



Additional Resources

Accessing Help

- [General Resource Center: The JED Foundation](#)
- [How to Get Help](#)

Day to Day Resources

- [Pressure to be Perfect](#)
- [Seize the Awkward](#)
- [Credible Mind](#)
- [Stigma Free Ottawa County](#)
- [Man Therapy: It's ok to cry, even when it's not about sports](#)
- [It's Going to Be Ok \(podcast\): We're on a quest to find one ok thing about every day](#)
- [Mental Health Skills Videos](#)
- [Action for Happiness](#)

Overdose Education/Naloxone Access

- [Muskegon, Ottawa, Allegan Overdose Education](#)
- [Free Naloxone Access](#)