

Can Dungeons and Dragons Replace Therapy? How Roleplaying Games Support Mental Health

November 8, 2024



Can TTRPGs like D&D boost mental health? Alyssia Merrick reveals how roleplaying games support self-care, resilience, and well-being.

Reddit Alternative: A Response to Reddit's Accessibility Hostility

November 8, 2024



Discover our move to Lemmy, a federated Reddit alternative, as a response to Reddit's accessibility concerns. Join at https://ttrpg.network/c/disabled_dungeons.

Gaining Advantage 029: Finding Healing and Fun through TTRPGs: A Journey of Transformation with Bill Lemmond

November 8, 2024



Dale interviews Bill Lemmond, a passionate gamer and comic artist. Bill shares his personal story of how tabletop roleplaying games (TTRPGs) have played a pivotal role in transforming his life, from finding joy and relaxation to

overcoming depression and pursuing education. Discover the power of gaming to create a supportive community, foster creativity, and provide a much-needed escape. Join us as we explore the impact of TTRPGs on mental well-being and the importance of inclusivity and fun in gaming.

0:00 Introduction: Limitless Champions Update

01:35 Interview: Bill Lemmond

51:30 Patreon Showcase & Closing

Manually captioned. Transcript available at our website.

Bill Lemmond Links

- Twitter: <https://twitter.com/PastshelfdateJr>

Wyrmmworks Publishing

- The Lair: <https://cutt.ly/LairYT>
- Wyrmmworks Publishing: <http://wyrmmworkspublishing.com>

Gaining Advantage 025: Outrage Fatigue: Taking a Short Rest

November 8, 2024



This week, we welcome Simone Arnold, owner of Hero's Journey Counseling in Vermont, who discusses outrage fatigue, which can lead to burnout and empathy fatigue, how to balance the desire to make the world better with our own limitations, and prioritize rest.

0:00 Introduction

8:59 Interview: Simone Arnold, owner of Hero's Journey Counseling

31:15 Wrap-up

Manually captioned. Transcript available at our website.

Simone Arnold Links

- Website: <https://www.herosjourneycounseling.net>
- Youtube: <https://www.youtube.com/@herosjourneycounseling7933>
- TikTok: <https://www.tiktok.com/@simonearnoldmc>
- Twitch: <https://twitch.tv/dessicanuvell>

Wyrmsworks Publishing

- Limitless Heroics: http://wyrmsworkspublishing.com/product/limitless-heroics/?utm_source=youtube

- The Lair: <https://cutt.ly/LairYT>
- Inclusive Artwork: Fantasy Stock Art with Disability Representation for TTRPGs: https://crowdfunder.com/inclusiveartwork/?utm_source=youtube

Wyrmmworks Publishing: <http://wyrmmworkspublishing.com>

Gaining Advantage 024: Inherently Beneficial, then Intentional

November 8, 2024



Roleplaying games are already great, but what happens when they're intentionally used to improve lives? We welcome Jack Berkenstock Jr., MHS, Executive Director, The Bodhana Group to talk about therapeutic RPG.

0:00 Introduction

3:54 Interview: Jack Berkenstock Jr., MHS, Executive Director, The Bodhana Group

44:43 Wrap-up

Manually captioned. Transcript available at our website.

Script Change: <http://briebeau.com/scriptchange>

The Bodhana Group Links

- <https://www.thebodhanagroup.org>
- <https://twitter.com/thebodhanagroup>
- <https://www.facebook.com/thebodhanagroup>

Wyrmsworks Publishing

- Limitless Heroics: <http://inclusiverpg.com>
- The Lair: <https://cutt.ly/LairYT>
- Limitless Champions: <http://mini.inclusiverpg.com>

Wyrmsworks Publishing: <http://wyrmsworkspublishing.com>

Disabled D&D5e Heroes Coloring Book

November 8, 2024



Tabletop Roleplaying Games like Dungeons & Dragons are great equalizers: people of all ages and abilities can play together, cooperatively. What else can do that? Coloring books! So we used the amazing art from Limitless Heroics to create a coloring book for all ages!

48 images include fantasy characters, assistive devices, and service animals.

How does a coloring book make lives better?

- People like me with ADHD may benefit from coloring to help keep focused during games and other times, and D&D-related coloring books are rare.
- Put this in a child's hands, and you instantly normalize disabled heroes in their lives.
- D&D is for everyone, and so is artistic expression!
- The pages include quotes from disabled, neurodiverse, and mentally & chronically ill people to teach about their experiences and accessibility.
- [Service Owlbears] are adorable.

The book also includes a local site license for copying, so schools, clinics, local game groups, and FLGSs can print or copy coloring pages for their local events, clients, and fellow players.

Catch Dale on the Gaming and Mental Health Panel

November 8, 2024



I'm deeply honored to have been invited to the [Everyone Games Gaming and Mental Health Panel](#) this Saturday, October 1st 2022, 10:00AM – 11:00AM EDT on [Twitch](#).

Taking care of our mental health is so important today especially with everything we have going on in the world right now, but how can gaming be a part of that mental health journey? We'll be exploring questions like that and more during this panel. Join us as we discuss how gaming is a gateway to many skills including problem solving, practicing empathy, connecting with others, and so much more. It can be an escape and an outlet, but it can also be a useful tool in allowing others to work through their personal struggles and trauma.

Fans of Wyrmsworks Publishing will also note that [Naomi Hazlett](#), copy editor and sensitivity reader for [Limitless Heroics](#) (and will be involved in upcoming projects) is also on that panel.

I'd love to have you all there!

Gaining Advantage 020: Be Kind. Roll High.

