

Rocky Mountain Crisis Partners

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

Crisis Line 1-844-493-8255 (TALK)

- Available Online-Self Assessment(s)
- Immediate one-on-one counseling with Professionals.
- Includes 2 types of Services
 - Metro Crisis Line is Colorado's free, confidential, 24/7 telephone hotline for mental health or substance abuse crisis help, information, and referrals.
 - Free Program Services Directory, including over 3,000 different providers, assistance programs, and support resources throughout the community.

Brain Physics

<http://www.brainphysics.com/chat.php>

- Focuses obsessive-compulsive disorder, anxiety disorders, eating disorders, and related spectrum disorders
- Has community resources in all 50 states
- Chat rooms and information/resources about mental illness

Healthy Place: America's Mental Health Channel

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

- Offers comprehensive information on psychological disorders and psychiatric medications
- Deals with other life issues in addition to mental health (parenting, anger, sadness, senior resources, and many more)
- Mental health social network for support and tools for self-help.

Mental Earth Community

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

- Please be at least 18 years old
- Includes blogs, member articles, live chat, games, and forums about mental health
- Provides online support for adults with mental illness and/or family and friends of people with mental illness.
- Must be registered as a member in order to access the forums and blogs.

Mental Health Communities

<http://www.mental-health-today.com/communities/>

- Most complete list of mental health topics covered, including life issues such as: step-parenting, pet loss, adoption, workaholics, and so many more.
- Have forums and support groups for addictions and other mental illnesses.

These chat groups, phone apps, and online sites are for anyone who would like online support from peers in similar situations.

These are focused on many different types of mental health conditions.

Most require registration, although revealing one's identity is voluntary.

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*Please contact us if any of our resources need updating, or let us know about your experience so we can best serve our clients.



MentalHealth.govwww.mentalhealth.gov

- Online resource for people looking for information about mental health.
- Available in Spanish
- Provides information about the signs of mental illness, how individuals can seek help, treatment locator, and how communities can host conversations about mental health.

Psych Central, Learn, Share, Grow<http://psychcentral.com>

- Feature current events related to mental health and blogs
- Has a “Ask a Therapist” feature and basic quizzes/screening tools for mental health issues
- Has forums and support groups.
- Has mood tracker tool that allows you to track your emotions or moods on a regular basis. Which enable you to determine (with or without the help of a therapist) situations or times that your mood goes up or down.

The Strength of Us (NAMI)

1-800-273-8255 (TALK)

<http://strengthofus.org/>

- Online community for young adult discussion groups, two spaces for blogging and sharing stories, and NAMI Air, which is an app that allows user to anonymously share their stories and receive feedback from other users.

Survival through Support<http://www.support4hope.com/>

- Provides support for domestic violence
- Has discussions for family members of those with Autism
- Chat for Bipolar, Schizophrenia, and Depression
- Support groups for Depression and Anxiety Disorders.

Phone Apps**ACT Coach**

Act Coach teaches user how to tolerate negative thoughts and feelings by virtually guiding them through awareness exercises and giving tips on how to ditch self-doubt. With an extra focus on mindfulness, this app also provides a log to track your progress.

- Free; iOS

AETAS

Designed by therapist Rosemary Sword, this app uses Time Perspective Therapy, a method developed to unglue us from unhelpful or obsessive thoughts. Chock-full of visual aids to encourage relaxation and self-soothing, AETAS also arms users with a time perspective inventory that helps them understand how they view the past, present, and future will either help or hinder their happiness.

- \$4.99; iOS



Breathe2Relax

Sometimes, all we need to de-stress is take a few deep breaths. Created by the National Center for Telehealth and Technology, this app teaches users how to do diaphragmatic breathing. Features include educational videos on the stress response, logs to record stress levels, and customizable guided breathing sessions.

