Mental Health Resources

**Compiled by Kendra J. Bjoraker, Ph.D, L.P. (Resources are not personally endorsed only compiled)**



# Organizations that Educate and Offer Help

* + [**National Alliance on Mental Illness**](https://www.nami.org/)1-800-950-NAMI (1-800-950-6264). NAMI is the largest organization devoted to improving the lives of those affected by mental disorders.
  + [**Anxiety**](http://treatment.adaa.org/)[**and Depression Association of America**](http://treatment.adaa.org/)1-240-485-1001. The ADAA works to improve the quality of life of those affected by anxiety and depression related disorders.
  + [**National Institute of Mental Health**](https://www.nimh.nih.gov/index.shtml)1-866-615-6464. The NIMH is the largest research organization in the world committed to understanding the treatment and prevention of mental disorders.
  + [**Centers**](https://www.cdc.gov/mentalhealth/)[**for Disease Control and Prevention Division of Mental Health**](https://www.cdc.gov/mentalhealth/)1-800-CDC-INFO (1-800-232-4636). The mental health arm of the CDC is a good source of public health information on mental health.
  + [**American Psychological Association**](https://www.apa.org/)1-800-374-2721. The APA is a professional organization of psychologists. Its site explains how psychologists work with you to alleviate symptoms and offers information on how to manage health and well-being while coping with depression and anxiety.
  + [**American Psychiatric Association**](https://www.psychiatry.org/)1-703-907-7300. The APA is a medical society whose members work to ensure that persons with mental disorders. Educational material is available on their site, as well as help finding a psychiatrist.
  + [**https://www.anxiety.org**](https://www.anxiety.org/)Individuals can learn about different types of anxiety, how to deal with anxiety issues, and search for an anxiety specialist in a directory of health care providers.
  + [**http://www.childanxiety.net**](http://www.childanxiety.net/)The Child Anxiety Network is dedicated to anxiety issues in children and youth. Child-specific information about symptoms, coping strategies, and resources for finding a professional health care provider are offered.
  + [**https://locator.apa.org**](https://locator.apa.org/)the American Psychological Association therapist locator website.
  + **National Suicide Prevention Lifeline** 1-800-273-8255. **988 is** new Lifeline that provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

# Apps

## ReachOut Breathe

Main purpose is to help you with slow down and control your breathing. When we slow down our breathing, this can help slow down heart rate and help us recover with the symptoms of stress and anxiety.

## Pacifica

Different features including goal setting, mood tracking, and activities to help you reframe negative thinking. Has Progressive Muscle Relaxation meditation.

## MoodMission

Used for either depression or anxiety. Gives you challenges or missions based on how you are feeling.

## Dare

Can walk you through audio recordings to help you sit comfortably with your anxiety rather than avoid it.

## Calm

Guided meditations are good for managing stress and anxiety. These are guided meditations and offers a mood check-in feature.

## Breathe2Relax

Proper breathing can lower heart rate and blood pressure. This teaches you how to use diaphragmatic breathing.

# Panic Relief

Integrates practices from a psychiatrist and cognitive therapist into brief animations that can guide you through a panic attack.

**MoodKit**

This app will help individuals with depression, anxiety disorders, anger management issues, etc. The skills taught include self-monitoring, identifying, and changing unhealthy though patterns, and engaging in mood-enhancing activities. It would not be helpful to those with moderate to severe depression.

## Anxiety Reliever

An app that enables users to track anxiety symptoms and provides relaxation exercises.

## Anxiety Coach

This is a self-help app that addresses fears and worries using cognitive behavioral therapy strategies. The app walks you through making a list of feared activities and helps master them. Includes a severity self-test, making-a-plan, anxiety tracking and viewing your progress.

## Anxiety Free

The Anxiety Free app uses self-hypnosis techniques to help lessen stress and quell feelings of anxiousness. The guided lessons developed by Donald Mackinnon are each 90 minutes long.

## Relaxing Sounds of Nature

Free Relaxing Sounds of Nature app features 25 soothing nature sounds, plus another 35 sounds that you can use to craft your own relaxation soundtrack. Use it as an alarm or to help you drift off at the end of the day. You can also use it whenever you feel your stress and anxiety levels rising.

## Headspace

Series of guided meditations is designed to train your brain in just 10 minutes a day, with the ability to track and reward yourself for progress along with a buddy system so that you can stay motivated and help others do the same.

## HelloMind

HelloMind is guided relaxation audios. The guided exercises focus on anxiety, fears and phobias, and confidence, among other things. You can even earn points for listening, and journal your feelings in a log.

