

Apps to Maintain Wellness and Shift Your Mindset

Insight Timer

Breathe 2 Relax

What's Up

Calm

Headspace

Hear and Now

Fluid

Daylio

Youper

Mindshift

Happify

Ten Percent Happier

Self-Help for Anxiety Management (SAM)

Helpful Websites and Videos

[Deep Breathing Instructional Video](#) | Therapist Aid

[Behavioral Neuroscientist Shows You How to Break The Coronavirus Anxiety Cycle](#) | Judson Brewer

[Outsmart Your Anxious Brain](#) | Dave Carbonell

Mental Health Contact Numbers

Big Bend 211 – Local agency with attendants who are available 24/7 to discuss your mood and assist with feelings of overwhelm or stress. Simply dial 211 from your phone.

SAMHSA's Disaster Distress Helpline
Toll-Free: 1-800-985-5990 (English and español)
SMS: Text TalkWithUs to 66746
SMS (español): "Hablanos" al 66746
TTY: 1-800-846-8517

National Suicide Prevention Lifeline
1-800-273-8255
Nacional de Prevención del Suicidio
1-888-628-9454
Options For Deaf + Hard of Hearing
1-800-799-4889

Veterans Crisis Line
1-800-273-8255
Text 838255