- Free; iOS and Android

DBT Diary Card and Skills Coach

This app works as a daily mood and thought diary. But it also has a coaching module that gives tips on sticky emotional situations, like how to ask for what you need without drama or how to successfully resolve conflict. And users get positive reinforcement when they're consistent with their entries. The app also includes a super helpful DBT reference section for more info on coping skills—all backed by research.

- \$4.99; iOS

Depression CBT Self-Help Guide

Need help managing the blues? Monitor dips in your mood, learn about clinical depression and treatments, try guided relaxation techniques, and learn strategies to challenge negative thinking with this app. It's all just a few taps and swipes away.

- Free; Android

eCBT calm

Implementing some of the many strategies of cognitive behavioral therapy, this app helps users assess their stress levels, practice mindfulness and relaxation skills, and connect their thoughts to feelings and behaviors. The end result is more calm in your everyday life and more awareness of your actions and emotions.

- \$0.99; iOS

Happify

Want to kick negative thoughts, nix worry, and dial down stress? The array of engaging games, activity suggestions, and gratitude prompts makes Happify a useful shortcut to a good mood. Designed with input from 18 health and happiness experts, Happify's positive mood-training program is psychologist approved. Even cooler? Its website links to bonus videos that are sure to make you smile.

- Free; iOS

How Are You

Tracking your moods can help you fight the blues and teach you to tune into positive things. That's the premise behind this app. But as a bonus, it also allows you to compare your mood with worldwide averages, see which emotions you feel the most, and export your mood tracking data so you can share it with a mental health professional or trusted friend.

- \$9.99-\$12.99; iOS and Android



MindShift

This straightforward stress management tool helps users re-think what's stressing them out through a variety of on-screen prompts. At the same time, the app encourages new ways to take charge of anxiety and tune into body signals.

- Free; iOS and Android

Operation Reach Out

This mood tracker and resource locator was designed by Emory University researchers to aid in suicide prevention. The setup is simple: Users create a personal profile that includes emergency contact information, current medications, safety plans, and reminders for appointments or medications. Plus the app uses GPS to locate mental health care services nearby, should any user enter crisis mode.

- Free; iOS and Android

PTSD Coach

If you suffer from PTSD symptoms, this 24-hour tool that's linked directly with support services is a valuable thing to download. Available as an app or on the Web, PTSD Coach lets users select the specific issue they want to deal with (from anxiety and anger to insomnia and alienation), and then gives them guidance on how to lift their mood, shift their mindset, and reduce stress.

- Free; iOS and Android

Quit It

If you're a smoker, you probably already know all about the nasty health consequences. But it probably doesn't stop you from lighting up. But this app's approach is different. It shows you the hit your wallet takes every time you get another pack. Even better: Quit It calculates how much money you save each time you don't smoke. Think of it as extra financial incentive to kick nicotine and tobacco (and save for something far better!).

- \$1.99; iOS

Quit Pro

Think of this as a fitness tracker for your smoking habit. By monitoring your cravings over time, the places you puff the most, the triggers that lead you to light up, and the money you save by resisting a cigarette, this comprehensive app is a much better thing to have in your back pocket than a pack of smokes.

- Free; iOS and Android

SAM

How do you know what's pushing you over the edge and reel yourself back in? SAM's approach is to monitor anxious thoughts, track behavior over time, and use guided self-help exercises to discourage stress. SAM takes it to the next level by offering a "Social Cloud" feature that allows users to confidentially share their progress with an online community for added support.

- Free; iOS and Android



Step Away

A study funded by the National Institute of Alcohol Abuse and Alcoholism found that this pro-sobriety app helped reduce heavy drinking among users by 60 percent. Step Away offers tips on maintaining sobriety, encouragement, and strategies to avoid drinking during stressful times. You'll also be able to plug in your top drinking triggers to prepare yourself before facing down any tricky situation.

- Free; iOS

Stop, Breathe, Think!

