# Mental Health Resources During COVID-19

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# General Resources

| **Organization Name** | **Description** |
| --- | --- |
| [ADDitude – Pandemic Anxiety: 10 Expert Coping Strategies](https://www.additudemag.com/adhd-coronavirus-anxiety-coping-strategies/) | ADDitude magazine is a source of important news, expert advice, and judgment-free understanding for families and adults living with attention deficit disorder. *(Magazine requires subscription)* |
| [Centers for Disease Control and Prevention (CDC) - COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/)  [CDC – COVID-19 Related Resources](https://espanol.cdc.gov/coronavirus/2019-ncov/index.html) *(Spanish)*  [CDC – COVID-19 Coping with Stress](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html) | Provides COVID-19 resources in both English and Spanish. |
| [Half of Us](http://www.halfofus.com/)  (800) 273-TALK (8255) | Provides information about depression, bipolar disorder, suicide, eating disorders, anxiety disorders, stress, and addiction. |
| [Pandemic Writing](http://exw.utpsyc.org/)  (James Pennebaker and Team) | Provides some ways to try out expressive writing to help you deal with the COVID-19 outbreak. |
| [Palouse Mindfulness – Online Mindfulness-Based Stress Reduction (MBSR)](http://www.palousemindfulness.com/) | Online MBSR training course is 100% free, created by a certified MBSR instructor, and is based on the program founded by Jon Kabat-Zinn at the University of Massachusetts Medical School. |
| [Biblioteca Nacional de Medicina de los EE.UU. – Medline Plus](https://medlineplus.gov/spanish/mentalhealth.html) (in Spanish) | Ofrece recursos relacionados a: resiliencia, gratitud, espiritualidad, salud mental, ejercicios de mente plena, nutrición y otros. |
| [Mindful – COVID resources](https://www.mindful.org/category/covid-resources/)  [Resources to Find Calm and Nourish Resilience During the COVID Outbreak](https://www.mindful.org/free-mindfulness-resources-for-calm-during-covid-outbreak/)  [Free Audio Resources for Mindfulness Meditation](https://www.mindful.org/audio-resources-for-mindfulness-meditation/)  [Watch Live Meditations](https://www.mindful.org/mindfulhome-schedule-of-live-meditations-from-mindful-org/) | Providing mindfulness resources through content, training, courses, and directories. |
| [My Grief Angels](http://www.mygriefangels.org/home.html) | Provides resources on dealing with grief in different languages. |
| [National Institute of Mental Health (NIH) – Shareable Resources on Coping with COVID-19](https://www.nimh.nih.gov/health/education-awareness/shareable-resources-on-coping-with-covid-19.shtml) | Provides informational graphics to help raise awareness, news stories about coping, radio interviews, videos to educate others, and more. *(Some Spanish resources included)* |
| [Supportiv](https://www.supportiv.com/) | An anonymous Support Network – find articles, and information about coping tools, how to help, anxiety, loneliness, stress relief, insomnia, depression, and others. |
| [The Jed Foundation (JED)](http://www.jedfoundation.org) | Empowers teens and young adults with skills and support to grow into healthy, thriving adults. Develop life skills, promote social connectedness, provide substance abuse and mental health services, among other services. |
| [The Wellness Society – Coronavirus Anxiety Workbook](https://thewellnesssociety.org/free-coronavirus-anxiety-workbook/) | Workbook available in English, Spanish, German, Dutch, and Turkish. |
| [University Health Publishing, Harvard Medical School – Coping with COVID-19](https://www.health.harvard.edu/diseases-and-conditions/coping-with-coronavirus) | Provide educational videos, blog posts, podcasts and more. |
