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

PARTNERS

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

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

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

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

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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

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

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

MentalHealth.Gov
Government resource bank on mental health

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