

# FA SYMPOSIUM

## Mind Matters: Mental Wellness in FA

OCTOBER 11, 2025



### Mental Health Resources

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For mental health support, individuals can reach out to the 988 Suicide & Crisis Lifeline by calling or texting 988, or by chatting online at [988lifeline.org](https://988lifeline.org)

[Calm](#): a popular mindfulness app offering meditations, sleep stories, breathing exercises, and relaxing music to support mental wellness and better sleep.

[Headspace](#): an easy-to-use app providing guided meditations and tools for managing stress, anxiety, focus, and sleep, based on proven mindfulness techniques.

[Psychology Today](#) and [American Psychological Association's](#) websites to find a therapist or psychologist in your area.

[Association for Behavioral and Cognitive Therapy's](#) website to find therapists who practice cognitive behavioral therapy.

- ABCT's [fact sheets](#) provide introductions to mental health disorders, symptoms, and treatment approaches (with emphasis on cognitive and behavioral strategies).

[Info About Kids](#) offers a page on support for siblings.

American Psychological Association has articles for [individuals](#) with chronic conditions and [parents](#) of children with chronic conditions.

FARA's pages on [assembling an FA care team](#) and [connecting with the FA community](#).

[Accessible College](#): college preparation and transition support for students with physical disabilities and conditions.