

# Mental Health Resources

## Crisis Resources

### Bill Wilson Center SOS Crisis Hotline

(408) 278-2585

### National Crisis Text Line

Text "COURAGE" to 741741

### Suicide Prevention and Crisis Hotline

(855) 278-4204

### Santa Clara County Urgent Care Clinic

(408) 855-7855

### County Mental Health Call Center

(800) 247-7717

### National Suicide Prevention Lifeline

(800) 273-TALK (8255)

On-Campus Counseling/[services/health/mental-health-services.html](#)Same WindowPrimary w-100Outline

Off-Campus Therapy Resources#[New Window](#)Primary w-100Outline

## Mobile Apps

### Counseling Apps

Application Name	Description	Cost
Betterhelp	Online Counseling & Therapy	\$40-\$70 Per Week
Talkspace	Unlimited Messaging Therapy	3 Months Free with Application
Faithful Counseling	Christian Based Counseling	\$40-\$70 Per Week
Regain	Couples Counseling	\$40-\$70 Per Week
Pride Counseling	LGBTQ Specialized Counseling	\$40-\$70 Per Week
ACT iCoach	Acceptance & Commitment Therapy	\$7.99 Per Month (7-Day Free Trial)
UpLift	The Depression App	\$30 Per Month
Lyftly	Mental Wellness for All	Free

## Mindfulness Apps

Application Name	Description	Cost
Calm	Meditate, Sleep, Relax	\$12.99 Per Month (7-Day Free Trial)
Headspace	Focus, Breathe, Stay Calm	\$12.99 Per Month
Mindfulness Coach	Mindfulness Skills for Veterans	Free
Mindfulness App	Meditation for Everyone	\$9.99 Per Month (\$59.99 Per Year)
Stop, Breathe & Think	Guided Meditations & Mindfulness	Free (Premium Subscription Available)
Insight Timer	Online Community for Meditation	Free
Reflect	Christian Mindfulness	Free
Meditopia	Anxiety, Breathing	\$9.99 Per Month (\$59.99 Per Year)

## Mental Health Apps

Application Name	Description	Cost
MY3	Suicide Prevention	Free
PFA Mobile	Psychological First Aid	Free
CBT-i Coach	Trauma & Insomnia	Free
Virtual Hope Box	Coping, Relaxation & Positive Thinking	Free
DBT Coach	Dialectical Behavior Therapy	\$12.99 Per Month
Self Help for Trauma	First Aid for Stress & Trauma	Free
PTSD Coach	PTSD App for Veterans	Free
CPT Coach	Cognitive Processing Therapy for PTSD	Free

## Mobile Apps by Category

### Crisis

- Mentalhealthu (MHU): Tools for navigating a mental health crisis.
- MY3: Suicide prevention. Define your support network, create a safety plan, store, info, and find support.
- notOK: free app that is a digital panic button to get you immediate support via text, phone call, or GPS location when you're struggling to reach out. Peer support via your trusted contacts, simple messages to take the guesswork out of asking for help, and immediate help with notOK's one tap solution. Trusted contacts are not required to download the app.

## Stress/Anxiety

- Calm: Stress. Meditation and sleep stories.
- Headspace: Stress. Guided meditation, mindfulness.
- What's Up; Anxiety, depression, stress and more. CBT, ACT methods to help cope.
- Pacifica: Stress, anxiety, depression. CBT, mindfulness, meditation, relaxation, mood/health tracking.
- Mind Shift: Anxiety. Relax, learn more helpful ways of thinking, active steps to deal with anxiety.
- Breathe2Relax: Stress management; guided breathing exercises
- Self-Help for Anxiety Management (SAM): Anxiety. Self-help methods to manage anxiety.
- **Insight Timer**: a mindfulness app boasting the largest library on earth of free meditations. Download this free app for sleep, anxiety, stress, and many other topics... join the 15 million people who are using the Insight Timer today!

