

OVERVIEW...

Although typically seen as a time of celebration, for many the holiday season is a period of increased stress and anxiety. These stressors may be worse for some this year, as we navigate an unprecedented holiday season in the middle of the ongoing COVID-19 pandemic, the ongoing strain and isolation of distance learning, and the possibility of additional shelter-in-place orders. While many are looking forward to the promise of the new year, for others it will be a reminder of the challenges and loss of 2020.

This resource was designed to help support you and your peers during this challenging time. It provides an overview of helpful wellness and mental health apps that can help reduce anxiety and stress, promote positive activities and practices, and help you if you find yourself entering into depression or a mental health crisis.

Although the following tools can all help improve your mental health and reduce stress and anxiety, please note that none of them are intended to be used as an alternative to a therapist or other mental health professional. If you or a loved one is experiencing a mental health emergency, call the National Suicide Prevention Lifeline at 1-800-273-8255 (TALK) or emergency services at 911. If you are not in an emergency but feel like you could use additional support, you may benefit from accessing mental health services through your campus.

National Hotlines

Suicide Prevention:
1-800-273-TALK (8255)

Trans Lifeline:
1-877-565-8860

National LGBT Hotline:
1-888-843-4564

Trevor Project (LGBT Youth)
1-866-488-7386

Domestic Violence:
1-800-799-SAFE (7233)

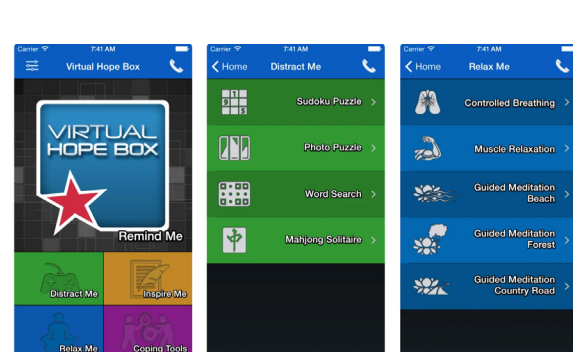
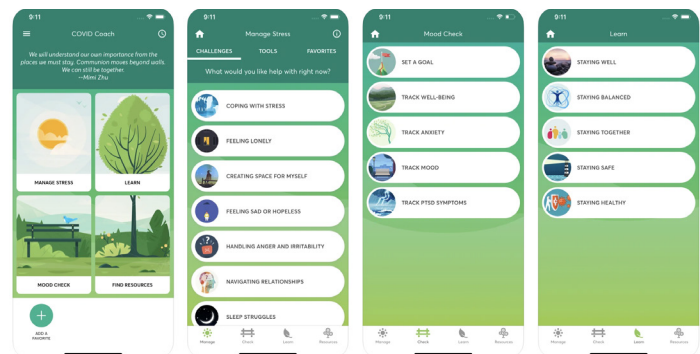
Sexual Assault:
1-800-656-HOPE (4673)

Crisis Text Line is a free and confidential service that connects texters with crisis counselors. Text **"COURAGE"** to **741741**.

MENTAL HEALTH WELLNESS & SUICIDE PREVENTION APPS

COVID Coach is a mental health app designed to help students build strength and resilience while reducing stress during the ongoing COVID-19 pandemic. This easy-to-use app is divided into four panels organized around stress management, self-assessment, education, and finding resources, with each section containing a variety of tools. The stress management section includes guided breathing and meditation exercises that help promote mindfulness, as well as a host of other relaxing activities.

[Download from the App Store >](#)



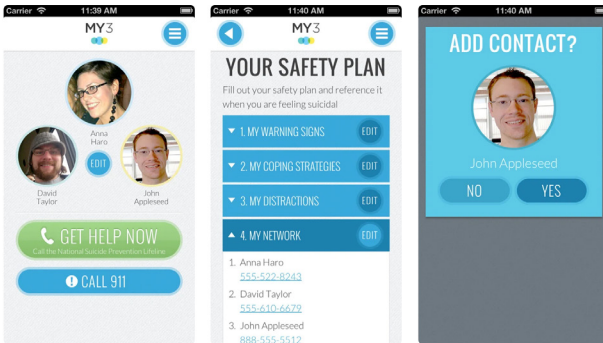
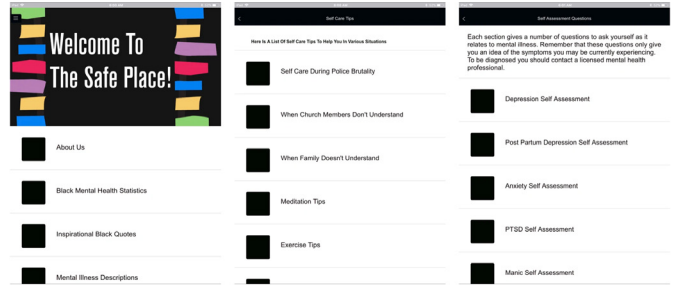
Virtual Hope Box is a highly customizable mental health app with a variety of relaxation, inspiration, distraction, and coping tools—many of which are personalized with the media (photos, videos, and songs) that the students would like to place into their own hope box. Students can upload media that they can easily access if they find themselves entering into a state of increased stress or anxiety. They can also use this media to customize the distraction tools, which includes puzzles made up of pictures they've placed into their box. Additionally, like COVID Coach, Virtual Hope Box provides a variety of guided meditations and breathing exercises.

[Download from the App Store >](#)

MENTAL HEALTH WELLNESS & SUICIDE PREVENTION APPS (con't.)

The Safe Place is a mental health app designed specifically for the Black community. Recognizing that African Americans are 20% more likely to have a serious mental health problem than the general population (NAMI), the app features an array of culturally informed resources. The app includes everything from self-care tips to inspirational videos and podcasts to self-assessment tools.

[Download from the App Store >](#) | [Download from Google Play >](#)



MY3 is a suicide-prevention app that interfaces directly with the contacts on your phone. When you set up your profile, it will ask you to customize your safety network by selecting three contacts. These three contacts are your “MY3,” and they can be easily contacted through the app if you do find yourself in need of support. In addition to your three contacts, the homepage of the app features a large button that makes it easy to contact the National Suicide Prevention Lifeline. MY3 also helps students customize and set up their own safety plan, which lists specific activities or strategies that can be used during a crisis.

[Download from the App Store >](#)

IN ADDITION TO THE APPS LISTED ABOVE,

California Community College students also have access to Wellness Central's [the Six Dimensions of Wellness](#), an interactive online tool that you can use to find resources for the full spectrum of wellbeing. The tools are organized into six categories—academic, emotional, financial, physical, social, and spiritual. Each section has an array of resources for students of different ethnicities, sexual orientations, and backgrounds.

