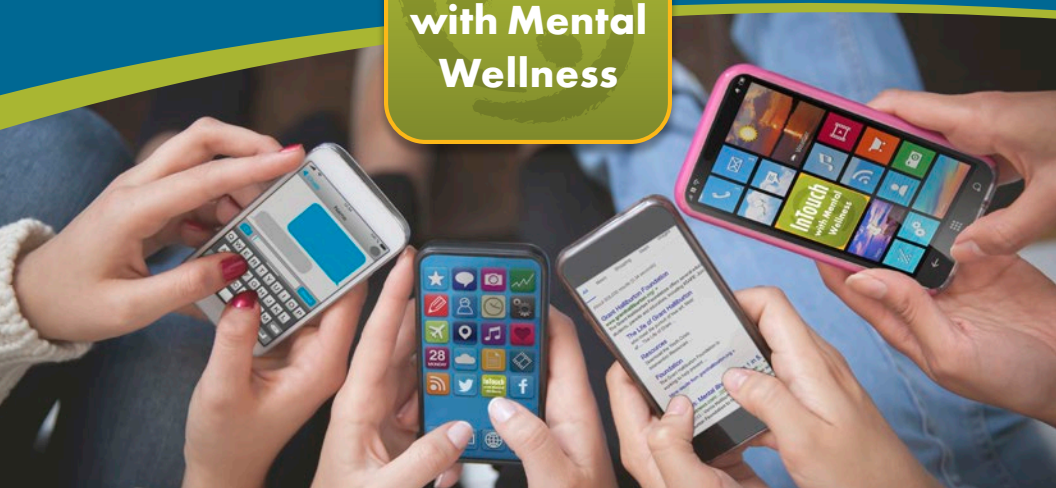


# InTouch with Mental Wellness



## Did you know that **1 in 5** teens and young adults live with a mental health condition?

It can be hard to reach out for help. What if help was at your fingertips?

Good news—there are many websites and apps to connect you to help when you need it. **Find the tool that is best for you!** • • • ▶

**Need help now?**  
**Call 1-800-273-TALK (8255)**



**GRANT HALLIBURTON**  
FOUNDATION

**It's about help. It's about hope. It's about peace of mind.**

# InTouch with Mental Wellness

## ► WELLNESS WEBSITES

Website	Instant Message	Text Message*	Help Line	Peer Support
BlahTherapy.com	■			■
Teencentral.net	■		■	
7CupsOfTea.com	■		■	
CrisisChat.org	■			
TrevorProject.org	■		■	■
CrisisTextLine.org		■		
CareCrisisChat.org	■		■	
SuicidePreventionLifeline.org	■		■	
TeenLineOnline.org	■	■	■	■
YourLifeYourVoice.org	■	■	■	
IMAlive.org	■			

## ► WELLNESS APPS

### Anxiety/Trauma Disorders

- Self-Help Anxiety Management
- MindShift
- PTSD Coach
- Stop Panic and Anxiety\*\*

### Depressive Disorders

- Happify
- Optimism†
- MoodTools

### Eating Disorders

- Recovery Record
- Rise Up

### General Wellness

- Pacifica
- T2 Mood Tracker
- What's Up?

### Stress Reduction

- Breathe2Relax
- Stop, Breathe, & Think
- Headspace
- Omvana

### Suicide Prevention

- A Friend Asks
- ASK & Prevent Suicide
- StayAlive
- Lifebuoy†

### Support & Tools

- NAMI Air
- ReliefLink†
- TheHopeline
- TalkLife
- WhatsMyM3

\*Standard text message rates apply \*\*Android only †iOS only