



Sign up for the Mental Health Safe Project's (MH Safe's) free "Resourceful" updates. Each update includes a story, skill, and tool you can use for different situations. Sign up at <https://mhsafe.substack.com/subscribe>

MH Safe provides free resources funded by my company MH Mediate:



Organizations looking for more extensive services can contact me to learn about our Talking Mental Health Dashboard, and individuals looking for help self-advocating can contact me to learn about our Mindquity Platform. Please feel free to e-mail me at dan@mhmediate.com any time with any questions.

Below are resources that you can refer to related to our presentation:

Learn More About the 5 C's

BEHAVIORAL HEALTH NEWS

You can learn more about the 5C's in a 2024 Behavioral Health News article explaining them (**Your Options for Responding to Mental Illness Stigma (Protectively, Collaboratively, or Assertively)**) available at <https://behavioralhealthnews.org/your-options-for-responding-to-mental-illness-stigma-protectively-collaboratively-or-assertively/>

Learn More About Conflict Resolution and Mental Health



The Dispute Resolution in Mental Health Initiative (DRMH Initiative) is a project funded by the AAA-ICDR Foundation and developed by the CUNY Dispute Resolution Center and MH Mediate. Using funds from six grants over seven years, we designed free resource platforms helping conflict resolvers, family-focused organizations, housing providers, libraries, police, and courts to incorporate conflict resolution best practices into empowering mental health communication. All of these programs are freely available through the DRMH Initiative website and they include some modules on accessibility.

Learn More About Applying the 5 C's Via Stigma Resolvers



You can see program replays of some 2024 “Stigma Resolver” programs presented to the NYC Department of Health and Mental Hygiene, similar to our presentation, at www.conflictcompass.com/stigma

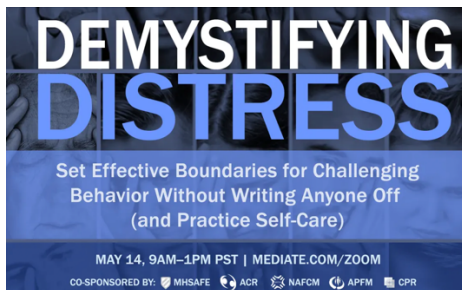
Learn More About Reasonable Accommodations for Disabilities



The Job Accommodation Network (a free resources from the US Department of Labor) offers invaluable insights, practical ideas, and best practices for accommodating employees with all types of health conditions and disabilities. Need assistance finding accommodation solutions? Ask JAN!

<https://AskJAN.org>

Learn More About Coping with Distress

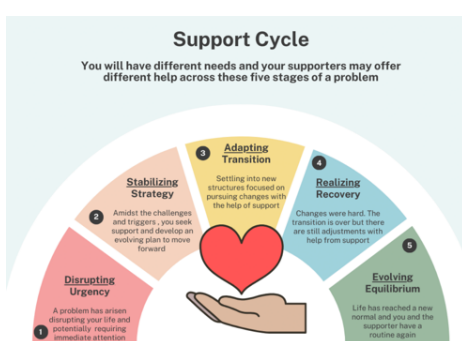


On May 14, 2024, Mediate.com co-sponsored a “**Demystifying Distress**” program with the Association for Conflict Resolution (ACR), the National Association for Community Mediation (NAFCM), the Academy of Professional Family Mediators (APFM), the International Institute for Conflict Prevention and Resolution (CPR), and MH Mediate’s Mental Health Safe Project (MH Safe). Visit

www.mediate.com/demystifying-distress to watch a replay of the four-hour program and visit

<https://bit.ly/DemystifyingDistress> to download the takeaway tools. While this is aimed at dispute resolvers, it can help anyone.

Learn More About Cultivating Support



For resources about how to cultivate support without straining relationships, visit

<https://bit.ly/SupportWithoutStrain>

Note these resources are still a draft and the files at that link will be updated in the future.

Learn More About Options for Self-Advocacy



The MH Safe “About” page (www.mhsafe.org/about) contains a replay of the **Speak Up: Conflict Resolution Skills for Self-Advocacy** program, for the National Alliance on Mental Illness (NAMI). You can also access resources for responding to everyday discrimination at www.mhsafe.org/discrimination

Learn More About the 3R’s

The Australian Dispute Resolution Research Network

The ADR Research Network is a group of Australian dispute resolution academics. Blogging & tweeting high quality, critical dispute resolution scholarship.

Dan Bernstein wrote a blogpost for the Australian Dispute Resolution Research Network entitled “**Written Off: Three Steps to Move Forward When You Feel Rejected**” detailing how he used the 3R’s to move forward when his affiliation was terminated by the American Bar Association. Visit <https://adrnetwork.blog/2025/02/13/written-off-three-steps-to-move-forward-when-you-feel-rejected/> to read the post.

Learn More About the Rejection Rehabilitation Project



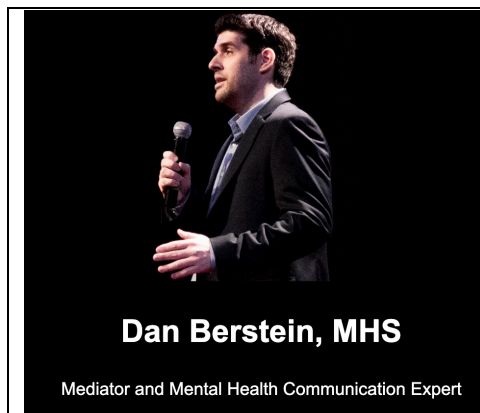
The **Rejection Rehabilitation Project** develops resources to help people cope with rejection, and try to rehabilitate lost relationships (as well as reorient to new opportunities). Learn more at www.mhsafe.org/rejection

Learn More About the Trauma-Informed Response Initiative (TRI)



The **Trauma-Informed Response Initiative** (TRI – pronounced “try”) creates tools to help people respond to distress and challenging behaviors with impartial, effective boundaries that avoid writing people off. Learn more about it or get involved by visiting www.mhsafe.org/tri

Learn More About Awareness Programs

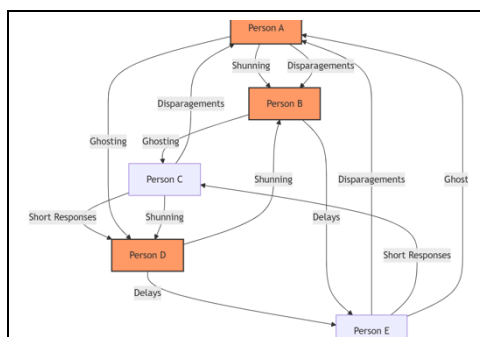


Dan Berstein, MHS

Mediator and Mental Health Communication Expert

I have been open with my bipolar disorder for almost twenty years and I often provide awareness programs to help people have contact education while learning important mental health communication skills. You can learn about my latest program, “**What Being Terminated Taught Me About Civility and Mental Health,**” at www.mhsafe.org/civility - there is also an infographic there about three key obstacles to civility and professionalism.

Learn More About Visualizing the Impact of Problems



To learn more about different ways to visualize the impact of problems in rejection-related conflicts, view an article co-authored by Dan Berstein and Robert Bergman, posted on Mediate.com, called **Sometimes You Need to Be Seen to Be Heard** and available at <https://mediate.com/sometimes-you-need-to-be-seen-to-be-heard-three-easy-ways-to-visualize-what-matters-in-your-dispute/>