators about what mental health means to them



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- [JED Resources for Diverse Identities](#)

## Other National Mental Health Resources

- [Findhelp.org](#) - find resources organized by category in your area
- [The Steve Fund](#)
- [The Trevor Project](#)
- [NAMI](#)

## Seeking Therapy

These are some helpful resources for finding mental health providers, and they are searchable for a variety of locations nationally. You can use these resources for yourself or recommend them to a friend.

- [Psychology Today Directory](#)
- [Therapy for Black Girls Directory](#)
- [Therapy for Black Men Directory](#)
- [Asian Mental Health Collective](#)
- [Latinx Therapy](#)
- [National Queer & Trans Therapists of Color Network](#)



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- [Inclusive Therapists' Directory](#)