Got five minutes? That's enough time to cultivate mindfulness, which can improve your mood, lower stress, and help you feel more compassion toward yourself and the world. Skeptical? Well, consider that mindfulness and happiness tend to go hand-in-hand. And as added incentive, this app can also improve your focus.

- Free; iOS and Android

Stop Drinking

Relying on the powers of relaxation, visualization, and positive suggestions, this pro-sobriety app has the goal of calming your mind and getting it to a less stressed place—where you'll be less likely to crave a drink. Take advantage of the reminder feature that gives periodic chimes to prompt you to breathe and focus on the good throughout the day.

- \$2.99; iOS and Android

Stress and Anxiety Companion

Sure, we know that releasing negative thoughts, practicing relaxation techniques, and engaging in mindful awareness is good for our wellbeing. But that doesn't mean we actually do it. This app can help make the process a lot easier by guiding you through proven techniques to reduce those off-kilter thoughts and emotions while cultivating a much more present mindset. Additional features allow you to identify anxiety triggers to make sure they don't catch you off guard.

- \$4.99; iOS

Talkspace

Bet you didn't think you could chat with a therapist for just \$25 a week. Well, Talkspace makes that possible. For that low fee, you can text message with a trained professional everyday of the week and as many times as you want. They also offer services for individuals and couples. Oh, and the best part? You can do it from your couch.

- \$25/week; iOS and Android

Worry Watch

We all get anxious only to realize later our anxieties were overblown or irrational. The idea behind Worry Watch is to nip these moments in the bud. This app enables users to track what kick starts their anxiety, note trends in their feelings, observe when the outcomes were harmless, and keep tabs on insights to stop future freakouts. To lower your anxiety even further, Worry Watch is password protected—so whatever you divulge in the diary feature is safe and sound.

- \$1.99; iOS



Hotlines and Call Centers

Borderline Personality Disorder Resource Center: 1-888-694-2273

If you've been diagnosed with borderline personality disorder—or you have a hunch you or a loved one may be displaying symptoms of BPD—the social workers staffing the Borderline Personality Disorder Resource Center's hotline can arm you with all the information you need about local resources and provide immediate over-the-phone counseling.

National Suicide Prevention Hotline: 1-800-273-8255

With the primary aim of keeping you going even in the darkest of times, this suicide prevention hotline is available 24/7 to offer a compassionate ear—no matter what you're dealing with. Pour your heart out to a skilled staffer without fear of being judged, and if you'd like referrals to local mental health care services after your call, hotline representatives can set you up.

Disaster Distress Hotline: 1-800-985-5990

If you've recently been the victim of a disaster (whether caused by nature or man), this is your go-to contact for all things related to counseling and relief. The trained counselors staffing the Disaster Distress Hotline provide help to those suffering in the wake of hurricanes, floods, wildfires, droughts, and earthquakes as well as incidences of mass violence or health epidemics (like the Ebola crisis). The call center is also open to friends and family members of victims. An alternative way to connect: Text "TalkWithUs" to 66746.

GLBT National Help Line: 1-888-843-4564

Need to talk to someone who gets it when it comes to coming out, being bullied for your sexual orientation, or navigating same-sex relationships? Look no further than the GLBT National Help Line, run by peers and allies of the LGBTQ community. This hotline is ready to hear your concerns and can connect you to the GLBT National Help Center's massive list of resources for LGBTQ-friendly services and organizations near you.

GLBT National Help Center for Youth: 1-800-246-7743

If you're under 21 and looking to speak with a peer counselor who really understands issues related to gender or sexual identity, this is the number to call. Similar to the national help line, this version for youth lets young LGBTQ-identified individuals dial in to talk about hardships faced in their day-to-day lives. Callers can also access a ton of resources to help bolster them well into their 20s and beyond.

GLBTQ Domestic Violence Project: 1-800-832-1901

Domestic violence or sexual assault can happen to anyone. If it's happened to you and you identify as LGBTQ, this hotline can help. It's free and confidential and offers you the opportunity to speak with a counselor and to obtain information about safety plans, safe houses, legal resources, and additional crisis intervention options.