| University of California, San Francisco – Department of Psychiatry and Behavioral Sciences: Weill Institute for Neurosciences – [Emotional Well-Being and Coping During COVID-19](https://psychiatry.ucsf.edu/coronavirus/coping) | Provides tips for everyone about dealing with pandemic fatigue and avoiding COVID burnout, maintaining physical activity, online stress reduction resources, and much more. |
| World Health Organization (WHO) – [Mental health and psychosocial considerations during COVID-19 outbreak](https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_8) | Messages for the general population, healthcare workers, carers of children, people in isolation, and more. |
| **Counselors** | |
| [Mountain Island Charter School (MICS) School Counseling – COVID-19 Resources for students and families](https://micscounseling.weebly.com/covid-19-resources.html) | Provides informational and supportive resources. |
| **Health & Wellness Team** | |
| [Los Angeles County Department of Mental Health (LACDMH) – Coronavirus/COVID-19 Mental Health Resources](https://dmh.lacounty.gov/covid-19-information/) | LACDMH has published the various materials to address mental health and wellbeing needs. |
| [National Institutes of Health (NIH) COVID-19](https://covid19.nih.gov/) | Provides latest news about testing, treatments and vaccines, and NIH’s strategic response. |
| [Substance Abuse and Mental Health Services Administration (SAMHSA) Coronavirus (COVID-19)](https://www.samhsa.gov/coronavirus) | Provides guidance and resources to assist individuals, providers, communities, and states across the country. |
| [Talkspace COVID-19 Resources](https://www.talkspace.com/covid-resources) | Provides free therapist-led Facebook support groups, 16-day anxiety relief program, and ongoing support and resources. |
| [World Health Organization (WHO) – Coronavirus disease (COVID-19) advice for the public: Mythbusters](https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters) | Provides information on myths/rumors and how to report misinformation. |

# Peer-to-Peer Support

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| --- | --- |
| **Name Organization** | **Therapy Modalities** |
| [18percent](https://18percent.org/) | Global peer-to-peer support group |
| [Anxiety and Depression Association of America (ADAA) Online Support Group](https://adaa.org/adaa-online-support-group) | Discussion forum |
| [Crisis Text Line](https://www.crisistextline.org/) | Crisis text line |
| [Daily Strength Anxiety Support Group](https://www.dailystrength.org/group/anxiety) | Discussion forum |
| [Depression & Bipolar Support Alliance (DBSA)](https://www.dbsalliance.org) | Peer support network in U.S. |
| [Finding My Recovery](https://findingmyrecovery.org/)  (800) 704-2651 – Crisis Services | Virtual peer support community |
| [LGBT National Help Center](https://www.glbthotline.org/)  [LGBT National ​Online Peer-Support CHAT](https://www.glbthotline.org/peer-chat.html) | Peer-support chat, talk line, and weekly youth chartrooms |
| [In The Rooms](https://www.intherooms.com/home/) | Weekly online meetings |
| [APAs LGBTQ Peer Support](https://www.apa.org/apags/governance/subcommittees/lgbt-peer-support) | Email support from college peers |
| [Inspire – Mental health support group and discussion community](https://www.inspire.com/groups/mental-health-america/topic/anxiety-and-phobias/?origin=tfr) | Discussion Forum |
| [National Alliance on Mental Illness (NAMI)](https://nami.org/Find-Your-Local-NAMI)  [NAMI Connection](https://nami.org/Local-NAMI/Programs?classkey=a1x36000003TN9TAAW) | Peer led support groups |
