



## Webinar Securing Your Mental Health

June 15 • 2:00 p.m. EDT



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### RESOURCES

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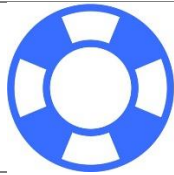
<https://www.nami.org/help>

The US's largest mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.



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

A place where people can come to help and encourage each other with a variety of life issues.



**American  
Foundation  
for Suicide  
Prevention**

<https://afsp.org/>

Learn about suicide, how you can help prevent it, and resources for those affected.



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

A collection of research-backed tools (articles, meditations, access to mental health experts, anxiety screenings, etc.).



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

Offering support, including suicide prevention, for LGBTQ youth and their friends.

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## APPS

### [Calm](#)

Guided meditation and sleep stories.

### [Gratitude](#)

Journal, affirm, vision board.

### [Happify](#)

Science-based activities & games to help overcome negative thoughts & stress.

### [Headspace](#)

Guided meditations, animations, articles & videos.

### [MindDoc](#)

Mood tracking, mental health screening & depression & anxiety journal.

### [MindShift CBT](#)

Self-help anxiety relief app that helps you reduce worry, stress & panic by following evidence-based strategies.

### [MyLife](#)

Fit mindfulness seamlessly into your daily life, with meditation, breathing, yoga, guided journaling and more.

### [Relax Melodies](#)

Sleep better: 400+ calm sounds, white noise, music, meditation & bedtime stories.

### [Ten Percent Happier](#)

In-depth courses on establishing healthy habits, stressing better, improving relationships & more.