

# Mental Health Resources

## Online/Telephone Resources during COVID-19

We take your health and safety seriously. Although face to face contact and other typical ways of seeking support may be temporarily unavailable, there are many resources to help us cope effectively. To maintain social distancing guidelines the following resources are available.

### Staying in contact with loved ones and services

- **Follow up with your therapist and keep your current appointments:**  
It may seem strange or odd to be talking on the phone with your therapist or video chatting with them, but this is a great time to focus on getting support and have a designated time to process emotions.
- **Use the phone to contact your loved ones:**  
Schedule Facetime or video chatting sessions with people you care about. You might feel particularly lonely right now, so reaching out and scheduling time to chat may be helpful.
- **Reach out to the following to connect/talk if you're struggling:**
  - [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)  
P: 1-800-662-4357 (English & Spanish)
  - [National Suicide Prevention Lifeline](#)  
P: 1-800-273-8255
  - [Veterans Crisis Line](#)  
P: 1-800-273-8255, Press 1 | Text: 838255 | Online Chat: VeteransCrisisLine.net
  - [National Alliance on Mental Illness \(NAMI\)](#)  
Online Discussion Groups at nami.org (Registration Required)
  - [Mental Health America \(MHA\) Crisis Text Line](#)  
Text: MHA to 741741
  - [Depression and Bipolar Support Alliance](#)  
Online Support Groups at dbsalliance.org
  - [The Tribe Wellness Community](#)  
*For Addiction, Anxiety, Depression, HIV/AIDs, LGBT, Marriage/Family, OCD groups*  
Online Support at support.therapytribe.com
  - [Attention Deficit Disorder Association \(ADDA\)](#)  
Virtual Support Groups at adda.org/adda-virtual-programs (Registration Required)
  - [Emotions Anonymous \(EA\)](#)  
Alternative Format Meetings via Phone, Chat, Skype, Facebook Messenger, YouTube at emotionsanonymous.org
  - [National Eating Disorder Association](#)  
P: 1-800-931-2237
  - [Love is Respect](#)  
*Website for individuals facing domestic violence and helpline*  
P: 1-800-799-7233 | Text: LOVEIS to 22522 | Online chat: thehotline.org
  - [National Domestic Violence Hotline](#)  
P: 1-800-799-7233 | Online cha: thehotline.org
- **Reach out to the following to connect/talk if you struggle with substance misuse:**
  - [Alcoholics Anonymous Online Intergoup](#)  
Video, phone, text/chat options, and discussion forums at aa-intergroup.org.
  - [Narcotics Anonymous Online](#)  
Video, phone, text/chat options, and forums at na.org/meetingsearch and choose country: Web
  - [Virtual Narcotics Anonymous](#)  
Video and phone availability at virtual-na.org.
  - [SMART Recovery Online Community](#)  
Online meetings at smartrecovery.org/community

For more information on Telehealth services or a free, confidential assessment, call **(630) 305-5027**

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### Helpful Mental Health Apps:

- **ACT Coach App:** Helps you utilize Acceptance and Commitment Therapy (ACT), record your mood, complete ACT exercises, journal, share your information with your therapist, go through ACT lessons, practice mindfulness, and join discussion groups.
- **DBT Coach App:** Helps you to utilize Dialectical Behavior Therapy (DBT), record your mood, record DBT skills you practiced, record targets, journal, practices exercises, comprehensive lessons, create crisis survival lists, build your knowledge, and coordinate with your therapist to complete assignments and tasks.
- **Wakeout! Workout App:** Helps you stay active, when you're at home. Keeping up physical movement and exercise is crucial at times like this, especially when you're feeling stuck.
- **Moodpath: Depression & Anxiety or Moodtools App:** Helps assess how you're feeling, tracks your mood, gives you a place to reflect and journal, and offers meditative and activities options to help manage distress.
- **PanicShield App:** Helps you work through and manage panic and related symptoms through deep breathing, internal exposure strategies, and external exposure strategies.
- **Calm Harm App:** Helps you work through self-harm urges through journaling, "riding the wave" of the self-harm urge through various activities.
- **Smiling Mind App:** Offers free mindfulness meditation with various programs and personalized options. Great for any age.
- **eMoods App:** A mood tracker which helps with managing bipolar, depression, and anxiety.
- **I am Sober App:** Gives you the ability to track your sobriety progress, make daily pledges, analyze triggers, and withdrawal timelines.
- **Mindshift App:** For teens and young adults to gain insight into basic skills to manage symptoms of anxiety and panic.
- **PTSD Coach App:** Offers support for individuals suffering from Post Traumatic Stress Disorder (PTSD).
- **Health Unlocked Communities App:** Offers social networking for mental health with specific communities related to the Anxiety and Depression Association of America.

### Get creative with your time:

- Use features like the Google Chrome extension [Netflix Party](#) to watch Netflix with your friends and family. Put together a watch party and chat through your favorite show or movie.
- Channel your inner child and engage in activities that you once enjoyed growing up such as playing music, build model cars, drawing, and painting.
- Read or listen to books through Apps like Hoopla, Audible or Libby.
- Get outside and engage in [mindful walking](#). This gives you a chance to battle that "stuck feeling"
- Watch the [Met Opera](#) with a 7-day free trial at metopera.org.
- Use the Colorfly App to color pictures on or offline and share on your social media.
- Check out [UpWorthy.com](#) or follow them on Instagram for positive and uplifting stories.
- Go on a [virtual tour of a museum](#).
- Complete online courses at [Coursera](#) which features university-level courses at coursera.org.
- Watch and learn from [Ted Talks](#) covering a variety of topics at ted.com/talks.
- Write a letter or send a card: This is a great way to fill up your time and connect with others.
- Check out Studio 3 which is streaming 3 free workout classes a day via their Instagram story.
- Create a scavenger hunt with family and see who can complete it first.
- Have a nightly board game challenge.