

Resources - Apps



MY3

Features include:

- Create a support system.
- Build a safety plan.
- Access Important Resources.
- Allows a person to get support at times of greatest risk.
- Access the National Suicide Prevention Lifeline 24/7.



Virtual Hope Box

The four main features of Virtual Hope Box include sections for:

- Distraction: The distraction techniques include games that require focus, like Sudoku and word puzzles.
- Inspiration: The inspiration section offers brief quotes to improve mood and motivation.
- Relaxation: The relaxation techniques offer a variety of guided and self-controlled meditation exercises.
- Coping skills: The coping techniques offer suggestions for activities that reduce stress.
- Allows a person to get support at times of greatest risk.
- Access the National Suicide Prevention Lifeline 24/7.



Breathe2Relax

The app teaches a skill called “diaphragmatic breathing”, also known as belly breathing, to help users feel more relaxed.



Mindful USC

Guided meditations to give you more energy so you can get more done, increase your ability to focus, improve your relationships and more - all by lowering your stress, anxiety and other difficult emotions and thinking that gets in your way of living the life you want.

Track your mindfulness journey, check-in to get meditations for your current state of mind and heart, identify and live your values, participate in the community word cloud.



UCLA Mindful

- Basic Meditations for getting started, in both English and Spanish
- Wellness Meditations for people suffering from challenging health conditions
- Informative videos exploring how to get started, supportive meditation postures, and the science of mindfulness
- Weekly podcasts from UCLA's Hammer Museum-- a 30 minute meditation on different themes you can search for and bookmark
- A timer to meditate on your own



Headspace

- <https://work.headspace.com/lacdmhresidents/member-enroll>
- Residents of Los Angeles County can sign up to access Headspace Plus at no cost until December 31st, 2020.
- Hundreds of guided meditations on subjects like focus, exercise, and sleep
- “Mindful Moments” to keep you present throughout the day
- 2-3 minute mini-meditations for a quick mental reset

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- “SOS” sessions for moments of panic, anxiety, and stress



Teen Talk

Free iPhone app where teens can get support for whatever they may be dealing with from a trained teen.

It is a safe, non-judgmental space where you can anonymously post your issue at any time and get support from a trained teen from 6:00 to 10:00PM Pacific time.

Teens can talk about anything from anxiety, depression, relationships, family issues, school... whatever may be causing stress or worry.

Calm

- Meditation options such as more than 20 peaceful audiovisual nature-scapes (such as a rippling mountain lake, rain dripping down from leaves, a crackling fire, tropical sunset, rushing waterfall, etc.). There are also countless soothing music options and multi-day courses for specific issues, such as “Confidence,” “Panic SOS,” “Performance Anxiety,” and “Easing Depression.” Calm also features Sound Baths, a Breathe Bubble that guides you in deep breathing, and Sleep Stories, which are narrated bedtime stories to help teens (and adults) fall asleep. For adolescents who don’t get adequate sleep due to anxiety, stress, excessive schoolwork, and/or screen time, this bedtime relaxation feature may be especially beneficial.

MyLife

Designed for teens and young adults, this app is perfect for improving self-awareness in adolescents. It touts itself as “the emotional wellness platform for the under 25 generation,” and its hand-drawn, doodly aesthetic reflects that. Upon sign-in, users complete a detailed check-in that helps identify five emotions they feel that day. The app is perfect for adolescents who want to feel that they’re getting a custom-made meditation tailored especially to their current mood or state of mind.

Smiling Mind

Free app with meditation exercises for every age and stage of life. Most sessions last 5-7 minutes. The simplest are as short as a minute, while some last close to 40 minutes. Teens with anxiety will benefit from the guided meditations for specific activities, such as eating, studying, taking public transportation, and getting on a flight. Teens can set up meditation reminders through the app, track progress, and download specific meditations to use offline on-demand.

Insight Timer

Provides an authentic meditation experience. Users can choose their preferred meditation duration, set starting and ending bells, and personalize the experience with soothing ambient sounds. At the end of a timed session, the app invites users to reflect in a digital journal. This app is perfect for self-motivated teens who have some level of experience with meditation, who like taking things at their own pace, or prefer a more DIY meditation experience than other meditation apps offer. Some teens report they also use the app to help them concentrate on schoolwork. In a unique feature, Insight Timer shows users how many people around the world are currently meditating