## Relax and Rest Meditations

Relax and Rest Medications app is for brief meditations. Whenever you have a few minutes to spare, slow down and relax with a five, 13, or 24-minute guided meditation.

## Self-Help for Anxiety Management (SAM)

Learning how to relax can help you manage anxiety symptoms. In it, you’ll find an anxiety tracking tool, relaxation instruction, anxiety treatment guidance, and a community to interact with. There are also interactive relaxation features you can use to learn how to better manage your emotions and physical reactions to them.

## Acupressure: Heal Yourself

Acupressure: Heal Yourself guides you to the various pressure points.

## Moods

Learning how to manage anxiety first requires you to know how to recognize it. With this mood tracking app, simply enter how you’re feeling at any time of day and use these inputs to track and identify patterns.

## Sleep Time

Sleep Time lets you fall asleep to ambient, relaxing sounds and wake to the same. It also tracks your sleep patterns and provides feedback on the quality and quantity of shut eye you’re getting.

## Stop Panic & Anxiety Self Help

Made specifically for people suffering from panic disorders. The app uses cognitive behavioral therapy approaches to help users reframe their destructive thought patterns that may lead to or worsen their anxiety. It also features relaxation audios, an anxiety diary, and emotional training tools.

## What’s Up?

Cognitive behavioral therapy (CBT) involves learning more about how you think and how your thoughts affect your emotions. This app uses CBT to train anxiety sufferers how to identify negative thinking patterns and the sources of their anxiety. It features breathing techniques, habit and anxiety trackers, positive quotes, forums, and even a game.

## The Worry Box

The Worry Box was designed to help people cope with worry and learn how to effectively manage the disruptive emotion. When you’re facing worry, the app gives you a list of coping statements to help reframe your thoughts. It also includes relaxation audios to help induce calmness.

**Worry Watch**

Worry Watch is an app that aims to help you manage worry and anxiety by delving into the thought processes that lead us down this path of unjustified stress. It features a logbook for you to track your worries. As you add to your app, you can monitor trends and learn from your patterns of worry and anxiety.

## MindShift

It teaches relaxation skills, develops new thinking, and suggests healthy activities. It is designed for youth but useful to anyone.

## BellyBio Interactive Breathing

Biofeedback device that monitors your breathing and plays sounds reminiscent of ocean waves when you relax.

## Take a Break! Guided Meditations for Stress Relief

Listen to a seven-minute Work Break or 13-minute Stress Relief recording with or without music or nature sounds.

## T2 Mood Tracker

Mood Tracker tracks symptoms of depression, anxiety, PTSD, traumatic brain injury, stress, and general well-being. It is useful to share with clinicians and chart recovery.

# Books

* + The Liberated Mind by *Seven C. Hayes*
  + Things Might Go Terribly, Horribly Wrong by *Kelly G. Wilson*
  + Rising Strong by *Brene Brown*
  + This is Depression by *Diane McIntosh*
  + Feeling Great by *David D. Burns*
  + Learned Hopefulness by *Dan Tomasulo*
  + Cognitive Behavioral Therapy Made Simple by *Seth J. Gillihan*
  + Unlearning Anxiety and Depression by *Joseph J. Luciani*
  + Maybe You Should Talk to Someone by *Lori Gottlieb*
  + Overcoming Unwanted Intrusive Thoughts by *Sally M. Winston & Martin N. Seif*



# Resources Finding Care:

**Free Clinics** are non-profit organizations that perform medical safety net services for free or at a highly reduced cost. You can find free clinics in your area by visiting: <http://www.freeclinics.us/>.

**Community Mental Health Centers** offer low-cost or free care on a sliding scale to the public. They also offer a variety of services on a long-term basis.

**Local Nonprofits** that aren’t specifically designated as health clinics may still have therapists, psychologists, or psychiatrists who donate their time and agree to see patients for free or at a reduced cost.

**Medical Schools** may provide help. Students and interns may meet with clients at a highly reduced rate. The students are under the supervision of a licensed professional.

# Other possible resources:

* + Family doctors
  + Mental health specialists, such as psychiatrists, psychologists, social workers, or mental health counselors
  + Religious leaders/counselors
  + Health maintenance organizations
  + Community mental health centers
  + Hospital psychiatry departments and outpatient clinics
  + University or medical school-affiliated programs
  + Social service agencies
  + Private clinics and facilities
  + Employee assistance programs
  + Local medical and/or psychiatric societies