

# RESOURCES FOR BURNOUT

## WEBSITES & ARTICLES

- [Therapist Burnout: Signs, Symptoms, and How to Get Help](#): This article on GoodTherapy provides insights into therapist burnout, its signs, and offers guidance on seeking help.
- [American Psychological Association \(APA\) - Avoiding Therapist Burnout](#): APA offers resources and articles on therapist burnout, self-care, and maintaining well-being in the profession.
- [Psychotherapy.net - Preventing Therapist Burnout](#): An article discussing burnout prevention strategies specifically tailored for therapists.
- [SimplePractice - Therapists Are Burning Out—Here's Why, What the Impact Is, and How to Help](#): An article discussing the prevalence of burnout, its impact, causes, and remedies
- [SimplePractice - 6 Strategies for Therapists to Prevent Burnout Before It Happens](#): An article containing strategies for burnout prevention
- [SimplePractice - 8 Free Guided Meditations for Therapist Self-Care](#): An article with several YouTube guided meditations
- [SimplePractice - Therapist Self-Care Checklist](#): List of self-care practices to prevent/treat compassion fatigue and burnout

## ONLINE COMMUNITIES

- [7 Cups - Burnout Support Community](#): A community of listeners and members providing emotional support for those dealing with burnout.
- [Therapist Support Network](#): A network offering resources, support, and community for therapists dealing with burnout and other mental health challenges.
- [Therapist Mental Health Facebook Group](#): A supportive Facebook group where therapists can connect, share experiences, and offer mutual support.



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## BOOKS

- *Burnout: The Secret to Unlocking the Stress Cycle* by Emily Nagoski and Amelia Nagoski
- *Dare to Lead: Brave Work. Tough Conversations. Whole Hearts.* by Brené Brown
- *The Resilient Practitioner: Burnout and Compassion Fatigue Prevention and Self-Care Strategies for the Helping Professions* by Thomas M. Skovholt and Michelle Trotter-Mathison
- *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others* by Laura van Dernoot Lipsky

## PODCASTS

- *Fried: The Burnout Podcast* with Cait Donovan
- *When Burnout Becomes Reality* with Dr. Shannon Swales
- *Joy After Burnout: A Podcast for Therapists and Helpers* with Dr. Jen Blanchette
- *Breaking Burnout Podcast* with Emily Johnson

## ORGANIZATIONS & HELPLINES

- National Alliance on Mental Illness (NAMI): NAMI provides mental health resources, including helplines, support groups, and educational materials.
- The Gottman Institute - Therapist Burnout Prevention and Intervention: Provides resources and workshops specifically aimed at therapists to prevent and manage burnout.
- Crisis Text Line: A 24/7 crisis support service where you can text with trained crisis counselors. Text HELLO to 741741 in the United States.
- Befrienders Worldwide: An international network of helplines and emotional support services for individuals in crisis.

