

Resources - Apps



MY3

Features include:

- Create a support system.
- Build a safety plan.
- Access Important Resources.
- Allows a person to get support at times of greatest risk.
- Access the National Suicide Prevention Lifeline 24/7.



Virtual Hope Box

The four main features of Virtual Hope Box include sections for:

- Distraction: The distraction techniques include games that require focus, like Sudoku and word puzzles.
- Inspiration: The inspiration section offers brief quotes to improve mood and motivation.
- Relaxation: The relaxation techniques offer a variety of guided and self-controlled meditation exercises.
- Coping skills: The coping techniques offer suggestions for activities that reduce stress.
- Allows a person to get support at times of greatest risk.
- Access the National Suicide Prevention Lifeline 24/7.



Breathe2Relax

The app teaches a skill called “diaphragmatic breathing”, also known as belly breathing, to help users feel more relaxed.



Mindful USC

Guided meditations to give you more energy so you can get more done, increase your ability to focus, improve your relationships and more - all by lowering your stress, anxiety and other difficult emotions and thinking that gets in your way of living the life you want.

Track your mindfulness journey, check-in to get meditations for your current state of mind and heart, identify and live your values, participate in the community word cloud.



UCLA Mindful

- Basic Meditations for getting started, in both English and Spanish
- Wellness Meditations for people suffering from challenging health conditions
- Informative videos exploring how to get started, supportive meditation postures, and the science of mindfulness
- Weekly podcasts from UCLA's Hammer Museum-- a 30 minute meditation on different themes you can search for and bookmark
- A timer to meditate on your own



Headspace

- <https://work.headspace.com/lacdmhresidents/member-enroll>
- Residents of Los Angeles County can sign up to access Headspace Plus at no cost until December 31st, 2020.
- Hundreds of guided meditations on subjects like focus, exercise, and sleep
- “Mindful Moments” to keep you present throughout the day
- 2-3 minute mini-meditations for a quick mental reset

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- “SOS” sessions for moments of panic, anxiety, and stress



Teen Talk

Free iPhone app where teens can get support for whatever they may be dealing with from a trained teen.

It is a safe, non-judgmental space where you can anonymously post your issue at any time and get support from a trained teen from 6:00 to 10:00PM Pacific time.

Teens can talk about anything from anxiety, depression, relationships, family issues, school... whatever may be causing stress or worry.