

# Mental Health Resource Guide for Individuals

## FREE DIGITAL MENTAL HEALTH APPS (SOME OPTIONS MAY OFFER PAID SERVICES.)

Mindshift <sup>(R)</sup> CBT App	<a href="https://www.anxietycanada.com/resources/mindshift-cbt/">https://www.anxietycanada.com/resources/mindshift-cbt/</a>
Smiling Mind App	<a href="https://www.smilingmind.com.au/smiling-mind-app/">https://www.smilingmind.com.au/smiling-mind-app/</a>
PTSD Coach	<a href="https://mobile.va.gov/app/ptsd-coach">https://mobile.va.gov/app/ptsd-coach</a>
MoodFit App	<a href="https://www.getmoodfit.com/">https://www.getmoodfit.com/</a>
iBreathe App	<a href="https://www.jadelizardsoftware.com/ibreathe">https://www.jadelizardsoftware.com/ibreathe</a>
Recovery Records	<a href="https://www.recoveryrecord.com">https://www.recoveryrecord.com</a>
I Am Sober	<a href="https://iamsobber.com/en/site/home">https://iamsobber.com/en/site/home</a>

## PODCASTS

<b>Ten Percent Happier</b>	This popular podcast addresses a wide range of topics such as family relationships, trauma, improving everyday life, etc.
<b>Happier</b>	Bestselling author and host Gretchen Rubin discusses good habits and happiness with her sister, Elizabeth Craft.
<b>The Happiness Lab</b>	In this podcast, Yale professor Laurie Santos, Ph.D, takes you through the latest scientific research to share some surprising stories that will forever alter the way you think about happiness.
<b>Therapy for Black Girls</b>	Join this weekly chat about all things mental health, personal development, and personal decisions to become the best possible version of you.
<b>On Purpose with Jay Shetty</b>	A podcast series focused on helping individuals to become happier, healthier and more healed.
<b>Meditation Minis</b>	Looking for an easy way to incorporate meditation into your life to help manage stress and ground yourself.
<b>Sleep With Me</b>	Designed to offer bedtime stories to help grown-ups fall asleep more easily.

**BOOKS**

<b>Jessica Schleider</b>	Little Treatments, Big Effects
<b>Corey Keyes</b>	Languishing: How to Feel Alive Again in a World That Wears Us Down
<b>Mo Gawdat</b>	That Little Voice in Your Head
<b>Jenny Lawson</b>	Broken (in the best possible way)
<b>David Harewood</b>	Maybe I Don't Belong Here
<b>Cyndie Spiegel</b>	Microjoys: Finding Hope (Especially) When Life Is Not Okay
<b>Emily Nagoski, PhD</b>	Burnout: The Secret to Unlocking the Stress Cycle

**MENTAL HEALTH RESOURCES**

<b>Take a Mental Health Test</b>	Mental Health America offers a series of online screening tests to help you understand how you might be handling specific stressful situations and whether you are experiencing symptoms of a mental health condition.
<b>The Science of Well-Being</b>	This course from Yale University reveals misconceptions about happiness and provides research to help us change (choose the free version).
<b>Mental Health is Health</b>	An initiative of the MTV Entertainment Group, this website “aims to normalize conversation, create a connection to resources and inspire action on mental health.”
<b>60 Digital Resources for Mental Health</b>	An expansive listing of community-based and national and support organizations for anyone seeking information about a range of mental health issues.
<b>Practice Self-Care</b>	A collection of videos, by the JED Foundation, for children and teens, focusing on self-care, de-stressing, and embracing positivity.
<b>Finding a Therapist Directory</b>	Explore a directory of therapists and psychiatrists in your area.
<b>Crisis Text Line</b>	Text HOME to 741741 to connect with a volunteer Crisis Counselor.
<b>The Trevor Project</b>	Offers support resources for individuals in the LGBTQ+ community.

**Contacts for Outside Mental Health Assistance**

The 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) offers 24/7 call, text and chat access to trained crisis counselors who can help people experiencing suicidal ideations, substance use, mental health crisis or any other kind of emotional distress. People can also dial 988 if they are worried about a loved one who may need crisis support.