

Behavioral Health Resources, Apps, Activities

Leadership Resources for Times of Crisis

<https://www.ccl.org/coronavirus-resources/>

Coping with COVID-19 Stress

- <https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/?fbclid=IwAR2iZ6QdWmVqtQ0hbBsxkTYOk5YdUIaOKI9XFJzzWjTppX7Nz28YZUdQx64>
- https://store.samhsa.gov/system/files/sma14-4885.pdf?fbclid=IwAR0i7xvIJw9MN69EW5S-8u2dCD1_QBuZ8gHSTMDQOZQMu7vzJCVnLAgeF04
- https://www.mindfullivingcounselingservices.com/blog/2020/3/13/coping-with-coronavirus-anxiety?fbclid=IwAR3TE9ACAvhjXRVTI0EI3dSsrcNINO_gHr7BT220JItLVxXI8jr6Uk6ESK0
- https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%253A%252F%252Fwww.cdc.gov%252Fcoronavirus%252F2019-ncov%252Fabout%252Fcoping.html
- <https://www.psychologytoday.com/us/blog/anxiety-is-not-the-boss/202002/how-talk-your-anxious-child-about-the-coronavirus?fbclid=IwAR0oXh-6aZEXI6nWfu5aRSJGjhnofYRMSeVnHpD-ARcAw6bRY0XJcBb7ZXY>
- <http://counselingmn.com/health-wellness/preventing-social-isolation-to-protect-our-mental-health/>
- https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2

Crisis & Behavioral Health Resources:

- **Denver Employee Assistance Program** www.guidanceresources.com
- **Colorado Crisis Services**, 24/7 crisis services - <http://coloradocrisisservices.org/>
A statewide resource that provides walk-in services for crisis intervention, referrals, or information. Crisis line: **1-844-493-8255** and Text “TALK” to 38255. The crisis support line and walk-in centers are confidential and are available 24/7/365.
- **List of Nation-Wide Crisis and Behavioral Health Resources** - <https://afsp.org/find-support/resources/>
 - **[Mental Health Center of Denver](#)**: Mental health services

- [Aurora Mental Health Center](#): Mental health services
 - [Jefferson Center for Mental Health](#): Mental health services
 - [Community Reach \(Adams Co.\)](#): Mental health services
 - [Mental Health America's Mental Health and COVID-19 information and resources](#)
- **National Suicide Prevention Lifeline**– <https://suicidepreventionlifeline.org/>
Provides 24/7, free and confidential support for anyone experiencing distress and suicidal thoughts. Additionally, the organization offers prevention and crisis resources. **1-800-273-8255**
 - **National Alliance on Mental Illness**– <https://www.nami.org/>
Mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Local support resources available on website. **703-524-7600**
 - **The Trevor Project** - <https://www.thetrevorproject.org/#sm.01dg379j1d5ldka10hy14u08z0nfa>
Provides crisis intervention and suicide prevention for LGBTQI+ youth through the TrevorLifeline **866-488-7386**, TrevorChat and TrevorText (text “TREVOR” to 202-304-1200).
 - **Judi's House** – <https://www.judishouse.org/>
Provides support groups for children and their families grieving the death of a loved one from any cause, including suicide. **720-941-0331**
 - **American Foundation for Suicide Prevention** - <https://afsp.org/>
Find a Support Group for Children, Teens, and Suicide Loss
 - **El Centro de las Familias** – <https://mhcd.org/el-centro-de-las-familias-english/>
Part of the Mental Health Center of Denver, this is a multi-cultural clinic providing Spanish-language and bilingual outpatient mental health care to Denver's Latino/Hispanic community. **303-504-7900**
 - **Colorado Black Health Collaborative (CBHC)**– <https://coloradoblackhealth.org/>
This organization is committed to improving the health and wellness in Colorado's Black, African, and African-American communities through community events and programs, health resources, news and information, and works with a variety of partners throughout Colorado. **720-579-2126**
 - **Colorado Office of Behavioral Health Resources**
<https://www.colorado.gov/pacific/cdhs/article/covid-19-behavioral-health-info>

Most recommended websites for Mindfulness and Self-Compassion:

- **Mindfulness:** articles, techniques, videos, and lots of other helpful tools and resources - www.mindful.org
- **Tara Brach Website-** free online meditation, podcasts, articles, and resources on self-compassion - <https://www.tarabrach.com/>

- **Brene Brown**-articles, podcasts, TedTalks, and additional resources on self-work with shame and vulnerability - <https://brenebrown.com/>

Most recommended apps for coping skills and support:

- **Daylio**
[Daylio](#) enables you to keep a private journal without having to type a single line. Pick your mood and add activities you have been doing during the day. You can also add notes and keep an old school diary. Daylio is collecting recorded moods and activities in the statistics and calendar. This format will help you to understand your habits better. Keep track of your activities and create patterns to become more productive!
- **Fear Tools**
[FearTools](#) is an evidence-based app designed to help you combat anxiety, aiding you on your road to recovery. This application is especially useful for those suffering from Generalized Anxiety Disorder, Phobias, and Social Anxiety Disorder
- **MoodTools**
[Mood Tools](#) aims to support people with clinical depression by aiding the path to recovery. Discover helpful videos that can improve your mood and behavior, log and analyze your thoughts using Cognitive Behavioral Therapy (CBT) principles, develop a suicide safety plan and more.
- **Mind Shift** is one of the best mental health apps designed specifically for teens and young adults with anxiety. Rather than trying to avoid anxious feelings, [Mind Shift](#) stresses the importance of changing how you think about anxiety. Think of this app as the cheerleader in your pocket, encouraging you to take charge of your life, ride out intense emotions, and face challenging situations.
- **Self-Help for Anxiety Management (SAM)**
[SAM](#) might be perfect for you if you're interested in self-help, but meditation isn't your thing. Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behavior over time, and learn 25 different self-help techniques. You can also use SAM's "Social Cloud" feature to confidentially connect with other users in an online community for additional support.
- **Sleepio**
[Sleepio](#) is a six week sleep improvement program. It has been designed by sleep expert Prof Colin Espie and features the latest Cognitive and Behavioral Therapy (CBT) techniques.
- **Calm**
[Calm](#) promises that you'll "sleep more, stress less, and live better." How? Through guided meditation, relaxing music and sounds for sleep, videos on mindful movement and stretching, mindfulness classes, and images of nature.

