Apps and Resources to Support Mental Health

Wellness Apps

- **WellTrack**, for mood tracking, and management of anxiety and depression. Enter your Furman ID for full access.
- **Liberate**, for mindfulness practice; developed by and for people of color.
- **Mindshift**, for managing anxiety.
- **Headspace**, for mindfulness and relaxation.
- **Calm**, for meditation and relaxation.
- **Breathe2Relax**, for breathing exercises to calm the stress response.
- **ReliefLink**, for help with coping during crisis. Includes safety plan creation and location of nearby hospitals.

National Mental Health Helplines and Crisis Resources

- **The Suicide Prevention Lifeline** is available 24 hours a day, 7 days a week. Call toll-free at 1.800.273.8255.

- Anyone can **text with a trained counselor** 24-7 at the [Crisis Text Line](https://www.crisistextline.org), by texting “HOME” to 741741.

- **For teens and young adults in crisis**, [The Jed Foundation](https://www.jedfoundation.org/) offers a specialized texting support service through the Crisis Text Line. Text “START” to 741741.

- **For students of color in crisis**, [The Steve Fund](https://www.the-steve-fund.org/) offers a specialized texting support service through the Crisis Text Line. Text “STEVE” to 741741.

- **For students with eating-related concerns in crisis**, the [National Eating Disorders Association](https://www.nationaleatingdisorders.org/) offers a specialized texting support service through the Crisis Text Line. Text “NEDA” to 741741.

- **For LGBTQ students in crisis**, the [TREVOR Project](https://www.thetrevorproject.org/) offers a Lifeline (1-866-488-7386), a texting option (text “Start” to 678678), and a chat option (accessible by computer, at [www.thetrevorproject.org/get-help-now/](https://www.thetrevorproject.org/get-help-now/)). All options are available 24-7.

- **The National Eating Disorders Association** also offers a Helpline (800-931-2237), available Monday-Thursday, 9 a.m. – 9 p.m. ET, and Friday, 9 a.m. – 5 p.m. ET.