



8 Resources to Support Your Mental Wellness



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There are many resources available to employees and their families struggling with mental wellness. Whether you are looking for help with personal growth, navigating transitions, discovering solutions or support through hard times, the following eight accessible and affordable resources are designed to offer you additional mental and emotional support.

1. **7 CUPS OF TEA** — [7Cups.com](https://www.7cups.com) (Also available as an app)

7 Cups of Tea is a FREE resource for any individual with an email address and access to the internet via smart phone, tablet or computer. You can chat with a trained “listener” 24/7 upon creating an account. The free membership option allows you to remain completely anonymous if desired. While “listeners” are not licensed therapists or counselors, they do undergo active listening training and they are ranked based on their listening experience. You can also join open forums as well as a variety of daily guided discussions.

7 Cups also offers licensed counseling and therapy services for a fee if the user decides they would like to pursue that option.

2. **DBSA** — [Depression and Bipolar Support Alliance](https://www.dbsa.org)

DBSA online support groups give people living with depression and bipolar disorder a safe, welcoming place to share experiences, discuss coping skills, and offer each other hope. Groups are led by peers – which means that the person facilitating the meeting knows firsthand what it’s like to live with a mood disorder. DBSA offers special groups for young adults and for family, friends and caregivers who support people with mood disorders. All DBSA online support groups are free of charge.

3. **HAPPIFY** — App

Whether you're feeling sad, anxious or stressed, Happify brings you effective tools and programs to help you take control of your feelings and thoughts. Happify’s engaging activities and games can be used anytime, anywhere—on your smartphone, tablet or computer. Small slices of time can make big-time changes. Complete a few activities each week to start seeing meaningful improvement in your life satisfaction and your ability to fight back against negativity. Find out your happiness score and start improving it today.

4. **MINDSHIFT CBT** — App

Is anxiety getting in the way of your life? MindShift™ CBT uses scientifically proven strategies based on Cognitive Behavioral Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety. Features include quick relief tools, thought journals, coping cards, belief experiments, facing fears, expanding comfort zones, guided relaxation and mindfulness meditations, anxiety and mood check-ins, healthy habit tips, and goal-setting tools.

5. MOODTOOLS – App

If you are feeling sad, anxious or depressed, lift your mood with MoodTools! MoodTools is designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery. MoodTools contains several different research-supported tools.

MoodTools features include:

- **Thought Diary** - Improve your mood by analyzing your thoughts and identifying negative / distorted thinking patterns based on principles from Cognitive Therapy
- **Activities** - Regain your energy by performing energizing activities and tracking your mood before and after, based on Behavioral Activation Therapy
- **Safety Plan** - Develop a suicide safety plan to keep you safe and utilize emergency resources during a suicidal crisis
- **Information** - Read information, self-help guidelines, and find help with internet resources
- **Test** - Take the PHQ-9 depression questionnaire and track your symptom severity over time
- **Video** - Discover helpful YouTube videos that can improve your mood and behavior, from guided meditations to enlightening TED talks

6. SANVELLO – App

A place to feel better: **Sanvello premium access is free to everyone during the COVID-19 crisis—no action required.** Sanvello helps you understand you: Our thoughts, moods, and behaviors all shape how we feel. Sanvello gives you clinically validated techniques to help you manage your moods and thoughts, so you can understand what works for you to feel better. Whether you manage an ongoing condition like anxiety or depression, deal with stress, have acute stress or anxiety related to an event like coronavirus, or simply want to improve your overall mental well-being, Sanvello gives you the help, support, and resources you need to feel more in control and happier over time.

7. SAM SELF-HELP FOR ANXIETY MANAGEMENT – App

Self-Help for Anxiety Management (SAM) is an app targeting individuals experiencing symptoms of anxiety. It provides you with a symptom tracker, educational articles and external links, relaxation techniques, and additional coping skills and practice for managing anxiety. SAM also includes a “Social Cloud,” a closed social networking function that allows SAM users to share experiences, suggestions, and support.

8. WHATSUP? – App

WhatsUp? provides daily tools that promote positive mental health and wellbeing for everyone. The app includes multiple features:

- Education about common thinking errors and various healthier alternatives
- Breathing techniques for relaxation
- Guided grounding exercises
- Log for tracking “good” and “bad” habits
- Personal diary for recording thoughts and rating feelings
- “Catastrophe Scale” for gaining perspective on problems
- Open forums for discussion with other users
- Selection of positive quotes and other motivational material

WhatsUp? does not have options for sharing data or otherwise including mental health providers in the app, but it may be a useful aid for individuals with mild-moderate depression who do not have access to traditional treatments.