

MENTAL HEALTH SUPPORT RESOURCES

Student Health Services at Santa Rosa Junior College
shs.santarosa.edu 524-1595 Plover/Race Hall in SR, Call Hall in Petaluma

If you are experiencing a psychiatric emergency, contact Sonoma County Behavioral Health Services at (707) 576-8181 or go to The Crisis Stabilization Unit open 24 hours per day at 2225 Challenger Way, Santa Rosa 95407.

24 HOUR LINES / CRISIS INTERVENTION

Suicidal Thoughts Sonoma County Hotline	(855) 587-6373	www.suicidepreventionlifeline.org
National Suicide Prevention Hotline	(800) 273-8255	www.crisiscenter.org
Crisis Text Line	Text "courage" to 741741 or go to	facebook.com/crisistextline
Veteran's Crisis Line	(800) 273-8255 press 1	www.veteranscrisisline.net
Verity- sexual assault support	(707) 545-7273	www.ourverity.org
NAMI Warm Line, avail M-F 9-5	(866) 960-6264	https://namisonomacounty.org/warmline
Transgender Suicide Hotline 24 hours	(877)565-8860	www.translifeline.org/
YWCA Domestic Violence/Women's Shelter	(707) 546-1234	https://www.ywcase.org/

WEBSITES

- <https://shs.santarosa.edu/student-psychological-services> Under Topics and Concerns and also Online Resources you will find many resources and online support tools.
- <https://www.tarabrach.com/> Free guided meditations available.
- <https://greatergood.berkeley.edu/> Information on mind/body connection, relationships, and living a meaningful life.
- <https://www.nami.org/> Multiple article topics regarding mental health issues, self-assessment.
- <https://www.psychologytoday.com/us> Find a therapist and read articles on most mental health topics.
- <http://www.ulifeline.org/> Your online resource for college mental health.

Mental Health APPS (all Free for iOS and Android)

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.

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.
- **What's Up? – A Mental Health App;** Anxiety and Depression

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.

Mental Health Apps Continued:

Eating Disorders:

- **Recovery Record:** Eating Disorders. Companion for managing your journey to recovery from eating disorders.

PTSD:

- **PTSD Coach:** PTSD. Education, self-assessment, find support, manage symptoms.

Self-Harm:

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

Health and fitness Apps (Free on IOS and Android unless otherwise stated)

Nutrition:

- **Lifesum:** Helps to build a healthy lifestyle with plans for losing weight, gaining muscle mass or maintaining a healthy body. Users choose a fitness plan that's right for them, and then record exercise, water and food intake manually or with a bar code scanner; the app gives you feedback and recommendations based on fitness goals.
- **HealthyOut:** eating out doesn't have to be a guilty pleasure. Many restaurants offer healthy options that align with even the strictest eating plans. HealthyOut helps you find them. It provides access to menus of local restaurants, and matches items on their menu to your dietary needs and preferences.
- **Calorie Counter & Food Diary:** To get the most out of the tool, enter your nutritional goals or weight loss goals, and use features within the app to plan your meals and monitor your adherence. Useful features include the ability to scan supermarket barcodes to get nutritional information that helps you make smart choices while grocery shopping, and the tracking of macronutrients such as carbohydrates, protein, and fat. For some users, cost can be a concern, because full functionality is not unlocked without an annual subscription of \$40 per month.

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.

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.