

Distance Counseling, Telemental Health, Emotional Support Lines, 24-7 Crisis Text and Phone Support, and Helpful Apps

Emotional-Support Help Line: 1-866-342-6892

Free access to specially trained mental health specialists to support people who may be experiencing anxiety or stress following the recent developments around COVID-19. Provided by Optum, the toll-free help line number, 866-342-6892, will be open 24 hours a day, seven days a week, for as long as necessary. The service is free of charge and open to anyone.

Other Tele-Therapy Resources (sign up and pay for sessions with a licensed counselor)

- Talkspace Online Therapy – online counseling by text, audio or video messaging at an affordable cost www.talkspace.com
- Better Help – professional online counselors available 24/7, private and affordable www.betterhelp.com

Mental Health Hotlines – local and national

- Crisis Text Line – free, 24/7, confidential text message service for those in crisis – text HOME to 741741 or text STEVE to 741741 (to reach a person of color) www.crisistextline.org
- Suicide Prevention Lifeline: (800) 273-8255
- Transgender Crisis Hotline: (877) 656-8860
- LGBTQ+ Hotline: (866) 488-7386
- Graduate Student Help Line (800) 472-3457
- Veterans Help Line: (800) 838-2838

Find a therapist Near You – local and national

Thriving Campus - <https://emory.thrivingcampus.com/>

Psychology Today - <https://www.psychologytoday.com/us>

Some Helpful Apps

1. Daylio Journal – mood tracker and private journal
 - a. Google Play <https://play.google.com/store/apps/details?id=net.daylio&hl=en>
 - b. Apple <https://apps.apple.com/us/app/daylio-journal/id1194023242>
2. Youper – emotional health assistant, powered by AI
 - a. Google Play <https://play.google.com/store/apps/details?id=br.com.youper&hl=en>
 - b. Apple: <https://apps.apple.com/us/app/youper/id1060691513>
3. WeBot – self-care app using Cognitive Behavior Therapy (CBT)
 - a. Google Play: <https://play.google.com/store/apps/details?id=com.woebot&hl=en>
 - b. Apple: <https://apps.apple.com/us/app/woebot-your-self-care-expert/id1305375832>
4. Mood Tools – tools to deal with depression developed by the Anxiety & Depression Association of America

- a. Google Play:
<https://play.google.com/store/apps/details?id=com.moodtools.moodtools&hl=en>
- b. Apple <https://apps.apple.com/us/app/moodtools-depression-aid/id1012822112>
- 5. Fear Tools – tools to deal with anxiety developed by the Anxiety & Depression Association of America
 - a. Google Play
<https://play.google.com/store/apps/details?id=com.feartools.feartools&hl=en>
 - b. Apple <https://apps.apple.com/us/app/feartools-anxiety-aid/id1179843607>
- 6. Remente – goal setting and self-improvement
 - a. Google Play
<https://play.google.com/store/apps/details?id=com.remente.app&hl=en>
 - b. Apple: <https://apps.apple.com/us/app/remente-self-improvement/id961633456>
- 7. Wysa – mood tracker, mindfulness exercises, mental health assessment, powered by AI
 - a. Google Play: <https://play.google.com/store/apps/details?id=bot.touchkin&hl=en>
 - b. Apple: <https://apps.apple.com/us/app/wysa-mental-health-support/id1166585565>