| [PFLAG Support](https://pflag.org/needsupport) | Peer-to-peer meetings, online outreach, telephone hotlines |
| [Discord](https://discord.com/)  [Discord Tutorial – Online Peer Support!](https://www.youtube.com/watch?v=buUQv4-annI) | Chatrooms, zoom peer support groups and educational information |
| [SupportGroups.com](https://www.supportgroups.com/) | Discussion Forum |
| [Support Groups Central](https://www.supportgroupscentral.com/) | Group video meetings |
| [Teen Line](https://teenlineonline.org/) (800) 852-8336 | Teens can talk, email, send text or message board |
| [TheTribe – Anxiety Support Group](https://support.therapytribe.com/anxiety-support-group/) | Live Chat, Discussion Forum |
| [Turn2Me Support Groups](https://turn2me.ie/landing/support-groups/adults) | Live Chat |
| [Warmlines](http://www.warmline.org/) | Peer-run listening line |
| [World Pulse](http://www.worldpulse.com/) | Global social network for women |

# Support Groups

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| **Organization Name** | **Link** |
| [Talkspace COVID-19 Resources](https://www.talkspace.com/covid-resources) | Free Facebook public support group to reduce and manage fear about COVID-19 |
| [Mental Health America – Find Support Groups](https://www.mhanational.org/find-support-groups) | Provide information about support groups and where to find them. |
| [National Alliance on Mental Illness (NAMI) Connection Recovery Support Group](https://www.nami.org/Support-Education/Support-Groups/NAMI-Connection) | Free, peer-led support group for anyone adult who has experienced symptoms of a mental health condition. |
| [NAMI Puerto Rico Support Groups](https://www.nami.org/Local-NAMI?state=PR) | Provides a printable Puerto Rico NAMI State Organization and NAMI Affiliate Directory. |
| [Suicide.org](http://www.suicide.org/index.html)  [Suicide.org – Support Groups](http://www.suicide.org/suicide-support-groups.html)  [Suicide.org – Suicide Survivors Support Groups](http://suicide.org/suicide-survivors-forum.html) | Provides information about prevention, awareness and support. |

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# Hotlines/Life-Line Chats/Crisis Text Lines

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| **Organization Name** | **Contact Information** |
| **Suicide** | |
| [Crisis Text Line](https://www.crisistextline.org/) | Text HOME to 741741 to connect with a Crisis Counselor |
| [LGBT National Help Center](https://www.glbthotline.org/) | LGBT National ​Hotline: (888) 843-4564  LGBT National Youth Talkline: ​(800) 246-7743 |
| [Lifeline Chat – National Suicide Prevention Lifeline](https://suicidepreventionlifeline.org/chat/) | (800) 273-TALK (8255) |
| [ASSMCA Línea PAS](https://lineapas.assmca.pr.gov) Puerto Rico – SAMHSA PAS, First Psico-Social Help text/hotline | (800) 981-0023 |
| [SAMHSA National Helpline](https://www.samhsa.gov/find-help/national-helpline)  [SAMHSA Behavioral Health Treatment Finder](https://findtreatment.samhsa.gov/) | (800) 662-HELP (4357) |
| [Suicide.org](http://www.suicide.org/) | (800) SUICIDE (800-784-2433) (800) 273-TALK (800-273-8255) Spanish Hotline: (800) 273-TALK (Press 2) |
| [The Trevor Project](https://www.thetrevorproject.org/)  24-hour confidential suicide hotline for LGBTQ youth | TrevorLifeline: (866) 488-7386 |
| [SuicideHotlines.com](http://suicidehotlines.com/) | (800) SUICIDE (800) 784-2433  (800) 273-TALK (800) 273-8255 |
| **Sexual Violence and Domestic Violence** | |
| [National Center on Domestic and Sexual Violence](http://www.ncdsv.org/) | Domestic Violence: (800) 799-SAFE Sexual Assault: (800) 656-HOPE |
