

Stay at Home Resources in Response to COVID-19 | Spring 2020

Suicide Help Lines/Crisis Lines

National Suicide Prevention Lifeline: 1-800-273-8255

Crisis Connections 24-hour hotline: 866-4CRISIS

Crisis Connections Warm Line: 877-500-WARM

https://suicidepreventionlifeline.org/	Suicide hotline & info for services. Has a chat feature in to reach support immediately.
https://www.healthline.com/health/mental-health/suicide-resource-guide#1	Good resource guide for national needs.
https://www.imalive.org/	Another online resource with chats, information etc.
https://www.safehelpline.org/online	Safeline app you can put on your phone. Similar to imalive with chat, resources, and community.
http://www.intheforefront.org/	Is a local source with information for King county and Seattle as well as support lines and resources.
https://www.sprc.org/states/washington	Washington Suicide Prevention Resource Center

Statewide Recourses and Support

Alcohol & Drug Online Resources

https://www.smartrecovery.org/	Smart Recovery - Self Management and Recovery Training. An Online Community.
http://aaphonemeetings.org/	Alcoholics Anonymous
http://aa-intergroup.org/directory.php	Alcoholics Anonymous Online Intergroup
http://www.warecoveryhelpline.org/	Washington Recovery Helpline
http://nabyphone.com	Narcotics Anonymous
https://al-anon.org/al-anon-meetings/electronic-meetings/	Al-Anon Electronic Meetings

Mental Health Apps/Online Services

Please check with local providers or your therapist's office as many offers online or teleconferencing options*

https://www.e-counseling.com/tlp/online-therapy/	This link takes you to a pretty good review of all the online counseling/apps there are. Great place to examine what is out there.
https://www.mindfultherapygroup.com/	Local group providing online therapy and groups.
https://www.opencounseling.com/washington/seattle	Free or Low-Cost Counseling

Affordable Counseling Services

https://www.betterhelp.com	This is the most popular and highly recommended app. States that they vet their therapists, and all are licensed. Has a paywall \$65/session.
https://lp.talkspace.co	Provides online and digital counsel through license therapist. Is pay to use service at. \$100/session.
https://www.pridecounseling.com	Pride Counseling: Online Counseling for LGBTQA
https://www.youper.ai/	Youper: Run by ai. IS ok for managing symptoms and getting feedback but no human support.
https://www.notokapp.com/	Not Ok: Suicide prevention app for teens run by peers.
https://www.thewhatsupapp.co.uk/	Whats Up: App uses ACT and CBT models. Many homework resources and is self-driven, does not provide direct counseling services.

Meditation Resources

https://www.headspace.com/	Headspace: Meditation and sleep help. Good for anxiety stress etc. Pay to use.
Breath2relax	Apple app found in the App Stone on iPhones.
▪ Happify	https://www.happify.com/
▪ Anxiety Coach (There is a fee*)	https://adaa.org/mentalhealthapps/anxietycoach
▪ Panic Relief	Apple app found in the App Stone on iPhones.

Grounding Techniques

https://www.healthline.com/health/grounding-techniques	This Healthline article has great grounding techniques that can be done anywhere. There are physical and mental techniques, and some general soothing techniques. Easy grounding techniques are: Name all the things around you. Walk slowly and think about your feet moving. Counting by odds or primes.
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COVID-19 facts

Centers for Disease Control (CDC)	https://cdc.gov
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American Public Health Association	http://apha.org
Washington State Coronavirus Response (COVID-19) - offers daily statistics, multilingual resources	https://coronavirus.wa.gov/
World Health Organization (WHO)	https://www.who.int/emergencies/diseases/novel-coronavirus-2019
Washington State Department of Health	https://www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020COVID19/ResourcesandRecommendations

Other Helpful Resources

Higher Education Mental Health Alliance	https://hemha.org/covid-19-resources
"Mind if I Speak?" YouTube Channel	https://www.youtube.com/channel/UC7wC4VvADK8ks2D3eigskxA
From the VA—some good resources	https://www.mentalhealth.va.gov/coronavirus/index.asp

Anxiety & Depression:

www.adaa.org	Anxiety and Depression Association
www.aacap.org	Anxiety Disorders Resource Center
https://www.virusanxiety.com/?utm_source=Shine&utm_medium=Blog	Resources for anxiety and your mental health in a global climate of uncertainty.
http://daily.shinetext.com/	Self-care community for all of us.
https://medium.com/wadepthealth/social-distancing-and-mental-health-2b056eb9e144	Department of Health Daily Blog

Healthy Eating

https://timetothrivetherapy.com/wp-content/uploads/2018/01/50-Ways-to-Soothe-Yourself-Without-Food.pdf	50 Ways to Sooth Yourself Without Food
https://www.healthline.com/nutrition/11-brain-foods	11 Best Foods to Boost Your Brain and Memory
https://www.loseit.com/	Great app for managing meals and calories. Free version is robust. Pay version has meal plans, articles etc.

Telehealth

Betterhelp	Affordable, private online counseling. Talk with a licensed, professional therapist online.
Pathways	Delivery of health care services through the use of interactive audio and video technology, permitting real-time communication between the patient at the originating site and the provider, for the purpose of diagnosis, consultation, or treatment.
Refresh Therapy	Secure online therapy sessions via video chat.

Exercise Options

Beachbody On Demand	Offering a free 14-day trial. Over 1,200 workouts. A variety of HIIT, body weight, yoga, piyo and so much more.
Aaptiv	Offering an audio-based fitness program. Free 14-day free trial.
Daily Burn	60 day free trial. Thousands of workout videos so you can mix it up every day right from your own home.
TA Studio	Free 24-day trial. Tracy creates and delivers brand new classes for beginner, intermediate and advanced fitness levels.
CorePower Yoga	This brand has a physical location down the street from the main CityU location in Seattle and has free yoga videos online. If you are a customer with them, they have many more classes available.
YouTube	They are streaming Free live classes on Youtube.
OrangeTheory @ Home	Located across the street from CorePower Yoga, they are offering free 30-minute workouts on their website. A new video is being released each day.
Walk at Home by Leslie Sansone	Free cardio "walking" videos you can do at home. 5 – 30 minutes long.
Fitness Blender	Provides free full-length workout videos, routines, and recipes. Does require creating a free account.
Planet Fitness	Every day at 6 p.m. for a live 20-minutes-or-fewer "work in" led by personal trainers, and even special guests. Taking part is free, and you don't have to be a member. No equipment required.
305 Fitness	Known for making cardio a raging dance party, 305 Fitness has about 20 free classes on their YouTube channel.
Centr	Work out at home, stay healthy & seek calm together with Chris Hemsworth's team. Now with a 6-week trial.

1st Phorm	At-home workout guide. They offer My TransPHORMation App. It is an at-home workout program you can use for free, as well as an EMOM program. (EMOM stands for every minute on the minute workout and is an interval-based program).
Facebook, YouTube and Instagram offer a lot of workouts for free.	Use hashtags: #freeworkouts #homeworkout #bodyweightworkout #homeworkouts
Pinterest	Pinterest has a lot of work outs to follow from strength training to yoga.

Ted Talks

Bill Gates – How we must respond to the Coronavirus pandemic
Alanna Shaikh – Why COVID-19 is hitting is now
Adam Kucharski – How can we control the coronavirus pandemic?
Adam Kucharski – On what should (and shouldn't) worry us about the coronavirus
Susan David – How to be your best self in times of crisis
Olivia Remes – How to cope with anxiety
Embracing the Suck – Brene Brown: Unlocking Us