



Thank You



Thanks for playing and supporting the Game Genius 2020 District Hunt: The Mysteries of Mental Health. Every year we host a free puzzle hunt in Washington DC to showcase the intersection of play and philanthropy. As a way to give back to the community, here are the mental health resources that we shared during game play. We hope players will find utility in the resources provided. For more information, please visit: <https://www.gamegenius.org/huntcredits>

BOOKS

Defying the Verdict:

My Bipolar Life

Details struggle after a diagnosis; a life full of love, hope, and success

Changing Minds

A substantial resource on mental health and disorders

First, We Make the Beast Beautiful

A compelling narrative about a lifelong battle with anxiety

Depression: Causes and Treatment

The first comprehensive account of depression, introduced cognitive therapy and solutions to health providers and patients

PLAY

Consensus

Have anxiety or a tough time making a decision? Find clarity on the issues in your life and take action

eQuoo

Emotional fitness game that builds resilience and improves mental health

SuperBetter

Build resilience, achieve goals, and tackle challenges including anxiety, depression, stress, chronic pain, concussion recovery and more

MindEase

Works with specific situation and thought patterns. Exercises are interactive and engaging

AIGA DC
A craft and design club dedicated to developing and supporting an inclusive local design community

Shop Made in DC

Retail initiative dedicated to helping local makers thrive

DC Fray

A leader in social sports leagues and unique events in the DC area

730 DC

Daily newsletter delivered weekdays at 7:30 AM

DCist

The latest news in DC from legislation to food and culture

9:30 Club

A highly-rated music venue that currently has a merchandise-backed family fund to support their community

Nation of Makers

Makerspace support organization that fosters connections, resources, and advocates for policy

Catalogue for Philanthropy

The region's only locally-focused guide to giving and volunteering

Games for Change

A leader in social sports leagues and unique events

MEDIA

Emotions Mentor Podcast

Mental health experts talk about ideas to manage emotions, mental health, and success

Changing Minds

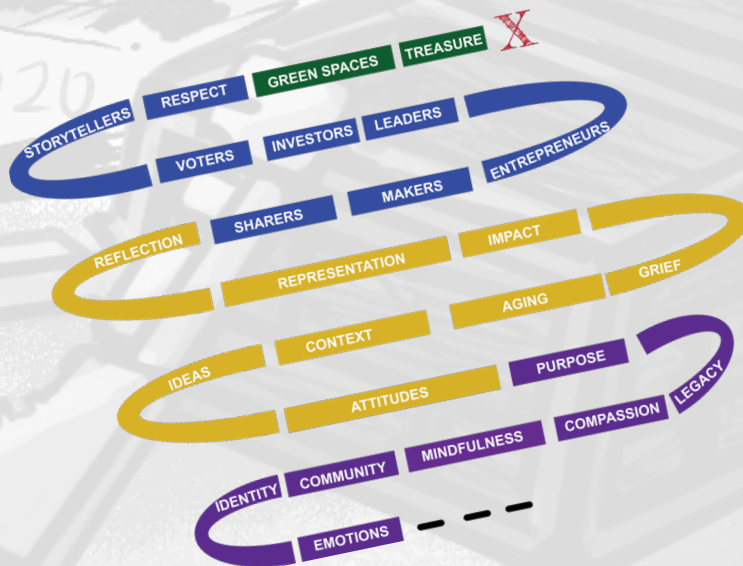
A bi-weekly advice podcast that discusses mental health, self-care, and just getting through the day

One Flew Over the Cuckoo's Nest

Winner of all five major Oscars; notable for questioning the definition of a mental illness

TED Talks

Talks to help listeners find purpose in their lives



GENERAL

National Institute of Mental Health

Provides objective, thorough analysis and reevaluation of the human and economic problems of mental health

Mental Health America

Nonprofit addressing the needs of those living with mental illness and promoting overall mental health

Open Counseling

A place where people can find non-profit provided therapy

The Emotion & Feeling Wheel

An approach to identifying more descriptive words for circumstances

MentalHealth.Gov

Government resource bank on mental health

American Psychological Association

Consumer resource related to psychological issues affecting daily physical and emotional well-being

ACADEMIC

The Science of Self-Control

In a society of abundance, addiction can manifest itself in many ways, this academic paper explores our capacity for self control

Improve your relationships with better communication

Communicating effectively can be challenging in various situations, yet it is crucial for building and maintaining solid, healthy relationships. Use these tips and examples to help improve the way you interact with others