
Fwd: Notes from the Health Sciences Library - February 24

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Spotlight on Mental Health Resources

In the depths of winter and mired in a pandemic, I think many of us are feeling it and could use some digging out (pun intended!). Explore some of these resources and feel free to share others you find useful.



let's start with [a deep breath](#)

[Clarkson Libraries Mental Health Resources Guide](#)

A wealth of information from ways to get immediate help, data and research resources, books to explore on a variety of mental health topics (all freely available through the library), to videos, podcasts, and pages to explore for inspiration and relief.

Patient Care

[Mental Health, Physical Activity, and Physical Therapy](#)

An mini-course from Physiopedia

[Mental Health as a Component of Occupational Therapy Interventions](#)

Useful fact sheets and articles from AOTA

[The Role of PAs in Providing Mental Health Care](#)

An open access article from the *Journal of the American Academy of Physician Assistants*, December 2020

[Elsevier Healthcare Hub: Mental and Behavioral Health](#)

Access clinical resources to help patients manage their mental and behavioral health. You'll also find resources to support your own resilience as you care for patients in challenging environments.

. . . and, for a bit of a smile, check out some awesome animal videos :)

- [giant pandas playing in the snow](#)
- [giant pandas chow on bamboo](#)
- [beaver eats cabbage](#)
- [groundhog garden](#)
- [goats in pajamas](#)

- [penguins visit the art museum](#)

Be good to yourself

Be kind to others

Ask for help

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Want to meet with me? [Check my calendar](#) to set up a Zoom meeting.