

# COVID-19 Digital Mental Health Resources

FREE digital mental health resources\* for the duration of the COVID-19 pandemic

## Anxiety



### **Headspace (in App Library)**

New free meditation resources specific to COVID-19



### **Shine**

Resources for anxiety and overall mental health specific to COVID-19



### **Calm**

Mindfulness app that provides free list of curated meditations specific to COVID-19 via video and audio



### **Coa**

Online therapist-led groups & workshops for anxiety, stress, and connection



### **All Mental Health**

App with coping and communication skills specific to COVID-19



### **Ginger**

Strategies, activities, and articles to help users stay grounded during COVID-19

## Depression



### **Litesprite**

Clinically-validated mental health video game



### **Sanvello**

Clinically-validated evidence-based mobile application based on cognitive behavioral therapy (plus content related to other conditions)

## Sleep



### **Big Health's Sleepio**

Digital therapeutic for sleep, fully automated yet highly personalized digital sleep improvement program accessible via app and web



### **Magellan's Restore**

Digital cognitive behavioral therapy for sleep

## Peer Support



### **Supportiv**

Peer chat support and resource list



### **Nod**

Resource for students to socially connect and reduce loneliness during COVID-19

## Recovery



### **Tempest**

Online recovery support meetings for women and gender non-conforming individuals who are sober or interested in sobriety

\*Please note these products are subject to the same evaluation protocol as those in the App Library, with the exception of user testing. Our goal is to share no-cost resources to help you during this time.