

MENTAL HEALTH RESOURCES (APPS)

- Cerebral (Talk Therapy App)
- Better Help (Talk Therapy App)
- Day One (Journaling App)
- Talk Space (Talk Therapy App)
- Headspace (Mindfulness)
- I Am Sober (Addiction)
- Happify (Stress & Worry; games, activities, meditation)
- Worry Watch (Mental Health Tracker; assists with Anxiety & Mood)
- Gratitude (Prompted Journaling; assists with acknowledging/giving gratitude and your wins)
- Paint by Number (Kendra's personal recommendation for helping alleviate anxiety/panic attack)

MENTAL HEALTH RESOURCES

- Mental Health Resources through NAA; including the Mental Health First Aid Instructor contact form:
 - <https://www.naahq.org/mental-health-resources>
- National Council for Mental Wellbeing:
 - <https://www.thenationalcouncil.org/>
- PrideCounseling.com
- InclusiveTherapists.com
- Mental Health America (has a great Workplace Mental Health Toolkit)
 - <https://www.mhanational.org/>
- BlackMentalHealthAlliance.com

EMERGENCY SUPPORT & HOTLINES

- SAMHSA (Substance Abuse - Disaster Distress): 800-985-5990
- SAMHSA (Substance Abuse - National Hotline): 800-662-4357
- The Trevor Project: 866-488-7386
 - Or TEXT 678-678
- NEDA Helpline (call or text): 800-931-2237
- National Sexual Assault Hotline: 800-656-4673
- Suicide Prevention Hotline: 988
 - If you are in an area that still does not have 988, you may call the first responders and request a CIT trained officer to assist)