November 8, 2024



Roleplaying games change lives. But what happens when you intentionally turn that dial to 11? We welcome Peter Jung from Roll for Kindness to explain how that happens and how you can do it.

0:00 Introduction

04:04 Interview: Peter Jung

32:57 Wrap-up

Manually captioned. Transcript available at our website.

Roll for Kindness Links

- Using RPGs for Good: <https://rollforkindness.com/pathways-for-using-rpgs-for-good/>
- Caravan Endures: <https://rollforkindness.com/new-caravan-endures-build/>
- Twitter: <https://twitter.com/RollForKindness>

Wyrmsworks Publishing

- Limitless Heroics: <http://inclusiverpg.com>
 - The Lair: <https://lair.WyrmsworksPublishing.com>
 - Minis: <http://mini.inclusiverpg.com>
 - Wyrmsworks Publishing: <http://wyrmsworkspublishing.com>
 - Patreon: <https://Patreon.com/wyrmsworkspublishing>
 - Facebook: <https://facebook.com/wyrmsworkspublishing>
 - Twitter: <https://twitter.com/wyrmsworksdale>
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Disability, Neurodiversity, and Mental Health Resources for Tabletop Roleplaying Games

November 8, 2024



Here's a growing collection of resources to improve your life or to help you improve the lives of others.

Representation Resources

- [Ableist Tropes in Storytelling « Oppression Aware Podcast,](#)

- [Fairy Tales, and Games \(Interview\)](#)
- [Writing Characters With Disabilities](#)
- [Forge Ahead: A Party to Access](#)
- [DnD Disability](#)
- [Combat Wheelchair 3](#)
- [Limitless Heroics](#)

Miniatures

- [Limitless Champions](#)
- [Combat Wheelchair](#)
- [Skinny Minis](#)

Accessibility Resources

- [Accessibility in Gaming Resources](#)
- [Roll for Kindness](#)
- [A big list of accessibility resource lists](#)
- [Braille Dice \(Interview\)](#)

Mental Health Tools

- [Jasper's Game Day \(Interview\)](#)
- [TTRPG Safety Toolkit](#)
- [Consent in Gaming from Monte Cook Games](#)
- [MCDM Tabletop Safety Toolkit](#)
- [#CouchCon Charity Panel: "Sanity Checks & Stigma- Mental Health in TTRPGs" – YouTube](#)

Publisher Resources

- [CNIB Clear Print Guide](#)
- [ADA Compliant Print Short Guide](#)
- [Accessible Print Guide](#)

Feel free to add more in the comments below!

The Kickstarter is done. Sort of. Now what?

November 8, 2024



Hi, wonderful patrons! I know I've been quiet lately here on Patreon, and before that, I've been talking a lot about the *Limitless Heroics* Kickstarter, and now that it's done, what's next?

Of course, first of all, it's far from done! If you've been watching the conversations in the Discord (Feel free to jump into the conversations!), everyone is busy creating characters, making artwork, writing additional pieces – over 200 magic items and so much more! We set July as the target date and are on track for that, and here's a Patreon-exclusive teaser draft just

for you that I just finished based on a backer submission! (Note: it hasn't gone through our *extensive* editorial process yet, so expect it to change.)

GleamForth Wayfinder

Wondrous Item, Legendary

Follow the Gleam, and find your way. Hold me leftward lest you stumble. Let the third eye guide your path. Look to your heart to find your Truths. Center me, and I will bring you home though the darkness envelop you.

This labyrinthine eye provides protection and direction to those who would be lost without it. Unlike most prosthetic eyes, you hold this one instead of inserting it. When held in the left hand, it provides 5' blindsight. When so held, you cannot use that hand for any other purpose. As an action, you can hold it mid-forehead and cast the *find the path* spell once per day. Once per day, as your action, you touch the heart of a creature you can reach that is charmed, frightened, or possessed by a celestial, an elemental, a fey, a fiend, or an undead. The creature you touch is no longer charmed, frightened, or possessed by such creatures. When held at the solar plexus, once every seven days, you can cast either *plane shift* or *teleportation circle* to your home. Your home need not have a teleportation circle inscribed, but when you acquire this eye, you must declare your home location as the destination of this function.



Pre-Orders Open

If anyone missed the Kickstarter (or knows someone who did – feel free to pass on this link), you can [get the pre-order here](#), and use the coupon code **LHPATREON** to get \$2 off! (Yes, you can share this coupon code along with the link!)

But *then what?*

We have a long to-do list that keeps getting longer, but picture this: imagine the **city version of *Limitless Heroics***: a campaign city that explores concepts of accessibility where characters can have all the typical urban adventures while encountering what accessibility in its various forms would look like in a high fantasy setting! I've already received interested notes

from accessibility advocates and universal design firms interested in helping with this and several writers and artists eager to work on future Wyrmsworks Publishing projects, and if it's well received, we can keep adding pieces to create a campaign world with different locations that explore and teach about all kinds of issues, all while having grand 5e adventures! Add in some miniatures based on some of the 50+ characters being designed for *Limitless Heroics*, and you have something truly unique that helps you improve others' lives!

Tied to that big project, I have a collaborative project in the works that I can't discuss yet, but it's a partnership with at least one well known figure in the D&D space whose name is attached to some official D&D adventures. That one is just in the idea stage right now (We're both pretty busy at the moment but hoping to get started on it later this year), but when I can say more, you'll be the first to know! (OK, besides my wife. She hears these things first.)

And, I have some great guests lined up for future Gaining Advantage episodes, so expect more of those soon!

Thanks so much for your support! You're helping make all this happen!

All the best!

Dale