

## Show Notes

### In this episode

Sharon and Lesley have a discussion on Mental Health. Join us for a conversation where we discuss self-care, helpful books, and ways to combat the stigma. In preparation for May, which is a month dedicated to bringing awareness and combating the negative stigmas surrounding mental health issues we hope that this episode will help spark helpful conversations.

### Helpful Resources

National Suicide Prevention Lifeline: 1-800-273-8255

Crisis Text Line: **TX** to 741741

Find the Texas Health and Human Services [Here](#)

### Books Recommended

*Feeling Good: The New Mood Therapy* by David D. Burns

“In a recent national survey of mental health professionals, Feeling Good was rated #1—out of a list of 1000 books—as the most frequently recommended self-help book on depression in the United States.” - (Feeling good)

*You are a Bad Ass* by Jen Sincero

Offers a blunt and irreverent guide to achieving the money, relationships, career, and happiness that one desires through recognizing and doing away with self-sabotaging beliefs and behaviors. - (Baker & Taylor)

*The Alchemist* by Paulo Coelho

A fable about undauntingly following one's dreams, listening to one's heart, and reading life's omens features dialogue between a boy and an unnamed being. - (Baker & Taylor)