

## Mental Help Resources to Deal with Stress and Anxiety

- The **Disaster Distress Helpline, 1-800-985-5990**, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.  
<https://www.samhsa.gov/find-help/disaster-distress-helpline>
- The **National Suicide Prevention Lifeline 1-800-273-8255** is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. We're committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.  
<https://suicidepreventionlifeline.org/>
- **CDC: Manage Anxiety & Stress**  
[https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html)
- **CDC: Taking Care of Your Emotional Health** - <https://emergency.cdc.gov/coping/selfcare.asp>
- **Phone Apps to Support Mental Health** - I've found many phone apps designed to support mood and mental health. Some are offered free and some charge a fee. Although I do not have personal experience with these apps, after doing some research, I've found one I feel comfortable recommending. Remember, there is no guarantee that this or any app will help anyone. I encourage you to try this or any other mental health app that you find beneficial. **Please use the free version of any app for a period of time to be sure you like it before purchasing.**  
**I do not recommend that students participate in online support groups with strangers.**

**Sanvello** (phone app) premium access is free to everyone during the COVID-19 crisis—no action required beyond registration. *“Sanvello helps you understand you: Our thoughts, moods, and behaviors all shape how we feel. Sanvello gives you clinically validated techniques to help you manage your moods and thoughts, so you can understand what works for you to feel better.”*