

Curated Finds to Help You Create Connection

Mental Health Minute

Watch this month's *Mental Health Minute* with Catherine Van Tassell.

Watch Now ▶



Community Corner

Seize the Awkward

Seize the Awkward is a mental health campaign by the American Foundation for Suicide Prevention and The Jed Foundation designed to help people start conversations with friends who may be struggling. The website provides practical tips, conversation starters, and resources for checking in with others and creating meaningful connections. The campaign emphasizes that a simple conversation can make a significant difference in someone's life.

Media Picks

READ

Together: The Healing Power of Human Connection in a Sometimes Lonely World

by Vivek H. Murthy, MD

Written by the former U.S. Surgeon General, this bestselling book examines the impact of loneliness on health and explores how connection, community, and belonging can improve well-being. Murthy shares practical strategies to build stronger relationships in an increasingly disconnected world.

WATCH

The 4 Steps of an R U OK Conversation

Suicide Prevention Charity (2 min)

Starting a conversation with someone who may be struggling can feel intimidating, but it doesn't have to be complicated. This short video introduces the ALEC framework—Ask, Listen, Encourage Action, and Check In—a simple approach for supporting friends, family members, coworkers, or loved ones who may need help.

LISTEN

The Power of Vulnerability by Brené Brown, TED Talks Daily Podcast (20 min)

Brené Brown explores how vulnerability, courage, and authenticity help us build deeper relationships and stronger connections. Her research highlights why meaningful connection begins when we're willing to be seen and understood.