April 19, 2018

Staying Strong by Seeking Help: Barriers and Facilitators to Military Mental Health Treatment-Seeking

Additional Resources:

Articles:


**Books/ Book Chapters:**


Jennings, K. S. & Britt, T. W. (2017). Enhancing the resilience of employees through the provision of emotional, informational, and instrumental support. In M. Crane (Eds.), Workplaces that bounce back: A practical guide for managers seeking to build employee resilience (pp. 86-100). United Kingdom: Routledge.


**Links:**

American Psychological Association  
http://www.apa.org/

Association for Psychological Science  
https://www.psychologicalscience.org/

BeThere  
https://www.betherepeersupport.org/

Clemson University: Resilience, Recovery, and Thriving Research Team  
http://twbritt.people.clemson.edu/What.htm#2

Military Crisis Line  
https://www.veteranscrisisline.net/ActiveDuty.aspx

National Alliance on Mental Illness  
https://www.nami.org/

National Institute of Mental Health  

Psychological Health Center of Excellence  
http://www.pdhealth.mil/

Real Warriors  
https://www.realwarriors.net/

Society for Personality and Social Psychology  
http://www.spsp.org/

Society for Industrial and Organizational Psychology  
http://www.siop.org/

The National Institute for Occupational Safety and Health (NIOSH)  
https://www.cdc.gov/niosh/

U.S. Army Medical Research and Materiel Command (USMRMC)  
http://mrmc.amedd.army.mil/
**Blogs:**


**Podcasts/Webinars/Online Media:**

United States Army Special Operations Command: Breaking the Stigma [Video file]. Retrieved from: https://www.youtube.com/watch?v=VhSRQwrWT5w&t=1s

Real Warriors Campaign: I can, I will [Video file]. Retrieved from: https://www.youtube.com/watch?v=o_NgOafPzHQ&feature=youtu.be


Wisconsin Public Radio Appearance on Thriving under Stress- https://www.wpr.org/people/thomas-w-britt

**Additional Documents:**