| [National Domestic Violence Hotline](https://www.thehotline.org/) | (800) 799-SAFE (7233) |
| [RAINN](https://www.rainn.org/) (Rape, Abuse & Incest National Network) | (800) 656-HOPE (4673) |
| [Safe Horizon Hotlines](https://www.safehorizon.org/hotlines) | (800) 621-HOPE (4673) |
| **Victims of Crime & Abuse** | |
| [Childhelp National Child Abuse Hotline](https://www.childhelp.org/childhelp-hotline/) | (800) 422-4453 |
| [Office for Victims of Crime (OVC)](https://www.ovc.gov/) | The [Online Directory of Crime Victim Services](https://ovc.ncjrs.gov/findvictimservices/) helps to locate nonemergency crime victim services provided by not-for-profit programs and public agencies. |
| [VictimConnect Resource Center](http://victimconnect.org/) | (855) 4-VICTIM (855-484-2846) |

# Videos for Coping Skills

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| **Organization Name** | **Description** |
| [Meditation and Healing](https://www.youtube.com/channel/UCM7XCXnxtYJkkMN0zf0tsSw) | “Boost Your Aura” Attract Positive Energy Meditation Music, 7 Chakra Balancing & Healing |
| [Coping Skills for COVID-19: Resiliency While Socially Distant](https://www.youtube.com/watch?v=ycku3vzSlaM&feature=youtu.be) | Dr. Larry Long (University of Kansas Medical Center) provides practical solutions for increased healthy coping while maintaining social distance. |
| [Babylon Health](https://www.youtube.com/channel/UCPEAYzwc7QJg4DL5x6U3AEQ) | Coronavirus/ Dealing with anxiety and mental health during a pandemic |
| [Panic Free TV](https://www.youtube.com/channel/UCY_3K_TzFihulqyp18U0Xkw) | Deep Relaxation Hypnosis for Stress Relief, Anxiety Relief, and Instant Calm (Science Based) |
| [10MinuteCBT](https://www.youtube.com/channel/UCQ6wWmTJ0eI_sJqvb8l91_Q) | Practical, interactive, and online training |
| [10 Minute Steps to Survive Lockdown](https://elearning.10minutecbt.co.uk/courses/10-minute-steps-to-wellbeing-during-covid-19-young-people-and-families) | Mood Boosting tips for young people, families and teachers taught by Dr. Lee David |
| [FACE COVID – How to Respond Effectively to The Corona Crisis](https://www.youtube.com/watch?v=BmvNCdpHUYM) | Dr. Russ Harris illustrates how to use ACT (Acceptance and Commitment Therapy) to deal with the Corona crisis. |
| [FACE COVID – Practical Steps for Young People](https://www.youtube.com/watch?v=wIgrA5a8UIM) | This video is a clip from FREE 10 Minute Steps to Surviving Lockdown video program based on CBT and mindfulness. The FACE-COVID model was adapted from Russ Harris, author of the Happiness Trap, with permission. |
| [Do Yoga with Me](https://www.doyogawithme.com/) | 2-months free during COVID-19 |
| [Yoga with Adriene](https://yogawithadriene.com/) | Global online yoga community |
| **Videos in Spanish** | |
| [CDC – COVID-19 en Español](https://www.youtube.com/playlist?list=PLvrp9iOILTQZdKZTcAaYdyu4wKmhGCJNc) | Mayormente videos educativos sobre COVID-19 y uno sobre manejo de ansiedad y estrés en español |
| [Jordi Wu](https://www.youtube.com/channel/UC4VXblTy_IYCpBKUqpjB-Ug) | Calmar/ Eliminar la Ansiedad con Ejercicio de Respiración; Cómo Eliminar PEBNSAMIENTOS NEGATIVOS y otros |
| [Mindful Science](https://www.youtube.com/channel/UCvZKEunQgNxg6iJh62YGcdQ) | Meditación con *mindfulness* para principiantes; Desarrollo de resiliencia con 3 sencillas estrategias; Cómo lograr un sueño profundo y reparador |
| [Musicoterapia](https://www.youtube.com/channel/UCf4iMeUCDs0NFkJI03aJSbQ) | MUSICA ULTRA RELAJANTE para la ansiedad y relajarse profundamente con Ondas Delta |

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# Mental Health Apps

| App Name | Logo | Availability |
| --- | --- | --- |
| Mindfulness, Meditation, Motivation, Relaxation | | |
