



MENTAL & BEHAVIORAL HEALTH APPS & ADDITIONAL RESOURCES

[Apps & Online Groups](#) | [Spiritual Health](#) | [Alzheimer's Association Helpline](#)

ONLINE PTSD COACH: NATIONAL CENTER FOR PTSD

The National Center for Post Traumatic Stress Disorder (PTSD) provides online coaching, resources, and tools for individuals living with PTSD.

For [services](#) and more information, visit PTSD.VA.gov.

MINDFULNESS COACH: NATIONAL CENTER FOR PTSD

Mindfulness Coach is a available mobile app developed by the National Center for PTSD for those interested in learning about and practicing mindfulness.

The [Mindfulness Coach app](#) is available for free for iOS and Android users, and can be downloaded through the App Store and Google Play.

KEEPING TEEN MENTAL HEALTH IN MIND: MINDFUL

Mindfulness is online mental health and meditation guide created specifically with teens in mind. The website includes a library of free guided meditations, videos, articles, and more to help calm anxious thoughts and how put mindfulness into practice.

Visit Mindful.org for more information.



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THERAPY, GROUP SUPPORT, AND MORE: 7 CUPS

7 Cups is an online mental health service that provides individuals with a space to talk with mental health counselors anonymously. The site provides therapy sessions for \$150/session and free talk or text with trained volunteers who are available 24/7.

For services and more information, visit 7cups.com.

CONNECTING WITH LICENSED MUSLIM THERAPISTS: RUH CARE

Ruh Care is an app and online service dedicated to uplifting the mental and spiritual health of Muslim community members. Ruh Care provides both a meditation and mindfulness service through the Ruh app, which is available for download for both iOS and Android users, and helps connect individuals with licensed Muslim therapists through its online platform.

To learn more and access services, download the app from the App Store or Google Play or visit RuhCare.com.

MEDITATION FOR MUSLIMS: SABR APP

Sabr is a meditation and wellness app designed for and by the Muslim community. The app, which is compatible with both iOS and Android, provides guided meditations through an Islamic lens, spiritual courses, and vocals with peace, mindfulness, and a connection to faith in mind.

To learn more, visit SabrApp.com or download the app from the AppStore or Google Play.



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SPIRITUAL MEDITATION FOR ALL FAITHS: INSIGHT TIMER APP

Insight Timer is a free mobile app for iOS and Android devices that offers guided meditations, prayers, and more for a diversity of faith traditions. The app also provides content that is not faith-based.

For more information, visit [InsightTimer.com](https://www.insighttimer.com) or download the app from the App Store or Google Play.

HELP FOR INDIVIDUALS & FAMILIES: ALZHEIMER'S ASSOCIATION HELPLINE

The Alzheimer's Association helpline is a free, 24/7 service for families, caregivers, loved ones, and individuals living with dementia, Alzheimer's Disease, and other conditions impacting memory, mood, and behavior. Trained support personnel assist callers with emotional support, crisis mitigation, and navigating care and resources.

Call [800-272-3900](tel:800-272-3900) for assistance or live chat with a Helpline specialist at [Alz.org/Help-Support](https://www.alz.org/Help-Support).