



Self-Care Resources from Baptist Behavioral Health

Immediate Help

Call 911 or visit an emergency center if you are experiencing a life-threatening emergency.

988 Suicide & Crisis Lifeline - We can all help prevent suicide. 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 in the United States. <https://988lifeline.org/>

Crisis Text Line - Global not-for-profit organization providing free confidential crisis intervention via SMS message. The organization's services are available 24 hours a day, every day, throughout the US, UK, and Canada and can be reached by texting HOME to 741741 (U.S.), 85258 (U.K.), or 50808 (Ireland) respectively. <https://www.crisistextline.org/>

United Way (211) - Whether you are looking for help for yourself, worried about someone else, or looking to partner with 211, start here to learn more about available mental health and substance use resources and services. <https://www.211.org/get-help/mental-health>

American Foundation of Suicide Prevention (AFSP) - You're not alone. Whether you have struggled with suicide yourself or have lost a loved one, know you are not alone. Hear about personal experiences from people in your local community whose lives have been impacted by suicide. <https://afsp.org/>

National Alliance for Mental Illnesses (NAMI) - NAMI is dedicated to improving the lives of millions of Americans affected by mental illness. <https://nami.org/Home>

988 Samaritans Helpline - Helpline is available 24 hours a day, 7 days a week. Call or text us anytime. Services are free, confidential, and anonymous. <https://samaritanshope.org/>

Relaxation and Mindfulness Downloads through Dartmouth Student Wellness Center - <https://students.dartmouth.edu/wellness-center/wellness-mindfulness/relaxation-downloads>

Applications to Download

What's up? - App utilizing CBT and ACT techniques for mood/anxiety

Breethe - Meditation & Sleep

Ibreathe - Relax and Breathe

Breathwrk - Breathing Exercises

Kids Breathe Well - Breathing Exercises for kids

Lifeline4Moms - Perinatal application for expecting moms or mom

Moodkit - CBT app for mood/anxiety (\$4.99 cost for app on Apple Store)

Bloom - CBT Therapy & Journal

Meditation by Soothing Pod - Mindfulness, Calm & Sleep

Dare - Panic & Anxiety Relief

Balance - Meditation & Sleep

Insight Timer - Meditation App for Sleep and Anxiety

Smiling Mind - Mindfulness/relaxation app

Slumber - App to help with sleep

Headspace - Meditation

Happify - Evidence based

I am - Daily Affirmations

Wysa - Mental Health Support

Sup - Support Groups

Elomia - Ai Therapy Chat

BetterMe - Mental Health

Rootd - Panic Attack Relief

Shine - Calm Anxiety & Stress

Woebot - Your Self-Care Expert

MindDoc - Your Companion created by psychologists

I am Sober - Sobriety Tracker for Recovery

Vent - A social diary

Calm harm - For self-harm exercises

Calm urge - Self harm tracker

HarmLess - Self Harm Tracker

Sanvello - Managing stress and anxiety

Moodpath - CBT based exercises

Talklife - Depression and anxiety chat support. Non licensed based

Mood Mission - Tracking and improving mood, interactive exercises (\$4.99 cost for app on Apple Store)

7 cups - Anxiety and stress chat run by trained volunteers

Online Psychiatry

<https://livehealthonline.com/psychiatry>

<https://amwell.com/cm/services/online-psychiatry>

<https://arraybc.com>

Online Psychology

<https://livehealthonline.com/psychology>

<https://etherapypro.com/online-therapy>

<https://cimhs.com/> Bliss 8 sessions interactive therapy for depression (completed on their own)

Licensed Therapist Based

Talkspace

Betterhelp

<https://www.Teencounseling.com>

<https://www.Pridecounseling.com>

<https://thriveworks.com>

<https://heretomorrow.org>

Substance Abuse Support

<https://www.12step.org/social/online-meetings/>

<https://www.aaspeaker.com/>

<https://www.recoveryaudio.org/>

<https://www.intherooms.com/home>

AA Meeting Guide App - Google Play and Apple Stores

Wolfson Children's Hospital

On Our Sleeves - www.wolfsonchildrens.com/onoursleeves

Autism Support

Autism Speaks - Dedicated to promoting solutions, across the spectrum and throughout the life span, for the needs of individuals with autism and families.

Best Buddies - The world's largest organization dedicated to ending the social, physical and economic isolation of the 200 million people with intellectual and developmental disabilities (IDD). <https://www.bestbuddies.org/>

Eating Disorders

National Eating Disorder Association - The National Eating Disorders Association (NEDA) is the largest nonprofit organization dedicated to supporting individuals and families affected by eating disorders. NEDA supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care.

<https://www.nationaleatingdisorders.org/help-support/contact-helpline>

LGBTQ+

The Trevor Project - You deserve a welcoming, loving world. And so do the people you care about. Here you can reach out to a counselor if you're struggling, find answers and information, and get the tools you need to help someone else.

<https://www.thetrevorproject.org/get-help/>