

Remote Access Resources

Access by phone or internet from anywhere in the country on your personal smart phone or computer. Accessible on computers at your local library.

Hotlines/Crisis	Name	Contact Information	Available	About
	American Foundation for Suicide Prevention AFSP.org	(800)273-TALK text 741741 https://afsp.org/	24/7	<ul style="list-style-type: none"> •Hotline •Text line.
	National Domestic Violence Hotline	(800)799-SAFE https://www.thehotline.org/	24/7	<ul style="list-style-type: none"> •Hotline •Online chat available, •Additional Online Resources.
	National Teen Dating Abuse Line	(866)331-9474 Text Loveis to 22522 Loveisrespect.org	24/7	<ul style="list-style-type: none"> •Hotline •Text line •Education
	National Sexual Assault Hotline	(800)656-HOPE www.rainn.org	24/7	<ul style="list-style-type: none"> •Confidential support in finding a local health facility that is trained to care for survivors of sexual assault •Sexual assault forensic exams •Someone to help you talk through what happened
	The National Suicide Prevention Crisis Line & Veterans Crisis Line	(800)273-8255 & press 1 or text 838255 Support for deaf and hard of hearing 1-800-799-4889	24/7	<ul style="list-style-type: none"> •Confidential •Free of Charge •Text available -Online Chat available Services for all branches of veterans and their families
	Suicide Prevention Lifeline	(800)784-2433 https://suicidepreventionlifeline.org/	24/7	<ul style="list-style-type: none"> •Hotline •Online Chat •free and confidential support for people in distress, •prevention and crisis resources for you or your loved ones
	Crisis Text Line	Text HOME to '741741' https://www.crisistextline.org	24/7	<ul style="list-style-type: none"> •Crisis text line
	Childhelp National Child Abuse Hotline	(800) 4-A-CHILD https://www.childhelp.org/hotline/	24/7	<ul style="list-style-type: none"> •crisis intervention •information •referrals to thousands of emergency, social service, and support resources

	Gay, Lesbian, Bisexual, Transgender National Help Center	(888)843-4564 https://www.glbthotline.org/hotline.html	Monday thru Friday from 1pm - 9pm Saturday from 9am - 2pm	<ul style="list-style-type: none"> •Coming-out issues •Relationship concerns •Bullying •Workplace issues •HIV/AIDS •Anxiety •Safer-sex information
	The Trevor Lifeline (LGBTQ + Youth)	TrevorLifeline 1-866-488-7386 TrevorText - Text "START" to 678678 thetrevorproject.org	24/7	<ul style="list-style-type: none"> •Hotline •Textline •Education •Support
	Parental Stress Hotline	1-800-632-8188, All languages available https://www.parentshelpingparents.org/parental-stress-line	24/7	Support for Parents or guardians with problems relating to their children way to relieve stress in an environment which is non-judgmental along with being sympathetic
	Linea Nacional de Prevención del Suicidio	(888) 628-9454	24/7	National Suicide Prevention Line in Spanish.
	Substance Abuse and Mental Health Services Administration	1-800-662-HELP (4357) https://www.samhsa.gov/find-help/national-helpline	24/7	Support for individuals and families facing mental and/or substance use disorders.
Psychoeducational	Mental Health Web Resource	Website	Cost	About
	National Alliance on Mental Illness	NAMI.org 800-950-6264	Free	<ul style="list-style-type: none"> •Free Programs •Warmline •Resources •Advocacy •Education/ Classes •Individual & Family Support
	Healthy Place	healthyplace.com	Free	<ul style="list-style-type: none"> •Information on mental health disorders and psychiatric medications •Online psychological tests •Resources •Breaking mental health news •Mental health videos •Mood journal

	National Institute on Mental Health	Hours: 8:30 a.m. to 5 p.m. eastern time, M-F nimh.nih.gov Phone: 1-866-615-6464 TTY: 1-301-443-8431 TTY (toll-free): 1-866-415-8051 Live Online Chat: Talk to a representative Email: nimhinfo@nih.gov	Free	<ul style="list-style-type: none"> •Online Chat •Hotline •Online resources education, research, news, outreach
	College Students with PTSD Support and Coping Techniques for Positive Education Experience)	https://www.affordablecollegesonline.org/college-resource-center/college-student-ptsd/	Free	<ul style="list-style-type: none"> •Coping Strategies •Education
AOD resources	Name	Contact	Cost	About
	BecomeAnEX	https://www.becomeanex.org	Free	<ul style="list-style-type: none"> •Help tobacco users quit •Active social community •Text and email messaging support •Expert guidance and interactive quitting tools.
Coping Skills Apps	Name	Accessability	Cost	About
	Breathe2Relax	App available for iPhone and Android users.	Free	<ul style="list-style-type: none"> •Diaphragmatic breathing •Detailed information on the effects of stress on the body
	Pacifica	App available for iPhone and Android users.	Free	<ul style="list-style-type: none"> •Guided deep breathing •Muscle relaxation exercises •Daily antianxiety experiments •Mood tracker •Help recognizing possible anxiety triggers.

	GPS for the Soul	App available for iPhone and Android users.	Free	Biofeedback to help you determine your level of stress helps you manage stress with meditation tools that include calming pictures and music.
	Happify	App available for iPhone and Android users.	10 sessions free \$14.95 \$6.95/month for 1 year sub \$4.95/month for 2 year sub	A brain-training app that helps you combat negativity, anxiety and stress while fostering positive traits like gratitude and empathy.
	Stress Doctor	App available for iPhone and Android users.	\$4.99	Stress-busting deep breathing exercises combined with a heart rate monitor so you can see the effects on your body in real time.
	Headspace	App available for iPhone and Android users.	Free Trial \$12.99/Month	series of guided meditation sessions and mindfulness training
	Personal Zen:	App available for iPhone and Android users.	Free	A series of games based on clinical findings about methods for reducing anxiety levels.
	My Mood Tracker	App available for iPhone and Android users.	Free	Tracks cycles in mood and creates charts and recognizes patterns.
	Pocket Yoga	App available for iPhone and Android users.	\$2.99	Categorized yoga dictionary.
	The Mindfulness App	App available for iPhone and Android users.	\$9.99 for one month or \$59.99 for the year with one month's free trial included	Guided meditations with calming music or nature sounds.
	Pay It Forward	App available for iPhone and Android users.	Free	Encourages a daily act of kindness connection to a community of people who are committed to the principles of paying it forward
	Calm	App available for iPhone and Android users.	\$12.99/month, \$59.99 /year and \$299.99 for a lifetime subscription.	<ul style="list-style-type: none"> •Guided meditations •Sleep stories •Breathing programs •Relaxing music

Mindfulness Apps	Name	Accessability	Cost	About
	What's Up	App available for iPhone and Android users.	Free	<ul style="list-style-type: none"> •Cognitive Behavioral Therapy App •Interactive diary •Positive Negative Habit tracker •Catastrophe scale •Grounding games •Breathing techniques •Forums •Positive quotes •Data Syncing abilities •Passcode Protected
	Stop, Breathe & Think	App available for iPhone and Android users.	Free	<ul style="list-style-type: none"> •Daily meditation •Mindfulness recommendations
	Mood Kit	App available for iPhone and Android users.	\$4.99	<ul style="list-style-type: none"> •Cognitive Behavioral Therapy App •Mood Tracker •Mood Journal
Dual Diagnosis/AOD Apps	Name	Accessability	Cost	About
	Twenty-Four Hours a Day	App available for iPhone and Android users.	\$5.99	<ul style="list-style-type: none"> •Daily meditations for people in recovery from addiction •Helps focus on your sobriety •Based on Twelve Steps Program
	Quit That!	App available for iPhone and Android users.	Free	<ul style="list-style-type: none"> •Help you quit habits •Track all of the stuff you are trying to quit
Anxiety	Name	Accessability	Cost	About

	Mind Shift	App available for iPhone and Android users.	Free	<ul style="list-style-type: none"> •CBT-Based Tools •Quick Relief •Thought Journal •Coping Cards •Experiments •Facing Fears •Expanding Your Comfort Zone •Build your confidence by consistently doing new and challenging things. •Check-In •Healthy Habits •Goal Setting
	Self-Help for Anxiety Management (SAM)	App available for iPhone and Android users.	Free	a range of self-help methods for people who are serious about learning to manage their anxiety.
Misc				
	CBT Thought Record Diary	App available for iPhone and Android users.	\$4.99 per month or \$35.99 per year	Thought Diary Gratitude journal
	Bipolar Disorder Connect	App available for iPhone and Android users.	Free	<ul style="list-style-type: none"> •Connect with community of people living with bipolar disorder •Follow discussions while on the go •Ask your questions and add comments to interesting posts •Discuss treatments •Start conversations •Learn from others
	IMoodJournal	App available for iPhone and Android users.	\$1.99	<ul style="list-style-type: none"> •Mood Tracking •History Report •Automatic Reminders
	Talkspace Online Therapy	App available for iPhone and Android users.	Free	Online Therapy with a licenced therapist
	MoodTools	App available for iPhone and Android users.	Free	<ul style="list-style-type: none"> •Thought Diary •Activities •Safety Plan •Information •Tests •Videos

	7Cups	App available for iPhone and Android users.	Free	<ul style="list-style-type: none"> •chat rooms •Forums •Ask for help •Join a scheduled group support session •share your own wisdom and life experience •help others
Eating Disorder Apps	Name	Accessability	Cost	About
	Recovery Record	App available for iPhone and Android users.	Free	Manage your journey to recovery from eating disorders including anorexia nervosa, bulimia nervosa, obsessive eating disorder, binge eating disorder and compulsive eating disorders.
	Rise Up and Recover	App available for iPhone and Android users.	Free	Self-monitoring homework for those struggling with eating disorders.
OCD related Apps	Name	Accesability	Cost	About
	nOCD	App available for iPhone and Android users.	Free	Therapy tools for obsessive-compulsive disorder.
	Worry Watch	App available for iPhone and Android users.	\$3.99	Helps users challenge negative perceptions and change future thought patterns in a positive way.
PTSD Related Apps	Name	Accessability	Cost	About
	PTSD Coach	App available for iPhone and Android users.	Free	<ul style="list-style-type: none"> •Education about PTSD •Information about professional care •Self-assessment for PTSD •Resources for support.