

Mental Health Resources For Everyone

Apps for Meditation and relaxation:

- **Headspace:** Two-week free trial for the general public. (Providers with a National Provider Identifier can sign up for free full access.)
- **Calm:** Seven-day free trial. A meditation, sleep, and relaxation app that also provides resources specifically for coping with COVID-19 anxiety.
- **Stop, Breathe & Think:** Always free, and for kids too.
- **Insight Timer:** Always free. This is not a daily app, but rather a great library where you can search for various types of meditations and lengths by excellent teachers.
- **10% Happier:** Free and paid options available. Health care providers can use redemption code HEALTHCARE to unlock all content.
- **UCLA Mindful App:** Free and has meditation by Diana Winston.
- **Mindfulness Coach:** Mindfulness Coach 2.0 was developed to help veterans, service members, and others learn how to practice mindfulness. The app provides a gradual, self-guided training program designed to help you understand and adopt a simple mindfulness practice.

Apps for coping with Anxiety and Stress:

- **Sanvello:** Clinically validated techniques for reducing stress and treating anxiety and depression (free premium access during COVID-19 pandemic).

- **Happify:** Some free content, including stress reduction and cognitive techniques to address anxiety.
- **MindShift CBT:** Free content, including cognitive behavioural therapy strategies to address general worry, social anxiety, and panic.
- **PTSD Coach:** This app provides you with education about post-traumatic Stress Disorder (PTSD), information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help you manage the stresses of daily life with PTSD.
- **PTSD Family Coach:** In conjunction with PTSD Coach, the PTSD Family Coach app is for family members of those living with PTSD. The app provides extensive information about PTSD, how to take care of yourself, how to take care of your relationship with your loved one or with children, and how to help your loved one get the treatment they deserve.
- **COVID Coach:** Created for everyone to support self-care and overall mental health during the coronavirus pandemic.

Online programs and communities:

- **Big White Wall:** This is a free, peer-to-peer community offering a proven way to get better together through anonymous conversation. It is based out of the UK and supported by Ontario's Ministry of Health. Discussions are moderated 24/7 by trained practitioners and no referral is needed to participate.
- **Bounce Back:** Bounce Back is led by the BC Division of the Canadian Mental Health Association. Their program is designed to help adults experiencing symptoms of mild to moderate depression, low mood, or stress, with or without anxiety.

Someone to talk to:

- **310Mental Health Support:** at 310-6789 (no area code needed) for emotional support, information and resources specific to mental health.

- **BC Psychology Association:** Offering free 1/2 hour sessions for any BC resident over 19 who is experiencing adverse psychological symptoms due to COVID. Participants must fill out a form and can expect a call back in 24-48 hours.