

## Resources for Home

### **Crisis Numbers/Resources:**

- National Suicide Prevention Lifeline: **800-273-TALK (8255)**
  - 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.
- National Crisis Text Line: **741-741**
  - The Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via the medium people already use and trust: text. All you need to do is text the word "HELLO" to 741-741 to be connected directly with a trained crisis counselor.
- Community Mental Health for Central Michigan Crisis Line: **800-317-0708**
  - Promotes community inclusion and optimal recovery through provision of comprehensive and quality integrated services to individuals with a mental illness, developmental disability, and/or substance use disorder. More information also found at: [www.cmhcm.org](http://www.cmhcm.org)
  - Serves the following counties: Clare, Gladwin, Isabella, Mecosta, Midland, and Osceola.
- Gratiot Integrated Health Network Crisis Line: **800-622-5583 (or 989-463-4971)**
  - A family of community mental health and substance use disorder providers joined together to give you access to quality care. Located at 608 Wright Avenue, Alma, MI 48801. The services are available to residents of Gratiot County.

### **National Crisis Numbers:**

Alcohol	Call 800-252-6465	
Bullying	Call 800-420-1479	Text HOME to 741-741
Disaster Distress (Natural or Human-Caused)	Call 800-985-5990	
Domestic Violence	Call 800-799-7233	Text SUPPORT to 741-741
Eating Disorders	Call 800-931-2237	Text NEDA to 741-741
Gambling	Call 800-522-4700	
LGBTQ+	Call 866-488-7386	Text START to 678-678
Mental Health	Call 800-950-6264	Text NAMI to 741-741
Pregnancy, Infant, & Child Loss	Call 800-941-4773	Text HELLO to 741-741
Self-Harm	Call 800-366-8288	Text CONNECT to 741-741
Sexual Assault	Call 800-656-4673	Text HOME to 741-741
Suicide	Call 800-273-8255	Text HELLO to 741-741

### **Additional Phone Resources:**

- Dial 211 Northeast Michigan: **888-636-4211**
  - The Dial 211 program can be reached by calling 2-1-1 or 888-636-4211. You can also go online to [www.211nemichigan.org](http://www.211nemichigan.org). The program is available 24 hours a day, 7 days a week to provide free, confidential information and referrals to resources and agencies in the area.

### **Websites:**

- [www.imalive.org](http://www.imalive.org)
  - Our focus is suicide intervention, prevention, awareness and education. We provide help and hope through online crisis chat, college campus and high school events and other educational programs.
- [www.nami.org](http://www.nami.org)
  - National Alliance on Mental Illness is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI offers support, education, resources, tools and skills to assist individuals, families, and communities.

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- [www.nowmattersnow.org](http://www.nowmattersnow.org)
  - We have had suicidal thoughts and emotions and problems that felt unsolvable. Here are our stories, including research based ways for managing the most painful moments of life. We teach Mindfulness, Mindfulness of Current Emotion, Opposite Action and Paced-breathing. These tools are not considered a replacement for one-to-one counseling.
- [www.selfcompassion.org](http://www.selfcompassion.org)
  - With self-compassion, we give ourselves the same kindness and care we'd give to a good friend. This website provides evidence-based tools and videos on self-compassion. You can also complete an assessment to test how self-compassionate you are.
- [www.superbetter.com](http://www.superbetter.com) (*Can also be used as an App*)
  - SuperBetter increases resilience - the ability to stay strong, motivated and optimistic even in the face of difficult obstacles. Playing SuperBetter makes you more capable of getting through tough situations—and more likely to achieve the goals that matter most to you.

### Phone Apps:

- Breathe2Relax (*no cost*)
  - A portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing. Can be used as a stand-alone stress reduction tool, or can be used in tandem with clinical care directed by a healthcare worker.
- Calm (*no cost*)
  - App for mindfulness and meditation to bring more clarity, joy and peace to your daily life. Guided meditation sessions vary in length. Topics include Calming Anxiety, Managing Stress, Deep Sleep, Focus and Concentration, Happiness, Gratitude, Self-Esteem, Body Scan, Loving-Kindness, Forgiveness, Non-judgement, Commuting to work or school, Walking meditation, Calm Kids, and others.
- Happify (*no cost with in-app purchase options*)
  - Science-based activities and games can help reduce stress, overcome negative thoughts, and build greater resilience by providing effective tools and programs to improve emotional well-being. Incorporates Positive Psychology, Mindfulness and Cognitive Behavioral Therapy.
- Headspace (*free trial never expires however a monthly subscription unlocks additional content*)
  - We'll help you perform at your best through the life-changing skills of meditation and mindfulness. With the free Basics pack, Headspace teaches you the essentials of living a healthier, happier life. If you enjoy the Basics, then you can subscribe to have access to hundreds of meditations on everything from stress and anxiety to sleep and focus.
- Moodivate (*one time purchase of \$4.99*)
  - A self-help Behavioral Activation mobile app with evidence-based psychotherapy components. Moodivate is ideal for individuals who have been feeling down, depressed, bored, and/or irritable.
- Moodivator (*free with numerous advertisements*)
  - Depression can make it hard to reach your goals. Moodivator is designed to help you set and track manageable goals—in areas from wellness to your treatment—and turn those goals into routines. You can also regularly log your mood to identify changes or patterns over time.
- Moving Forward (*no cost*)
  - Provides on-the-go tools and teaches problem solving skills to overcome obstacles and deal with stress. This app is designed for Veterans and Service members, but is useful for anyone with stressful problems. It is especially helpful in managing challenges such as: returning to civilian life, balancing school and family, financial difficulties, relationship problems, difficult career decisions, and coping with physical injuries.