| [10% Happier](https://www.tenpercent.com/) | Ten Percent Happier | [iTunes](https://apps.apple.com/us/app/ten-percent-happier-meditation/id992210239) / [Google Play](https://play.google.com/store/apps/details?id=com.changecollective.tenpercenthappier) |
| [Aura](https://www.aurahealth.io/): Meditation & Sleep |  | [iTunes](https://apps.apple.com/app/apple-store/id1114223104) / [Google Play](https://play.google.com/store/apps/details?id=com.aurahealth) |
| Declutter the Mind |  | [iTunes](https://apps.apple.com/us/app/declutter-the-mind-meditation/id1465713447) |
| [Dharma Seed](https://dharmaseed.org/) |  | [iTunes](https://apps.apple.com/us/app/dharma-seed/id507779665) / [Google Play](https://play.google.com/store/apps/details?id=org.dharmaseed.android) |
| [Headspace](https://www.headspace.com/) | page1image893663648 | [iTunes](https://apps.apple.com/us/app/headspace-meditation-sleep/id493145008) / [Google Play](https://play.google.com/store/apps/details?id=com.getsomeheadspace.android) |
| [Heartfulness – HeartsApp](https://heartfulness.org/in/heartsapp/) |  | [iTunes](https://apps.apple.com/us/app/heartsapp-by-heartfulness/id1438627629) / [Google Play](https://play.google.com/store/apps/details?id=com.hfn.unified&hl=en) |
| [Inscape](https://inscape.life/) |  | [iTunes](https://apps.apple.com/us/app/inscape-meditation-sleep/id1101945600) / [Google Play](https://play.google.com/store/apps/details?id=com.inscape) |
| [Insight Timer](https://insighttimer.com/) | page1image893980544 | [iTunes](https://apps.apple.com/us/app/insight-timer-meditation-app/id337472899) / [Google Play](https://play.google.com/store/apps/details?id=com.spotlightsix.zentimerlite2) |
| Meditation Helper *(in Spanish)* | Meditation Helper Plus | [Google Play](https://apkpure.com/es/meditation-helper/com.nwalex.meditation) |
| [Meditation Studio](https://meditationstudioapp.com/) |  | [iTunes](https://apps.apple.com/us/app/meditation-studio/id1066018502) / [Google Play](https://play.google.com/store/apps/details?id=com.meditationstudio&hl=en) |
| [mindbody](https://www.mindbodyonline.com/) | page1image893676672 | [iTunes](https://apps.apple.com/us/app/mindbody-gym-spa-wellness/id689501356) / [Google Play](https://play.google.com/store/apps/details?id=com.mindbodyonline.connect) |
| [Mindfulness Coach](https://mobile.va.gov/app/mindfulness-coach) | page2image896659728 | [iTunes](https://apps.apple.com/us/app/mindfulness-coach/id804284729) / [Google Play](https://play.google.com/store/apps/details?id=gov.va.mobilehealth.ncptsd.mindfulnesscoach&hl=en_US) |
| Oak – Meditation & Breathing |  | [iTunes](https://apps.apple.com/us/app/oak-meditation-breathing/id1210209691) |
| [Omvana](https://www.omvana.com/) | page2image896906160 | [iTunes](https://apps.apple.com/us/app/omvana-meditation-for-all/id595585396) / [Google Play](https://play.google.com/store/apps/details?id=com.omvana.mixer) |
| Pixel Thoughts: Reduce Stress, Calm & Relaxations |  | [iTunes](https://apps.apple.com/us/app/pixel-thoughts-reduce-stress-calm-relaxations/id1150903632) |
| Pocket Meditation Timer |  | [iTunes](https://apps.apple.com/us/app/pocket-meditation-timer/id515571863) |
| Relax – Relaxation Music (White Noise Ambience for Sleep) |  | [iTunes](https://apps.apple.com/us/app/relax-app-relaxation-music/id666443137) |
| [Relax Melodies](https://www.relaxmelodies.com/) | page2image897084544 | [iTunes](https://apps.apple.com/us/app/relax-melodies-sleep-sounds/id314498713) / [Google Play](https://play.google.com/store/apps/details?id=ipnossoft.rma.free&hl=en) |
| Relax with Andrew Johnson Lite |  | [iTunes](https://apps.apple.com/us/app/relax-with-aj-lite/id307750844) / [Google Play](https://play.google.com/store/apps/details?id=com.hivebrain.andrewjohnson.relaxlite&hl=en_US) |
