

ON-LINE SELF HELP RESOURCES

Antidepressant Skills at Work (AS@W)

<https://psychhealthandsafety.org/asaw/>

A self-care manual for issues relating to workplace mental health and addiction. Free workbook available online. Additional resources are also available including:

- ◆ [Depression & Substance Use](#)
 - ◆ [Trauma & Mental Health for Women](#)
 - ◆ [Depression & Physical Health Conditions](#)
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Anxiety Canada

<https://www.anxietycanada.com/>

A nonprofit organization to increase awareness about anxiety disorders; promote education of the general public, affected persons, and health care providers; and increase access to evidence-based resources and treatments.

Bounce Back: Reclaim Your Health

<https://cmha.bc.ca/programs-services/bounce-back/>

Offers mental health support to patients coping with chronic health conditions. Through psycho-education and guided self-help, Bounce Back can help patients improve their quality of life. Bounce Back is specially designed for people with milder mental health troubles that get in the way of life. To access the guided self-help program with telephone support from a community coach, you will need a referral from your primary health care provider. Designed and delivered by the Canadian Mental Health Association's BC Division.

Canadian Mental Health Association

<http://www.cmha.bc.ca>

Information offered in both English and French. Includes access to an online "Stress Index" and offers a variety of downloadable pamphlets on a wide range of issues.

HealthyPlace.com

<http://healthyplace.com>

Find comprehensive information on psychological disorders and psychiatric medications from both a consumer and expert point of view. Active chat rooms; hosted support groups; people who keep online journals/diaries; psychological tests; breaking mental health news; mental health videos; online documentary films; a mental health radio show and more.

Here to Help BC

<http://www.heretohelp.bc.ca>

Provides information and self-help materials for mental health issues.

MedHelp: Finding Cures Together

<http://www.medhelp.org/>

The MedHelp site empowers people to take control over their health and find answers to their medical questions. Members receive the support they need from others like them, research information on drugs and health topics, and share their knowledge with others in need.

PsychCentral

<http://psychcentral.com>

Mental health information, as well as annotated guides to the most useful websites, newsgroups, and mailing lists online today in mental health, psychology, social work, and psychiatry.

Workplace Strategies for Mental Health

<http://www.workplacestrategiesformentalhealth.com/>

Free, available public resources including strategies, tools and support for research and initiatives aimed at improving workplace mental health for all Canadians.

FREE APPS

ANXIETY

Pacifica (iOS, Android) for *Anxiety*:

Pacifica lets you rate and track mood over time, and provides guided deep breathing and muscle relaxation exercises, daily antianxiety experiments, and health goals. Users can record their own thoughts to help analyze and understand their thinking patterns, as well as discover and track possible triggers.

MindShift (iOS, Android) for *teen-specific anxiety*:

This teen-targeted app offers strategies for facing anxieties related to socializing and school, with journaling tools, positive thinking exercises, symptom trackers, and relaxation tips.

HelloMind (iOS only) for *Anxiety*:

When you suffer from anxiety, you can feel tied down by your constant thoughts of worry and dread. HelloMind attempts to help users loosen these constraints. It does this with guided relaxation audios. The guided exercises focus on anxiety, fears and phobias, and confidence, among other things. You can even earn points for listening, and journal your feelings in a log.

Self-Help for Anxiety Management (iOS, Android) for *Anxiety Management*:

Learning how to relax can help you manage anxiety symptoms, but it's far from a cure-all. We like the Self-Help for Anxiety Management app because it takes more of a holistic view of anxiety treatment. In it, you'll find an anxiety tracking tool, relaxation instruction, anxiety treatment guidance, and a community to interact with. There are also interactive relaxation features you can use to learn how to better manage your emotions and physical reactions to them.

Stop Panic & Anxiety Self Help (Android only) for *Anxiety and Panics*:

Made specifically for people suffering from panic disorders, Stop Panic & Anxiety Self Help has several features for folks who regularly face panic and anxiety attacks. The app uses cognitive behavioral therapy approaches to help users reframe their destructive thought patterns that may lead to or worsen their anxiety. It also features relaxation audios, an anxiety diary, and emotional training tools.

The Worry Box: (iOS, Android) for *Anxiety and Worry*

Cognitive-behavioral therapy application (app) for people who experience anxiety and worry. It teaches you how to assess whether a worry you have is important or not, or something you can or cannot control. When using the app, you learn how to identify irrational thoughts when faced with stress and anxiety, and you are coached through exercises aimed at learning how to decrease negative thinking and "let go" of the worry.

DEPRESSION

MoodTools (iOS, Android) for *Depression*:

MoodTools is a self-help app targeting depression. It provides psychoeducation about risk factors and psychosocial approaches to treatment, a depression symptom questionnaire (PHQ-9), a thought diary, a suicide safety plan, and videos such as meditation guides.

MIXED PURPOSE

Breathe2Relax (iOS, Android) for *Anxiety, Anger, Mood Instability*:

This no-fuss app, developed by the National Center for Telehealth & Technology, guides you through diaphragmatic breathing (or "belly breathing"), allows you to record your own stress level, and provides informative videos and graphics about the consequences of stress.

What's Up? - A Mental Health App (iOS, Android) for *Depression, Bipolar, Anxiety, Anger, Stress*:

What's Up? is a fantastic free app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more! With a beautiful, modern design, simple heading and easy-to-follow methods.

MINDFULNESS

Headspace (iOS, Android) for *Mindfulness*:

Learn the skills of mindfulness and meditation. You gain access to hundreds of meditations on everything from stress and anxiety to sleep and focus. Meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple. We'll teach you the life-changing skills of meditation and mindfulness in just a few minutes a day.

Welzen (iOS, Android) for *Mindfulness*:

One guided meditation app to keep in your pocket is *Welzen*, the app that offers everything from 5 minute sessions to lunch break-sized calm-downs. Each cuddly-looking creature corresponds to a targeted area for meditation, from stress relief to enhanced relationships and improved creativity. Plus, the app does much to teach you about the science behind meditation and how it alleviates certain mental stressors, which makes it a great one for beginners who are just getting into breathing exercises.

Stop, Breathe & Think (iOS, Android) for *Mindfulness*:

Stop, Breathe & Think helps you monitor the highs and lows of your weeks by having you "check in" at different times of the day with your moods (so you can review your anxiety and creativity levels). It also works with you on targeted wellness areas like falling asleep faster, improving focus, and alleviating anxiety.