Video Game Related Mental Health Resources

Whether you're struggling online or offline, reach out and seek the help you need.

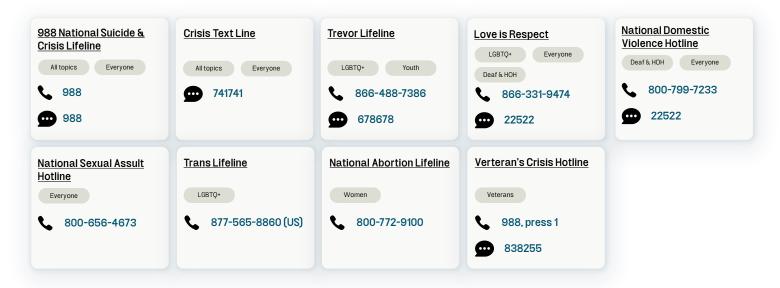






Emergency Resources

If you or someone you know is in crisis, in need of immediate intervention, and based in the US, please visit the <u>Suicide & Crisis</u> <u>Lifeline</u> or call/text 988. Information for other countries/areas can be found in the widget or Additional Crisis Lines section below.



Online Harassment Support

Online harassment is endemic in gaming communities, and harassment can contribute to mental health issues. These resources seek to provide practical and emotional help for anyone who is being harassed.

GamesHotline

The Games and Online Harassment Hotline is a free, text message-based, confidential emotional support hotline.

gameshotline.org

IGDA's Online Harrassment Resource

A directory of tools and articles available to those dealing with online harassment.

igda.org

Online Harrassment Field Manual

A comprehensive manual for those who are targeted, witnesses, or employers. It offers concrete strategies for how to defend yourself and others.

onlineharassmentfieldmanual.pen.org

Speak Up & Stay Safe

A checklist for securing online and offline information to help avoid doxxing, or having your home address shared online.

onlinesafety.feministfrequency.com

TallPoppy

Personal digital safety for everyone that helps employees take control of their personal digital safety.

tallpoppy.com

Fear of False Accusations

Youtube Video by Uplift - Episode #23: Fear of False Accusations - Engage by Uplift

youtube.com

Responding to Disclosures

Youtube Video by Uplift - Episode #8: Responding to Disclosures - Engage by Uplift

youtube.com

Streamer & Content Creator Resources

Burnout 101 and Burnout for Content Creators

A multi-part, educational series on burnout created by Take This' Dr. Kelli Dunlap and Dr. Raffael Boccamazzo and especially tailored for content creators.

takethis.org/expertcontent/burnout-101

Creating a Culture of Support in the Gaming Community

A collection of tips for streamers from Take This, the American Foundation for Suicide Prevention, and AdCouncil.

takethis.org/wp-content/uploads/2021/08

Managing Chat When People Bring Up Self-Harm

A new series of videos providing mental health education to content creators on a variety of topics, sponsored by Rainbow Six. Crisis on Stream: Suicide and Self-Harm in youtube.com Chat by TakeThisOrg

Twitch Cares: Mental Health

Mental Health resources for the twitch community.

> twitch.tv/customer/portal/articles/ 2904486-twitch-cares-mental-health-

Support & Information

support-information

How to Stay Safe from a **Hate Raid**

This guide from GamesHotline was created as a way to bring together the vast community knowledge and tools that have surfaced in response to the increasing hate raids on Twitch.

gameshotline.org/hateraids

How Streamers Can Respond When Viewers Need Help

Addressing mental health needs on Twitch and other streaming platforms has been a growing concern, especially given the lack of research that exists on the topic.

takethis.org/2018/02

YouTube Safety Center

Information on how to report self-harming or suicidal users to YouTube's safety team.

> support.google.com/youtube/answer/ 2802245?hl=en

Self-Care Tools

Daily self-care can be difficult, particularly when you're dealing with mental health issues. These supplementary resources were created to make remembering important self-care steps easier.

Everything is Awful and I'm Not Okav

A one-page, printable list of questions to ask yourself when you're feeling bad. drive.google.com/file/d/0B6A2F5 ky9SELU0Zfd05YMEpyNUk/view

Help Yourself. Help Others.

A self-report screener for feelings like sadness and overwhelm.

helpyourselfhelpothers.org

Self-Care Starter Kit

University at Buffalo's guide to starting a self-care routine that prioritizes wellness.

socialwork.buffalo.edu/resources/ self-care-starter-kit.html

You Feel Like Sh*t: **An Interactive** Self-Care Guide

As described, a choose-your-path guide to taking care of yourself on days when that's difficult.

philome.la/jace_harr

Disclaimer

The above list of mental health resources is not a substitute for medical advice or professional counseling. While we at the Ruderman Family Foundation want to provide you with resources, we do not recommend or endorse any particular site, treatment, therapy, or resource. We provide these links at our discretion but have not necessarily reviewed any resource. We assume no liability for the use of the information or resources on these sites and encourage you to use your own best judgment when reviewing these resources.

If you live in the US and you're having suicidal thoughts, reach out to the Suicide & Crisis Lifeline by calling to texting 988. If you're outside the US, you can find local crisis lines at Suicide.org. If you're even debating whether you should call them, you should call them. The Suicide & Crisis Lifeline handles all psychological crises, not just suicide.



