

# Helpers in Midland

- 988 National Crisis Line
- 741741 TextLine
- Google/Siri
- MidMichigan Community Mental Health Crisis Line: 1-800-317-0708
- MidMichigan Counseling Center: 989-631-2320
- Family and Children Services 631-5390
- Partners in Change 832-2165
- Renewal Christian Counseling: 244-1888
- Youth Intervention Specialist: Jackie Warner 832-6855-non emergency phonenumber office line
- Ok2Say TEXT: 652729 phone 8 555-565-2729
- Mihoportal.com this is online information for all mental health services in Midland County
- 911
- ROCK therockc4yd.org (a great connection in the community -not crisis, but sense of belonging fun groups after school)
- Barb Smith SuicideResource & Response Network if you know someone who has died by suicide 989-781-5260



# Apps to Improve Mental Health

## MY3

### MY3



Designed to help those stay safe while having thoughts of suicide, MY3 is free and lets you customize your own personal safety plan by noting your warning signs, listing coping strategies, and connecting you to helpful resources to reach out to when you need them most. At your fingertips is a button that puts you in direct contact (24 hours a day, 7 days a week) with a trained counselor from the National Suicide Prevention Lifeline as well as a 911 alert. Additionally, you can choose three people to contact in the event you're having thoughts of suicide. (Free; iOS and Android)

## notOK



notOK is a free app developed by a struggling teenager (and her teen brother) for teenagers. The app features a large, red button that can be activated to let close friends, family and their support network know help is needed. Users can add up to five trusted contacts as part of their support group so when they hit the digital panic button, a message along with their current GPS location is sent to their contacts. The message reads: *"Hey, I'm not OK! Please call, text, or come find me."* (Free; iOS and Android)

## What's Up



What's up is an amazing free app that uses Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help you cope with Depression, Anxiety, Stress, and more. Use the positive and negative habit tracker to maintain your good habits, and break those that are counterproductive. We particularly love the "Get Grounded" page, which contains over 100 different questions to pinpoint what you're feeling, and the "Thinking Patterns" page, which teaches you how to stop negative internal monologues. Try it out for yourself. (Free; iOS and Android)

## MindShift

## Self-Help for Anxiety Management (SAM)



SAM might be perfect for you if you're interested in self-help, but meditation isn't your thing. Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behavior over time, and learn 25 different self-help techniques. You can also use SAM's "Social Cloud" feature to confidentially connect with other users in an online community for additional support. (Free; iOS and Android)

## Happify



Need a happy fix? With its psychologist-approved mood-training program, the Happify app is your fast-track to a good mood. Try various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts. The best part? Its free! (Free; iOS and Android)

## Breathe2Relax



Sometimes you just need to breathe and remind yourself you are okay. Breathe2Relax is made for just that. Created by the National Center for Telehealth and Technology, this app is a portable stress management tool that teaches users a skill called diaphragmatic breathing. Breathe2Relax works by decreasing the body's 'fight-or-flight' stress response, making it a great option for people suffering from PTSD. (Free; iOS and Android)

## Headspace



The Headspace app makes meditation simple. Learn the skills of mindfulness and meditation by using this app for just a few minutes per day. You gain access to hundreds of meditations on



Stop the Silence. Help End the Violence.

OK2SAY is the student safety program which allows students to confidentially report tips on potential harm or criminal activities directed at students, school employees, and schools. It uses a comprehensive communication system to facilitate tip sharing among students, parents, school personnel, community mental health service programs, the Michigan Department of Health and Human Services, and law enforcement officials about harmful behaviors that threaten to disrupt the learning environment.



Strengthen your emotional health whenever, wherever you need to with the myStrength app.

- Receive a clear path to start getting support, customized to your preferences
- Access proven tools for stress, depression, sleep and more
- Learn from hundreds of activities, articles and videos
- Practice techniques to help you calm down, get inspired and feel more hopeful



Calm creates unique audio content that strengthens mental fitness and tackles some of the biggest mental health challenges of today: stress, anxiety, insomnia, and depression. The most popular feature on Calm is a 10-minute meditation called, 'The Daily Calm,' that explores a fresh mindful theme and inspiring concept each day. Calm also contains some 100 Sleep Stories (bed-time stories for grown-ups), plus sleep music, meditation lessons, nature sounds, Calm Masterclasses delivered by world experts, and more.

The Calm app is free to download and some free content is available, but a paid subscription to Calm Premium unlocks access to Calm's entire content library.

