FCAAP Forums 2021

Practical Coping Tips for Patients, Caregivers & Providers

Thursday, February 18 - 12:30pm EST

CME Details & Free Registration at bit.ly/FCAAPForums2021

Post-Session Mental Health Resources

Referrals:
- PsychologyToday.Com
- Via insurance provider (website or 1-800 #)
- APA Psychologist Locator – Locator.APA.Org
- Major University’s Psychology Departments (Search for Psychology Services)
  - Nova Southeastern University (954) 262-4100
  - FAU 561-297-3540
  - UM (305) 284-2814

Mindfulness and Meditation Apps:
- Headspace * w/NPI #
- Brethe. * free
- Buddhaify
- Aura
- Calm
- Meditation
- Insight Timer
- Meditation Studio

Music: The research concluded these tracks to be the most effective in reducing stress and anxiety
- Marconi Union – Weightless
- Airstream – Electra
- Enya – Watermark
- Barcelona – Please Don’t Go
- All Saints – Pure Shores
- Mozart – Canzonetta Sull’aria

Parenting Books:
- Parenting SOS: Linda Clark
- Scaffolding Effect : Harold Koplewicz

Podcasts:
- Raising Good Humans
- Happiness Lab
- Mindfulness for beginners
- The Science of Happiness
Instagram and YouTube accounts that elicit calming response:
- Calming pottery or memorizing calligraphy/painting
- Wise words; positive affirmations

Additional Evidence Based Strategies:
- Start a gratitude journal, a memoir, Drawing/writing journal
- Track mood daily; rate it; discover what helps/doesn’t. Apply what you learn the next day
- Progressive muscle relaxation / Scan your body
- Mindful meditation / Guided Imagery
- Diaphragmatic breathing/ Focused Breathing

Important Hotlines:
- 1-800-273-8255 (1-800-273-TALK) - National Suicide Prevention Lifeline
- 1-800-784-2433 (1-800-SUICIDE) - National Hopeline Network
- 1-866-488-7386 (1-866-4.U.TREVOR aimed at gay and questioning youth)
- Crisis Text Line -- Text HOME to 741741
- Gay & Lesbian National Hotline -- 1-888-THE-GLNH (1-888-843-4564)
- National Runaway Safeline -- 1-800-RUNAWAY (chat available on website)
- Teenline -- 310-855-4673 or text TEEN to 839863 (teens helping teens)