

*****Call 911 if you or someone you know is in immediate danger or go to the nearest emergency room*****

National Mental Health Organizations

- [National Institute of Mental Health](#)
- [Substance Abuse & Mental Health Services Administration](#)
- [Center for Disease Control & Prevention](#)
- [National Alliance on Mental Illness](#)

National Mental Health Organizations

Employee Assistance Program (EAP): The EAP allows Team Members to obtain up to five (5) free counseling sessions.

Mutual of Omaha—www.mutualofomaha/eap or call 800.316.2796—Policy # G000BMVP

APPS for Everyone

Meditation & Relaxation

- [Headspace](#): Two-week free trial for the general public.
- [Calm](#): Seven-day free trial. A meditation, sleep, and relaxation app that also provides resources specifically for coping with COVID-19 anxiety.
- [Stop, Breathe & Think](#): Always free, and for kids too.
- [Insight Timer](#): Always free. This is not a daily app, but rather a great library where you can search for various types of meditations and lengths by excellent teachers.
- [10% Happier](#): Free and paid options available.
- [Mindfulness Coach](#): Mindfulness Coach 2.0 was developed to help veterans, service members, and others learn how to practice mindfulness. The app provides a gradual, self-guided training program designed to help you understand and adopt a simple mindfulness practice.

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Coping with Stress & Anxiety

- [Sanvello](#): Clinically validated techniques for reducing stress and treating anxiety and depression (free premium access during COVID-19 pandemic).
- [Happify](#): Some free content, including stress reduction and cognitive techniques to address anxiety.
- [MindShift CBT](#): Free content, including cognitive behavioral therapy strategies to address general worry, social anxiety, and panic.
- [PTSD Coach](#): Created by VA's National Center for PTSD and the Department of Defense's National Center for Telehealth & Technology. This app provides you with education about post-traumatic Stress Disorder (PTSD), information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help you manage the stresses of daily life with PTSD.
- [PTSD Family Coach](#): In conjunction with PTSD Coach, the PTSD Family Coach app is for family members of those living with PTSD. The app provides extensive information about PTSD, how to take care of yourself, how to take care of your relationship with your loved one or with children, and how to help your loved one get the treatment they deserve.
- [Mothers and Babies Online Course](#): Available in both English and Spanish, this online course teaches skills to manage changes in how you feel. Designed for pregnant women, new mothers, and those who want to support them.
- [COVID Coach](#): Created for everyone, including veterans and service members, to support self-care and overall mental health during the coronavirus pandemic.

Insomnia

- [CBT-i Coach](#) - Free cognitive behavioral therapy for insomnia, available for iOS and Android.



Online Support Groups

[Struggling with Anxiety](#): Create your own profile at Anxiety Social Net (anxietysocialnet.com) to connect with people dealing with everything from social anxiety to agoraphobia. Prefer to meet in person? Find a state-by-state list of support groups at the Anxiety and Depression Association of America's website (adaa.org).

[Struggling with Depression or Bipolar Disorder](#): Locate an in-person or online group at the Depression and Bipolar Support Alliance site (dbsalliance.org).

