



NAHJCares

MENTAL HEALTH RESOURCES

FOR JOURNALISTS

EMERGENCY RESOURCES

988 Lifeline Chat and Text

connects you with caring crisis counselors for emotional support.

To **chat** with a crisis counselor online 24/7/365, please fill out the form <https://988lifeline.org/chat/>

To **text** with a crisis counselor, send a text to 988 on your phone.

For **Veterans and Service Members**: [Chat with the Veterans Crisis Line](#)

[Haga clic aquí](#) para acceder al chat en **español**.

For **Deaf/Hard** of hearing: [ASL now](#)

CAOV

If you are a journalist who needs emergency digital security or psychosocial/mental health assistance because of an incident linked to online violence, the following organizations can help.

[Vita-Activa.org](#)

A helpline for women and LGBTQIA+ people, journalists, activists and human rights defenders who face online gender-based violence, stress, anxiety, chronic fatigue, trauma and pain. Our services in Spanish and English are free, confidential and anonymous. Find us in apoyo@vita-activa.org (Spanish) and support@vita-activa.org (English) | [@VitaActivaOrg](#) | +52155-8171-1117 (Whatsapp, Signal, Telegram)

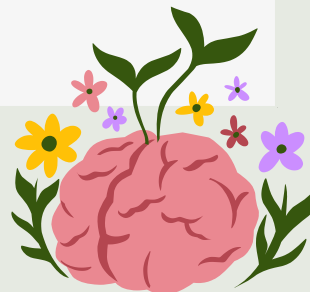
WORDS TO KNOW

Vicarious Trauma: also known as compassion fatigue, is the emotional residue of exposure to traumatic experiences and stories of others through work.

Moral Injury: psychological, social, and spiritual impact that can occur when someone feels they have violated their moral compass or conscience/ how it applies to journalism.

Mental Health: the state of psychological well-being in which a person realizes their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and can contribute to their community.

Coping Skills: Strategies or tactics that can help you deal with stressful situations and lessen unpleasant emotions, thoughts, or behaviors.



PREVENTION AND SUPPORT

PEN America's section of the Field Manual

Offers ideas for practicing self-care and seeking out community during online harassment.

Burnout Crisis in Journalism

Solutions for Today's Newsroom: A Reynolds Journalism Institute research-based set of solutions to prevent and mitigate burnout issues in journalism.

Committee for Protecting Journalists

Resource Center pre-assignment and post-assistance.

The Self-Investigation Academy

A self-paced online learning experience that includes free and paid video-based courses, in English and Spanish. [Online course](#)

Interactive flow chart

For people who struggle with self care, executive dysfunction, and/or who have trouble reading internal signals. It's designed to take as much of the weight off of you as possible, so each decision is very easy and doesn't require much judgment.

CAOV - Psychosocial support

Online violence can have real consequences for journalists. Women media workers report that online harassment has a detrimental affect on their health and also prevents them from doing their job effectively. Accessing support and assistance can be an important step to helping journalists who are targeted online.

A Mental Health Guide For Journalists Facing Online Violence

IWMF Dart Center for Journalism and Trauma - [Tip Sheets](#)

Front Line Defenders

[Wellbeing Toolkit in Spanish](#)

Journalists in Distress (JiD) Network

The JiD is a network of media freedom organizations which provide direct assistance to journalists and media workers who are at risk because of their work.

Journalism Trauma Network

Includes therapists who are trained to work with journalists, therapy funds for different populations including Black journalists, AAPI journalists, and freelance journalists.

American Psychological Association Guide

Insurance for behavioral health services.

American Press Institute

Journalists and mental health resource guide, it has several resources for journalists but also for editors/bosses, navigating workplaces that may be unhealthy, peer stories, resources to cope with lay-offs and more.