Hair Pullers Anonymous Nationwide Phone Meetings

Trichotillomania is a disorder involving compulsive pulling of the hair and can also be accompanied by obsessive skin picking. If you're suffering from this behavioral issue, it can seriously help to speak with



people who can relate and share coping mechanisms. Use the link above for an email that will give you access to the confidential telephone number and call times.

National Association of Anorexia Nervosa and Associated Disorders: 1-630-577-1330

Need more info on eating disorders? Looking for treatment for yourself, a friend, or a loved one? ANAD's national helpline is here for you. Whether you're looking for immediate counseling or recommendations for treatment and support, this is the number to call. Folks who prefer to connect with a volunteer or counselor but aren't in the mood to pick up the phone can take advantage of ANAD's services via email.

National Crime Victim Helpline: 1-800-394-2255

If you've been the victim of any type of crime, this toll-free, confidential help line can connect you with the resources that best address your current situation—from directing you to specific counseling centers and resources to connecting you with legal advice. Whatever the crime, this hotline is a trustworthy first step in getting you the assistance you need, STAT.

National Domestic Violence Hotline: 1-800-799-7223

Trained domestic violence advocates are available to help those trapped in dangerous home situations 24/7. To receive immediate counseling free of charge and gain access to local resources that can assist you in implementing a safety plan and seeking refuge, call The National Domestic Hotline's toll-free number ASAP.

National Eating Disorder Association Helpline: 1-800-931-2237

Need some help figuring out where to go and who to turn to when dealing with an eating disorder (your own or someone else's)? Call a trained NEDA representative at this hotline and they'll hook you up with information about eating disorders, treatment options, and referrals.

National Organization for Victim Assistance: 1-800-879-6682

Whether you're a victim or a witness to a crime (or even if you're a criminal justice or mental health professional seeking services for a client), NOVA's hotline can help you. Though the association doesn't offer counseling, NOVA representatives can connect you within minutes to a counseling hotline that best fits your needs. They also provide information about crime and crisis recovery as well as referrals to victim advocacy.

National Sexual Assault Hotline: 1-800-656-4673

<https://ohl.rainn.org/online/>

You don't have to suffer in silence if you've been sexually assaulted. This hotline can offer counsel and link you to resources that can help you navigate this traumatic situation. The group's website also hosts a free and confidential online chat, if that's easier than picking up the phone.

Obsessive Compulsive Anonymous Nationwide Conference Call: 1-712-432-0075

Maybe you want to connect with others who can relate to the obsessions or compulsions that are weighing on you, but you can't attend in-person meetings. That's where this call center can step in. The conference call can help lift you out of isolation and link you up with peers who know exactly what



you're going through. Modeled after AA, OCA's conference calls follow the basic format of a 12-step meeting. Visit the group's website for times of calls and additional resources related to OCD.

Samaritan's Crisis Hotline: 1-212-673-3000

Staffed by rigorously trained volunteers, this 24/7 suicide prevention hotline is free of charge and here to help by lending a compassionate, non-judgmental ear when you're in crisis. This is the ideal resource for anyone who can't afford therapy but desperately needs to talk and be heard. Call the Samaritans morning, noon, or night if you're feeling overwhelmed, depressed, or isolated and can't turn to family and friends.

Trevor Lifeline: 1-866-488-7386

For LGBTQ youth who need help grappling with urges to self-harm or thoughts of suicide, this number can literally be a lifeline. Available free of charge and at all hours, this number is manned by a trained staffer ready to field your call and let you open up about whatever issues you're facing. Not into phone calls? Text "Trevor" to 1-202-304-1200 to connect with a skilled support line responder.

App and Hotline information taken from: http://greatist.com/grow/resources-when-you-can-not-afford-therapy?utm_source=facebook&utm_medium=opengraph&utm_campaign=resources-when-you-can-not-afford-therapy

