



SELF-HELP RESOURCES

WHITE COATS AT THE ROUND TABLE

SELF-DRIVEN APPS FOR MINDFULNESS AND WELLBEING



- **Calm**
 - Meditation exercises, relaxing soundtracks
 - \$ - Free options, pay for additional options
- **CBT-I coach**
 - VA resource with CBT for insomnia, relaxation activities and sleep logs
 - \$ - Free
- **Happily**
 - Science-based activities and games to help with anxiety and stress
 - \$ - Free options, pay for additional features
- **Headspace**
 - Set meditations aimed at tackling specific problems
 - \$ - 7-14 day trial, special student discount with verification of student ID



For additional Support

- www.cdc.gov/mentalhealth/public-health-workers/index.html
- <https://www.samhsa.gov/find-help>