

# Mindfulness Resources

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

## Guided Meditations

- Free meditations from Nicoya - <https://insighttimer.com/nicoyahelm>
- Brightmind app - <https://www.brightmind.com/>
- There are many free, quality guided meditation on **YouTube**, including ASL meditations for Deaf/Hard of Hearing.

## Classes and practice groups

- Nicoya's class and workshop calendar: <https://www.nicoyahelm.com/events> or scan here:



## Books

- [\*Falling Awake\*](#), by Jon Kabat-Zinn
- [\*Meditation for Fidgety Skeptics\*](#), by Dan Harris, Jeff Warren, and Carlye Adler
- [\*Aware: The Science and Practice of Presence\*](#), by Daniel J. Siegel
- [\*The Science of Enlightenment\*](#), by Shinzen Young
- Scan for additional books from the Kansas City Public Library:



# Mental Wellbeing Resources

Mindfulness meditation is an important tool for supporting mental wellbeing, but it is not a substitute for qualified mental health care. If you experience significant mental discomfort or are struggling to cope with daily activities, please contact one of the resources below.

If you or your organization are interested in learning how to safely and responsibly identify and address a potential mental illness or substance use disorder with family, friends, or colleagues, talk to Nicoya about a [Mental Health First Aid](#) class.

## National Resources

National Suicide & Crisis Hotline

Call 988

Text "HELP" to 988

Online chat [988lifeline.org/chat](https://988lifeline.org/chat)

Find a Therapist in the US

<https://www.psychologytoday.com/us/therapists>

Inclusive Therapists

[www.inclusivetherapists.com](http://www.inclusivetherapists.com)

LGBT National Help Center

[www.glbtnationalhelpcenter.org](http://www.glbtnationalhelpcenter.org)

International Therapist Finder

[internationaltherapistdirectory.com/all-locations](http://internationaltherapistdirectory.com/all-locations)

Disaster Distress Helpline

[www.samhsa.gov/find-help/disaster-distress-helpline](http://www.samhsa.gov/find-help/disaster-distress-helpline)

## Local Resources

Greater Kansas City Coalition for Mental Health

<https://itsok.us/resources/>

Mental Health America of the Heartland

<https://mhah.org/>

**Missouri Crisis Line**

1-888-279-8188

Jackson, Johnson, Cass, Lafayette, Platte, Clay and Ray Counties

**Kansas Crisis Lines**

Johnson County 913-268-0156

Wyandotte County 913-788-4200

Mental Health America Warmline 913-281-2251

