

# 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.

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## Gaining Advantage 032: The Secret to Unlocking Boundless Creativity: Tabletop RPGs for Kids with Steph from TTRPGKids

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In this episode, we speak with Steph from @ttrpgkids about using #TTRPG to nurture creativity and connection with kids.