



## National Minority Mental Health Series with Looms for Lupus and Wanda Green creator of Laughter and Inspiration with Lupus Facebook Group

July 2021

This series is created for YOU! We want to raise awareness of minority mental health by starting the healing process to engage and learn about the signs and symptoms of how mental health affects the minority communities. The weekly Facebook Live sessions will have a companion worksheet available for you to download, reflect and interact in your personal space on the topics, questions, art related activities as it pertains to the live discussion. Please save your worksheets. On the last week of July we will share our journey in our private forum which will take place via zoom to discover what we have learned during our five-week series.

### Week 2- Worksheet

#### Recommended Activities:

##### Activity 1:

Link to taking a mental health test- Note: the online screening tools are meant to be a quick snapshot of your mental health. Please seek a mental health provider or reach out to your doctor for a full assessment. Take a Mental Health Test | MHA Screening ([mhanational.org](http://mhanational.org)) <https://screening.mhanational.org/screening-tools/>

##### Activity 2:

Add Helpline numbers to your phone or post somewhere where you can see them like your refrigerator, bathroom.

**The National Suicide Prevention Lifeline**  
1 800-273-8255  
Español- 1-888-628-9454

<b>SAMHSA's National Helpline</b> Mental /Substance abuse 1-800-662-HELP (4357)	<b>LGBT National Youth</b> Talkline / 1 800-246-7743
<b>Veteran Crisis Hotline</b> 1800-273-8255 press 1	<b>Trans Lifeline /</b> 1 877-565-8860
<b>The Trevor Project /</b> 1 866-488-7386	<b>Crisis Text Line /</b> US: Text HOME to 741741 Canada: Text 686868

##### Activity 3:

Art Therapy, Painting or Sketching is a great way to relief your stress, improve symptoms of depression and overall improve your mental health. In today's session we painted a lotus flower.

A lotus flower is a symbol of rebirth, even though it roots in murky dirty water it rises above to show its beauty. Despite any changes, challenges we may be facing, we will rise up as beautiful as a lotus flower.

Paint or sketch something that inspires you. It can be a fierce lion, a flower or whatever you decide it will be your masterpiece. Reflect on how you were feeling when you were painting.