
Mindfulness Meditation Resources

This list focuses on quality resources available via Internet or locally in Kansas City. However, it's not exhaustive, and I encourage you to seek out additional resources that suit your personal interests and needs.

Guided Practice

Phone apps with meditation timers and free guided meditations:

Brightmind

*Insight Timer**

Headspace

**search "Nicoya Helm" for my guided meditations on Insight Timer*

Local classes, workshops, and retreats

nicoyahelm.com/upcoming-events

Meetup.com - Kansas City Unified Mindfulness Meetup

Books

Meditation for Fidgety Skeptics, by Dan Harris, Jeff Warren, and Carlye Adler

The Science of Enlightenment, by Shinzen Young

The Mind Illuminated, by Culadasa (John Yates, PhD.)

Radical Acceptance, by Tara Brach

Audio & Podcasts

Dan Harris - *www.10percenthappier.com/podcast*

Shinzen Young - *www.shinzen.org/store*

Websites

Mindful.org

UnifiedMindfulness.com

UCLA Mindful Awareness Research Center:

https://www.uclahealth.org/marc/



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With a Master of Science in Education and years of combined experience in adult education and meditation, I unite my expertise in both to teach mindfulness meditation in a precise, practical, and fun way. I am a certified Level 2 Unified Mindfulness Coach and serve as an instructor for Unified Mindfulness educational programs. I study with Shinzen Young and Rakhel Shapiro.

Mental Health Resources

Kansas Psychology Association (KPA)

<http://www.ksppsych.org>

Click the "KPA Psychologist Locator" link to search for a psychologist in your area.

Missouri Psychology Association (MPA)

<http://www.mopaonline.org/>

Click the "For the Public" link to search for a psychologist in your area.

Metropolitan Council of Community Mental Health Centers

<https://www.mentalhealthkc.org/agencies>

Click "Local Agencies" to find local mental health centers that include crisis centers and low or no-cost care centers.

Phone Numbers

Ark of Friends Wellness Center

816-753-0583

Compassionate Ear Warmline

913-281-2251 or 1-800-WARMEAR (927-6327)

4:00pm -10:00 pm every day

Johnson County, KS Crisis Line

913-831-2550

Mental Health America of the Heartland Mental Health Help Line

913-281-2221 (9:00 a.m. – 5:00 p.m.)

Missouri Mental Health Crisis Line (all Metro counties)

1-888-279-8188

Suicide Prevention Hotline

1-800-273-TALK (8255) or

1-800 –SUICIDE (784-2433)

Wyandotte County, KS Mental Health Crisis Line

913-788-4200



Mindfulness meditation is an important tool for supporting mental health, but it is not a substitute for qualified mental health care. If you encounter significant mental discomfort or feel unable to cope with daily activities, you are encouraged to contact one of the resources above.