

# Resources & More

The following is a brief list of resources and additional micro-learning opportunities to help continue the conversation around mental health wellness in the AEC industry. Spread the word, share your story, and help change the narrative. [#mindfulAEC](#)

## Additional Resources

[Center for Disease Control & Prevention Suicide Rates by Industry and Occupation](#)

[Substance Abuse & Mental Health Services Administration \(SAMHSA\)](#)

[U.S. Surgeon General Workplace Well-Being](#)

[American Psychiatric Association](#)

[American Psychological Association](#)

[American Psychiatric Association Foundation Center for Workplace Mental Health](#)

[Mental Health First Aid from National Council for Mental Wellbeing](#)

[How to Seek Help for a Mental Health Problem](#)

[Presenteeism: A Public Health Hazard](#)

## Micro-Learning Opportunities

[How Should We Talk About Mental Health, Thu-Huong Ha](#)

[Brené Brown on Empathy](#)

[Brené Brown on Blame](#)

[Beating Burnout at Work Infographic, Center for Workplace Mental Health](#)

[The Cost of Work Stress & How to Reduce it, Rob Cooke](#)

[Work is Not Your Family, Gloria Chan Packer](#)

[The Cure for Burnout \(Hint: It's Not Self Care\), Emily Nagoski & Amelia Nagoski](#)

[How to Calm Your Anxiety from a Neuroscientist, Wendy Suzuki](#)