

Apps for Mental Health:



Talkspace Online Therapy: Talkspace is the most convenient and affordable way to improve your mental health. Get matched with a licensed therapist in your state from the comfort of your device, and message via text, audio, and video.

Subscription service provides high-quality mental health care to anyone ages 13 and up. ([click here](#))



Calm is the #1 app for Sleep, Meditation and Relaxation. Join the millions experiencing better sleep, lower stress, and less anxiety with our guided meditations, Sleep Stories, breathing programs, stretching exercises, and relaxing music. Calm is recommended by top psychologists, therapists, and mental health experts. ([click here](#))



Headspace Get happy. Stress less. Sleep soundly. Headspace is your guide to everyday mindfulness in just a few minutes a day. Choose from hundreds of guided meditations on everything from managing stress and anxiety to sleep, productivity, exercise, and physical health — including short SOS meditations for when you're on the go. ([click here](#))



MindShift uses scientifically proven strategies based on Cognitive Behavioural 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. ([click here](#))



Youper- sets goals, interactive check in during the day. Are you trying to calm your mind? Beat anxiety? Sleep better? Be happier? A quick conversation with Youper might be all you need to feel your best. ([click here](#))



Motivation app-called Motivation: daily motivation quotes- helpful daily motivation to keep spirits up. Positive reminders are one of the simplest and most powerful tools for mental growth. It's all about keeping the right thoughts top of mind from the get-go every day, so they're readily available on those hard days when you need them most. ([click here](#))



habitiz- help create good habits for kids
Habitiz uses the knowledge, research and methods of leading pediatric dietitians, sports coaches and behavioral psychologists to provide parents with a critical tool to help their children lead healthier lives. Help your kids learn healthy habits today with Habitiz! ([click here](#))

And more ...

Tedtalk: why we need to talk about depression/ Kevin Breel
<https://www.youtube.com/watch?v=-Qe8cR4JJ10> ([click here](#))

Ways to care for your mental and emotional health:
<https://www.fool.com/careers/2020/04/05/6-ways-to-care-for-mental-and-emotional-health-dur.aSpx> ([click here](#))

Staying happy and healthy during this crisis
<https://patch.com/michigan/farmington-mi/staying-happy-healthy-during-coronavirus-isolation>
([click here](#))

FGCU mental health counseling

Helping kids cope a resource for parents:
<https://medschool.cuanschutz.edu/psychiatry/covid-19-support/resources-for-kids-parents>
([click here](#))

Includes:

- a. Giant list of things to do with kids
- b. Talking to children about COVID-19
- c. Tips for families with older kids
- d. Homeschooling regular school kids
- e. Family schooling resources
- f. Shows for kids
- g. Coronavirus Comic for kids