Finding Mental Health Resources: Practice Scenarios

In your group, choose one scenario. Find a trustworthy website or resource to address the mental health information need. Then, evaluate the resource using the “Checklist for Evaluating Mental Health Information.” Be prepared to share your resource with the class!

Scenarios

1. Find a trustworthy resource with tips for better sleep habits (sleep hygiene) for college students.
2. Your close friend has told you they have just been diagnosed with anxiety and they want to learn more about it. Find a resource that can help your friend have an informed conversation with their doctor/therapist.
3. You heard a friend say they have started meditating to help with stress. Find a resource that explains how meditation can help manage stress OR practical meditation strategies for managing stress.

Accuracy:

Authority:

Bias:

Currency:

Coverage: