

## 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

## Resources - Apps

- “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.