## Depression

- Happify: Depression. Games to help reduce stress, overcome negative thoughts and build resilience.
- MoodTools: Depression. Thought diary, activities, and tracking to help combat depression.
- **TAO Mobile**: therapy assistance online. Offering free 90 days.
- Talkspace Online Therapy: get matched with a licensed therapist and you will have contact with a therapist at least once a day, 5 days a week. (Cost is \$65 a week for subscription and is billed monthly.)
- Better Health: online therapy with a licensed therapist. (Different payment plans starting at \$40 per week.)
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## Eating Disorders

- Recovery Record: Eating Disorders. Companion for managing your journey to recovery from eating disorders.
- Rise Up + Recover: for anyone struggling with food, exercise, and/or body image issues.
- **Insight Timer**: a mindfulness app boasting the largest library on earth of free meditations. Download this free app for sleep, anxiety, stress, and many other topics... join the 15 million people who are using the Insight Timer today!

*Please be aware that monitoring activity and food intake can inadvertently validate disordered eating and exercise attitudes/behaviors among vulnerable people. These apps have the risk of exacerbating obsessive and self-critical tendencies in some individuals, possibly inducing increasingly rigid behaviors or feelings of guilt/shame when one fails to reach goals or make progress. Further research is needed to clearly identify whether tracking devices may be helpful or harmful for certain individuals - it's important to think about how often you're using tracking tools and your reason for doing so.*

## PTSD

- PTSD Coach: PTSD. Education, self-assessment, find support, manage symptoms.
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## Self Harm

- Calm Harm: Self-harm. Helps you resist the urge to self-harm with activities designed to distract, comfort, release, express, etc.
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## Nutrition

- **Peace with Food** (\$9.99 Apple Store; coming soon to Google play): "A tool to help you on your journey toward intuitive eating and peace with food. Receive "be present" reminders throughout the day to check-in with your hunger and fullness, track how your body feels, and receive encouragement to taste, go slow, and enjoy your food..."
- **Am I Hungry?** (\$2.99 iTunes and Google Play): A virtual coach app designed to help you end futile restrictive dieting and resolve mindless and emotional eating. This app will guide you through the mindful eating process step by step."
- **CARA CARE (free)**: Learn more about your gut health through a daily food and mood journal. Especially helpful for those suffering from gastrointestinal disorders such as IBS, GERD, or IBD.
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## Fitness

- **MyFitnessPal**: MyFitnessPal is a powerhouse app, with an enormous food database, barcode scanner, recipe importer, restaurant logger, food insights, calorie counter, and so much more. Whether you're monitoring your nutrition to lose weight, change bad habits, build muscle, or just hold yourself accountable for what you're eating.
- **Fitocracy- Fitness Collective**. Track workouts, build support, challenge yourself and your friends, all with the help of our expert coaches.
- **Daily Yoga**: Daily Yoga inspires yogis worldwide with the largest yoga pose base. Enables you to practice yoga on all mobile devices and platforms.
- **Nike Training Club**: Brings you a huge array of workouts for every fitness level- plus the Nike Performance Council's tips on training, nutrition, mindset, recovery, and sleep.
- **Asana Rebel**: Yoga inspired fitness. Workouts for Flexibility, Weight Loss, Strength & Balance.

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## Sleep/Headache

- **Sleep Cycle**: Sleep Cycle analyzes your sleep and wakes you up at the most perfect time feeling rested.
- **Slumber**: Offers a combination of experiences to help you fall asleep. Many free options or \$40 per year of full access.
- **Migraine Buddy**: a migraine diary and tracking app designed by data scientists and neurologists. The app allows you to record your migraine frequency and duration, pain location and intensity, and symptoms and medications, as well as to identify migraine triggers.
- **Insight Timer**: a mindfulness app boasting the largest library on earth of free meditations. Download this free app for sleep, anxiety, stress, and many other topics... join the 15 million people who are using the Insight Timer today!

## Addiction Support

- Quit That!: a habit tracker to support and help quit behaviors such as smoking and drinking.
- Twenty Four Hours a Day: features 366 daily meditations for people in recovery. (\$5.99)