| Sattva Meditations & Mantras | page1image894054320 | [iTunes](https://apps.apple.com/in/app/sattva-meditations-mantras/id930904592) |
| #SelfCare |  | [iTunes](https://apps.apple.com/us/app/selfcare/id1378384555) / [Google Play](https://play.google.com/store/apps/details?id=com.truluv.android.selfcare&hl=es) |
| Shine: Calm Anxiety & Stress |  | [iTunes](https://apps.apple.com/us/app/shine-calm-anxiety-stress/id1293721589) |
| [Smiling Mind](https://smilingmind.com.au/) | page1image894007760 | [iTunes](https://apps.apple.com/au/app/smiling-mind/id560442518) / [Google Play](https://play.google.com/store/apps/details?id=com.smilingmind.app&hl=en_AU) |
| Take a Break! | page2image896816880 | [iTunes](https://apps.apple.com/us/app/take-a-break-meditations-for-stress-relief/id453857236) / [Google Play](https://play.google.com/store/apps/details?id=com.meditationoasis.takeabreak&hl=en) |
| [The Mindfulness](https://themindfulnessapp.com/) | page1image893979696 | [iTunes](https://apps.apple.com/us/app/the-mindfulness-app/id417071430) / [Google Play](https://play.google.com/store/apps/details?id=se.lichtenstein.mind.en&hl=en_US) |
| [UCLA Mindful](https://www.uclahealth.org/marc/ucla-mindful-app) |  | [iTunes](https://itunes.apple.com/us/app/ucla-mindful/id1459128935?ls=1&mt=8) / [Google Play](https://play.google.com/store/apps/details?id=org.uclahealth.marc) |
| [Mindfulness Coach](https://mobile.va.gov/app/mindfulness-coach)  (Department of Veterans Affairs) | Mindfulness Coach app icon | [iTunes](https://apps.apple.com/us/app/mindfulness-coach/id804284729) / [Google Play](https://play.google.com/store/apps/details?id=gov.va.mobilehealth.ncptsd.mindfulnesscoach&hl=en_US) |
| Welzen | page2image896880320 | [iTunes](https://apps.apple.com/us/app/welzen-meditation-app-calm/id1065762791) / [Google Play](https://play.google.com/store/apps/details?id=com.welzen.welzen&hl=en_US) |
| Mood Disorders | | |
| BoosterBuddy |  | [iTune](https://apps.apple.com/us/app/boosterbuddy/id906538988)s / [Google Play](https://play.google.com/store/apps/details?id=com.viha.boosterbuddy&hl=en_US&gl=US) |
| [Calm](https://www.calm.com/)  [Calm Together Global Meditation Event](https://blog.calm.com/take-a-deep-breath?rq=livestream) | page1image893745280 | [iTunes](https://apps.apple.com/us/app/calm/id571800810) / [Google Play](https://play.google.com/store/apps/details?id=com.calm.android) |
| [Depression & Bipolar Support (DBSA) Wellness Tracker](https://www.dbsalliance.org/wellness/wellness-toolbox/wellness-tracker/) | DBSA Wellness Tracker Icon | App currently unavailable |
| [InnerHour](https://www.theinnerhour.com/) |  | [iTunes](https://apps.apple.com/ca/app/innerhour-live-happier/id1323264990) / [Google Play](https://play.google.com/store/apps/details?id=com.theinnerhour.b2b) |
| [MindDoc](https://mymoodpath.com/en/) |  | [iTunes](https://apps.apple.com/us/app/moodpath-depression-anxiety/id1052216403) / [Google Play](https://play.google.com/store/apps/details?id=de.moodpath.android) |
| [MoodTools](http://www.moodtools.org/) |  | [iTunes](https://apps.apple.com/app/id1012822112) / [Google Play](https://play.google.com/store/apps/details?id=com.moodtools.moodtools) |
| [Sanvello](https://www.sanvello.com/) |  | [iTunes](https://apps.apple.com/us/app/sanvello-for-stress-anxiety/id922968861) / [Google Play](https://apps.apple.com/us/app/sanvello-for-stress-anxiety/id922968861) |
| T2 Mood Tracker |  | [iTunes](https://apps.apple.com/us/app/t2-mood-tracker/id428373825) / [Google Play](https://play.google.com/store/apps/details?id=com.t2.vas&hl=en) |