- **Insight Timer** - [Insight Timer](#) is a large, app-based library of guided meditations. The free version includes 30,000 free meditations, including a group specifically made to aid your sleep.
- **Headspace** Many therapists recommend meditation for stress relief, and [Headspace](#) can help you learn how to do it with lighthearted (and very cute) cartoons guiding each meditation.

- **CBT Thought Record Diary**

The centerpiece of cognitive-behavioral therapy is changing your emotions by identifying negative and distorted thinking patterns. You can use [CBT Thought Record Diary](#) to document negative emotions, analyze flaws in your thinking, and reevaluate your thoughts. This is a great app for gradually changing your approach to anxiety-inducing situations and your thinking patterns for future situations.

- **DistrACT**

If you're having suicidal thoughts or thoughts of self-harm, [distrACT](#) works to give you quick, accurate information about these thoughts and how to get through them. The app was created by doctors who have expertise in self-harm and suicide prevention.

- **Happify**

Here's another for those out there who want games to relieve their stress. [Happify](#) claims to have science-backed games to reduce stress and help you live a happier life.

- **Stop, Breathe, and Think**

Check-in with your emotions to receive daily meditation and mindfulness recommendations tuned to how you feel. This calming meditation app experience is uniquely designed to help you stay mindful, de-stress, sleep better, and build the emotional strength and confidence to handle life's ups and downs. Mindfulness & meditation is the practice, [Stop, Breathe & Think](#) is the process.

- **What's Up**

[What's up](#) is an amazing free app that uses Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help you cope with Depression, Anxiety, Stress, and more. Use the positive and negative habit tracker to maintain your good habits, and break those that are counterproductive. We particularly love the "Get Grounded" page, which contains over 100 different questions to pinpoint what you're feeling, and the "Thinking Patterns" page, which teaches you how to stop negative internal monologues. Try it out for yourself.

Additional wellness-related apps:

	Android Market	Apple/iTunes
Music and Sounds	<ul style="list-style-type: none">• Calming Music to Tranquilize• Relax & Sleep• Relaxing Sounds• Relax Melodies	<ul style="list-style-type: none">• Relax Melodies• Relaxing Sounds of Nature Lite• Sleep Sounds Ambient Effects for Free• Sleep Stream 2
Meditation, Breathing and Yoga	<ul style="list-style-type: none">• Buddhist Meditation Trainer• Breathe 2 Relax• Qi Gong Meditation Relaxation• Tactical Breather• Yoga Workout Planner	<ul style="list-style-type: none">• Breathe2Relax• Sleep Easily Meditation by Shazzie• Tactical Breather• Daily Yoga Free
Other	<ul style="list-style-type: none">• PTSD Coach• Stress Tracker• T2 Mood Tracker• iQuarium Virtual Fish• Relaxation Portal• Virtual Hope Box	<ul style="list-style-type: none">• Affirmations Inspired by Nature• Wellscapes• PTSD Coach• T2 Mood Tracker• Virtual Hope Box

Virtual Activities and Educational supports:

- **Free Virtual Museum Tours** - <https://people.com/travel/stuck-at-home-these-12-famous-museums-offer-virtual-tours-you-can-take-on-your-couch/>
- **Free National Park Virtual Tours** - <https://totallythebomb.com/heres-33-national-park-tours-you-can-take-virtually-from-the-comfort-of-your-home>
- **15 Broadway Plays and Musicals You Can Watch on Stage from Home** - <https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home>
- **Free Ivy League Courses** - <https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/>
- **Cincinnati Zoo: Daily Facebook Live Events**- <https://www.wkyc.com/article/entertainment/cincinnati-zoo-to-start-home-safari-facebook-live-to-keep-kids-learning-during-their-time-off/95-4d957e04-50dc-4f18-9e9c-63e8dd5012f4>

-
- **Educational Companies Offering Free Subscriptions-**
https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/?fbclid=IwAR13tYvHq8qxLSTbWw_ws5YsmoNQNukcTCi4Xv45LGeGfvG5LmkMUKP0XKY
- **150+ Educational Shows on Netflix -** <https://homeschoolhideout.com/educational-shows-on-netflix/>
- **Yogis Anonymous- Free 15day trial; or 1month free online yoga with coupon code: stayhealthy -** <https://yogisanonymous.com/>
- **Yoga Ed- Resources and free online yoga courses for children and teens -** <https://academy.yogaed.com/>
- **Planet Fitness Daily Workout: Free FB Live stream of at home workouts you can do daily at 7pm -** <https://www.planetfitness.com/>
- **Free Trauma-informed Meditation and Yoga practices -** <https://mailchi.mp/01c0e1a7bdb0/coronasupport>

How to talk to children about COVID-19

- <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>
- <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>
- [Talking to Children](#)
- https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout.pdf
- [CO Sun – How to Talk to Your Kids](#)