

Self-Care Resources from Baptist Behavioral Health

Immediate Help

National Suicide Prevention Lifeline: 1-800-273-8255

Crisis Text Line: global not-for-profit organization providing free confidential crisis intervention via SMS message. The organization's services are available 24 hours a day, every day, throughout the US, UK, and Canada and can be reached by texting HOME to 741741, 85258, or 686868 respectively

Samaritans Helpline: 877-870-4673; Helpline is available 24 hours a day, 7 days a week. Call or text us anytime. Services are free, confidential, and anonymous.

Virusanxiety.com: Resources for anxiety and your mental health in a global climate of uncertainty.

Relaxation and Mindfulness Downloads through Dartmouth Student Wellness Center:

<https://students.dartmouth.edu/wellness-center/wellness-mindfulness/relaxation-downloads>

Applications to Download

What's up?: app utilizing CBT and ACT techniques for mood/anxiety

Breath: relaxation exercises

Breathe for Kids: relaxation exercises for kids

Lifeline for Moms: perinatal application for expecting moms or mom

Moodkit: CBT app for mood/anxiety

Smiling Mind: mindfulness/relaxation app

Slumber: app to help with sleep

Headspace: meditation

Happify: (evidence based)

Vent: a social diary

Calm harm: for self-harm exercises

Sanvello: managing stress and anxiety

Therachat: journaling and mindfulness

Moodpath: CBT based exercises

Talklife: Depression and anxiety chat support. Non licensed based

Mood Mission: tracking and improving mood, interactive exercises

Moodfit: tracking and improving mood, interactive exercises

7 cups: Anxiety and stress chat run by trained volunteers

Online Psychiatry

<https://livehealthonline.com/psychiatry>

<https://amwell.com/cm/services/online-psychiatry>

<https://inpathy.com/how-it-works>

Online Psychology

<https://livehealthonline.com/psychology>

<https://etherapypro.com/online-therapy>

<https://cimhs.com/> Bliss 8 sessions interactive therapy for depression (completed on their own)

Licensed Therapist Based

Talkspace

Betterhelp

<https://www.Teencounseling.com>

<https://www.Pridecounseling.com>

Substance Abuse Support

<https://www.12step.org/social/online-meetings/>

<https://www.aaspeaker.com/>

<https://www.recoveryaudio.org/>

<https://www.intherooms.com/home>

AA Meeting Guide App: Google Play and Apple Stores