| UP! – Depression, Bipolar & Borderline Management | Cartel | [Google Play](https://play.google.com/store/apps/details?id=com.meemo_tec.bip_app&hl=en_US&gl=US) |
| [What’s My M3](https://whatsmym3.com/) |  | App currently unavailable |
| [Wysa](https://www.wysa.io/) |  | [iTunes](https://apps.apple.com/us/app/wysa-mental-health-support/id1166585565) / [Google Play](https://play.google.com/store/apps/details?id=bot.touchkin&hl=en_US) |
| [Youper](https://www.youper.ai/) |  | [iTunes](https://apps.apple.com/us/app/youper/id1060691513) |
| Post-Traumatic Stress Disorder (PTSD) | | |
| [COVID Coach](https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp) | COVID Coach ICON | [iTunes](https://apps.apple.com/us/app/covid-coach/id1504705038) / [Google Play](https://play.google.com/store/apps/details?id=gov.va.mobilehealth.ncptsd.covid&hl=en_US) |
| Obsessive Compulsive Disorder (OCD) | | |
| [Live OCD Free](http://www.liveocdfree.com/) |  | [iTunes](https://apps.apple.com/us/app/live-ocd-free/id509337840) |
| Personality Disorders & Substance Use Disorders | | |
| Simple DBT Skills Diary Card |  | [iTunes](https://apps.apple.com/us/app/simple-dbt-skills-diary-card/id666921665) |
| Grief | | |
| Coping with Grief | Portada | [Google Play](https://play.google.com/store/apps/details?id=com.gmail.mygriefangels.copingwithgrief&hl=en_US) |
| Grief Support Network |  | [iTunes](https://apps.apple.com/us/app/grief-support-network/id936167852) / [Google Play](https://play.google.com/store/apps/details?id=com.ima.fantastic.griefsupport&hl=en) |
| Physical Care | | |
| [One Medical](https://www.onemedical.com/) |  | [iTunes](https://apps.apple.com/us/app/one-medical-mobile/id393507802) / [Google Play](https://play.google.com/store/apps/details?id=com.onemedical.android) |
| Anxiety/Panic | | |
| [Anxiety Reliever](https://www.anxietyrelieverapp.com/) |  | [iTunes](https://apps.apple.com/us/app/anxiety-reliever-helps-to/id1029839288) / [Google Play](https://play.google.com/store/apps/details?id=com.anxiety_reliever&hl=en) |
| Breathe2Relax |  | [iTunes](https://apps.apple.com/us/app/breathe2relax/id425720246) / [Google Play](https://play.google.com/store/apps/details?id=org.t2health.breathe2relax&hl=en) |
| Breathwrk: Breathing Exercises |  | [iTunes](https://apps.apple.com/us/app/breathwrk-breathing-exercises/id1481804500) |
| Colorfy |  | [iTunes](https://apps.apple.com/us/app/colorfy-art-coloring-game/id1009442510) / [Google Play](https://play.google.com/store/apps/details?id=com.fungamesforfree.colorfy&hl=en) |
| Dare—Break Free from Anxiety |  | [iTunes](https://apps.apple.com/us/app/dare-break-free-from-anxiety/id1034311206) / [Google Play](https://play.google.com/store/apps/details?id=ie.armour.dare2) |
| MindShift CBT |  | [iTunes](https://apps.apple.com/us/app/mindshift/id634684825) / [Google Play](https://play.google.com/store/apps/details?id=com.bstro.MindShift&hl=en_GB) |
| [Rootd](https://www.rootd.io/) |  | [iTunes](https://apps.apple.com/ca/app/rootd-panic-attack-relief/id1289018369) / [Google Play](https://play.google.com/store/apps/details?id=com.rootd) |
| Self-Help Anxiety Management (SAM) |  | [iTunes](https://apps.apple.com/us/app/self-help-for-anxiety-management/id666767947) / [Google Play](https://play.google.com/store/apps/details?id=com.uwe.myoxygen&hl=en) |
| [My Life](https://my.life/)  Stop. Breath. Think. | page1image894083776 | [iTunes](https://apps.apple.com/US/app/id778848692?mt=8) / [Google Play](https://play.google.com/store/apps/details?id=org.stopbreathethink.app) |
| Stop Panic & Anxiety Self-Help | Stop Panic & Anxiety Self-Help Icon | [Google Play](https://play.google.com/store/apps/details?id=com.excelatlife.panic&hl=en) |