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- Can also be used in combination with an online course:  
[www.veterantraining.va.gov/movingforward](http://www.veterantraining.va.gov/movingforward)
- Sanvello- formerly called Pacifica (*no cost with in-app purchase options*)
  - An on-demand help for stress, anxiety, and depression. Formerly Pacifica, Offers clinically validated techniques and support to help you relieve symptoms and feel happier over time.
- Stress & Anxiety Companion (*no cost with in-app purchase options*)
  - Goal is to help reduce the impact of anxiety and stress through the use of CBT inspired tools. Topics focus on Breathing, Relaxing, Reframing, and Learning.
- T2 Mood Tracker (*no cost*)
  - Allows users to monitor their moods on six pre-loaded scales (anxiety, stress, depression, brain injury, post-traumatic stress, general well-being). Users rate their moods by swiping a small bar to the left or to the right. The ratings are displayed on graphs to help users track their moods over time. Notes can be recorded to document daily events, medication changes and treatments that may be associated with mood changes, providing accurate information to help health care providers make treatment decisions.
- Virtual Hope Box (*no cost*)
  - Tools to help with coping, relaxation, distraction, and positive thinking. Can be customized to include family photos, videos and recorded messages from loved ones, inspirational quotes, music, reminders of previous successes, positive life experiences and future aspirations, and affirmations.
- Youper- Emotional Health (*no cost with in-app purchase options*)
  - Assistant for helping you monitor and improve your emotional health through quick conversations based on Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Mindfulness and Meditation. Empowers you to take control of your emotional health by allowing you to detect and monitor symptoms of anxiety, depression, panic, PTSD, and BPD (borderline personality).

### **Medication Related Items:**

- Good RX app (*no cost and is also a website- [www.goodrx.com](http://www.goodrx.com)*)
  - Provides current cash and sale prices, coupons and valuable savings tips for thousands of prescriptions at pharmacies. Can tell you which pharmacies have drugs for less than \$4 per fill, and some where certain prescriptions for free!
- Needy Meds ([www.needymeds.org](http://www.needymeds.org))
  - A national non-profit information resource dedicated to helping people locate assistance programs to help them afford their medications and other healthcare costs.
- Round Health app (*no cost*)
  - This simple app organizes all of your medications and vitamins in one place. It provides subtle, persistent reminders that go beyond awkward phone alarms.

## **Sleep Hygiene Handout**

1. **Set a regular sleep scheduled:** Decide on a reasonable time to go to bed and a reasonable time to get up. Remember most adults need 7-9 hours of sleep with 8 being considered ideal. (TED Talk: "Sleep is your Super Power" Matthew Walker (19 min.)  
<https://www.youtube.com/watch?v=5MuIMqhT8DM>
2. **Make your bedroom comfortable for sleep:**
  - Room should be DARK: free of all lights if possible: windows, computers, phone placed on dark mode, etc.
  - Room should be COOL: 65 degrees is recommended for sleep
  - Quiet or Consistent Noise – fan, air purifier, white noise. (Whatever is best for you.)
  - Eye masks and ear plugs may also be helpful.
  - Animals in your bed or moving about in your room may also interfere with restful sleep. Moving them to another room may increase your quality of sleep.
3. **Use your bed for sleep (and intimacy) only:** If your body learns to associate your bed with sleep, you'll start to feel tired as soon as you lie down.
4. **Turn off electronics:** Using your phone/iPad/computer, watching TV, or doing other waking activities in bed can have the opposite effect, causing you to become more alert and interfere with going to sleep. Turn off all electronics to sleep mode and darken screen so only alarms will sound.
5. **Avoid or limit napping to no more than 20-30 minutes per day.** Naps that are over an hour long or later in the day are especially harmful to quality sleep.
6. **Avoid caffeine, alcohol and nicotine.**
  - Caffeine – can stay in your body for up to 12 hours so be careful of use after 12:00-Noon.
  - Alcohol and many mood altering substance interfere with REM Sleep.
  - Nicotine is a stimulant so may interfere with going to sleep, and withdrawal may interfere with restful morning sleep.
7. **Exercise:** 25 minutes per day can improve your health and the quality of your sleep. Avoid strenuous exercise two hours before bedtime.
8. **Eating well:** a healthy diet contributes to balance and rest. Avoid eating two hours before bedtime. Elevating your bed improves digestion for those who have issues.
9. **Journaling:** keeping a journal beside your bed to write down lists of things that come to mind and keep you awake, thoughts that may need to be processed at another time, mind racing things that if you commit to paper may lesson, and dreams that you would like to remember and process at a later date, etc. All of these and more can contribute to improved mental health.
10. **If your mind tends to wander or race when you lay down:** try listening to "Relaxing Melodies" or Deep or Progressive Breathing" app or something similar – however with the phone below your bed so the light is not distracting.