

# Back to the Future: Technology and 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 it 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)

## 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†

### Suicide Prevention

A Friend Asks  
ASK & Prevent Suicide  
StayAlive  
Lifebuoy°

### Depressive Disorders

Happify  
Optimism°  
MoodTools

### Stress Reduction

Breathe2Relax  
Stop, Breathe, & Think  
Headspace  
Omvana

### Eating Disorders

Recovery Record  
Rise Up

### Support & Tools

NAMI Air  
ReliefLink°  
TheHopeLine  
TalkLife  
WhatsMyM3

### General Wellness

Pacifica  
T2 Mood Tracker  
What's Up?



#StopSuicide #spsm



www.iamherecoalition.org

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