



# TMASF Connects Mental Health Resource Sheet

As we begin 2021, the continuation of the COVID-19 pandemic may have many of us anxious about what the future holds. TMASF Connects has researched resources on mental health and would like to provide you with some tools that we thought were useful.

## Local, State, and Federal Resources

- [211](#): Essential community services, which includes counseling and support groups
- [California Department of Mental Health Services](#): A contact list of [mental health services](#) based on your county
- [CDC: Coping with COVID-19 Stress](#)
- [Crisis Text Line](#): Text HOME to 741741 or message them on [Facebook Messenger](#) for a live, trained Crisis Counselor. They also have a page on [How to Handle Coronavirus](#)
- [State resources for COVID-19 emotional support and well-being](#)
- [US Department of Health & Human Services](#)
- [MentalHealth.gov](#): Federal resources on mental health
- [National Institute of Mental Health](#)
- [National Suicide Prevention Lifeline](#)
  - 1-800-273-TALK (8255) for English
  - 1-888-628-9454 for Spanish
  - [Lifeline Online Chat](#)
- In case of any emergency, please call 911

## Mental Health Apps

As technology continues to advance and we continue to shelter in place and social distance, the following smartphone applications provide ways for everyone to have access to mental health resources anytime, anywhere, at little-to-no cost! Please consult the Virtual Therapy and Meditation lists below.

### Virtual Therapy

- [Talkspace](#): Talk to a wide range licensed mental health professionals, with options to video, phone, and text capabilities based on your preferences
- [Happify](#): Better understand your emotions with effective tools and programs to help you control your feelings and thoughts
- [Sanvello](#): Providing flexibility and tools to understand your thought process, with community support and access to coaching and therapy (free 90-day trial)

## Meditation

- [Headspace](#): Learn the basics of mindfulness and guided meditation; free two-week trial (Also available as a guided meditation series on [Netflix](#)!)
- [Calm](#): An app for meditation, relaxation, or to sleep better, with additional resources specifically for coping with COVID-19 anxiety (free one-week trial)
- [10% Happier](#): Learn new skills aimed at lowering anxiety, coping with stress, boost happiness, and increase productivity
- [Insight Timer](#): Provides free meditation sessions for sleep, anxiety, and stress
- [ThinkUp](#): Offers positive affirmations whenever you're experiencing self-doubt, stress, grief, or anxiety
- [MyLife](#): Personalized mindfulness solutions tailored to your current mood

## Other Mental Health Resources

- [Psychology Today](#): Provides the thoughts and ideas of renowned psychologists, academics, psychiatrists and writers, with ways to find local therapists
- [San Francisco Health Service System: COVID-19 Well-Being Resources](#)
- [Mental Health America](#): A nonprofit dedicated to addressing the needs of and promoting mental health

