

SAY IT BRAVE

WE'RE BRINGING AUTHENTICITY TO MENTAL HEALTH CONVERSATIONS

Resources for Managing Depression While Social Distancing

Virtual support groups

https://www.eatingrecoverycenter.com/alumni/virtual-support/online-support-groups?j=574439&sfmc_sub=199529358&l=83_HTML&u=99974684&mid=7233671&jb=46

Mindfulness

Yoga - Mindfulness

https://www.youtube.com/watch?v=Hcu72zrE1Co&j=574439&sfmc_sub=199529358&l=83_HTML&u=99974691&mid=7233671&jb=46

Mindfulness meditation

https://www.youtube.com/watch?v=DbhYMTB4P2M&j=574439&sfmc_sub=199529358&l=83_HTML&u=99974692&mid=7233671&jb=46

Apps

Headspace App

https://www.headspace.com/fr/headspace-meditation-app?j=574439&sfmc_sub=199529358&l=83_HTML&u=99974698&mid=7233671&jb=46

Calm App

[https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult times nonsubs_031720&j=574439&sfmc_sub=199529358&l=83_HTML&u=99974699&mid=7233671&jb=46](https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult%20times_nonsubs_031720&j=574439&sfmc_sub=199529358&l=83_HTML&u=99974699&mid=7233671&jb=46)

The Mighty

<https://themighty.com/>

National Alliance on Mental Illness (NAMI) Resource Guide

<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>

NAMI Phone Support

A warmline is a confidential, non-crisis emotional support telephone hotline staffed by peer volunteers who are in recovery. Callers will find an empathetic listener to talk through their feelings. To find a warmline that serves your area, visit the NAMI HelpLine Warmline Directory on the NAMI Resource Library page.



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NAMI Recommended Online Support Communities

NAMI hosts online communities where people exchange support and encouragement. These Discussion Groups can easily be joined by visiting www.nami.org

7 Cups: www.7cups.com ♣ Free online text chat with a trained listener for emotional support and counseling. Also offers fee- for-service online therapy with a licensed mental health professional. Service/website also offered in Spanish.

Emotions Anonymous: www.emotionsanonymous.org ♣ An international fellowship of people who desire to have a better sense of emotional well-being. EA members have in person and online weekly meetings available in more than 30 countries with 600 active groups worldwide. The EA is nonprofessional and can be a complement to therapy

Support Group Central: www.supportgroupscentral.com ♣ Offers virtual support groups on numerous mental health conditions - free or low-cost. Website also offered in Spanish.

TheTribe Wellness Community: www.support.therapytribe.com ♣ Free, online peer support groups offering members facing mental health challenges and/or difficult family dynamics a safe place to connect. Support groups include Addiction, Anxiety, Depression, HIV/AIDS, LGBT, Marriage/Family, OCD and Teens

SupportGroups.com: <https://online.supportgroups.com/> ♣ Website featuring 200+ online support groups.

For Like Minds: www.forlikeminds.com ♣ Online mental health support network that allows for individuals to connect with others who are living with or supporting someone with mental health conditions, substance use disorders, and stressful life events.

18percent: www.18percent.org ♣ Offers a free, peer-to-peer online support community for those struggling with a wide range of mental health issues.

Psych Central: www.psychcentral.com ♣ Offers online mental health resources, quizzes,

National Suicide Hotline

800-273-8255

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

