



Mental Health Toolkit

Resources for your mental health journey

Now more than ever, people are seeking support for their personal health challenges. The resources in this toolkit are meant to help you wherever you are on your mental health journey. Note that they are NOT recommended as a replacement for professional support.

Resource Hub

- **988 Suicide & Crisis Lifeline**: 24/7, free and confidential support for people in distress. Provides prevention and crisis resources, downloadable materials, and best practices for professionals.
- **Be Well Indiana**: Resources compiled by the Indiana Division of Mental Health and Addiction are designed to help Hoosiers stay connected and maintain their well-being.
- **Caron's Village**: Resources after sudden loss of a loved one
- **Crisis Text Line**: Information on stress, anxiety, loneliness, depression, sadness, grief, substance abuse and more.
- **Mental Health Apps America Free Screening**

Short Videos

- Gratitude
- Stress Identification
- Physical Enhancements

Mental Health Apps

- **Betterhelp**: Affordable convenient online therapy (one month free)
- **Bloom**: Cognitive behavior therapy for reducing anxiety (\$37/year)
- **Calm**: Meditation, breathing and stress management (free)
- **Headspace**: Meditation and mindfulness exercises (free)
- **Mindshift**: tools based on cognitive behavioral therapy (CBT) and information to young adults experiencing anxiety (free)
- **Talkspace**: Text therapy with a trained professional (starting at \$65/week)

Podcasts & Webinars

- On Purpose with Jay Shetty
- Protecting Your Mental Health