



TOOLS TO SUPPORT YOUR JOURNEY

1. **Calm App (Meditation & Sleep Support).**
 - a. <https://www.calm.com/>
 - b. App for Sleep, Meditation and Relaxation.
2. **Dare App (Anxiety & Panic Attacks Support).**
 - a. evidence-based training program to help people overcome anxiety, panic attacks, worry and insomnia, based on the bestselling DARE technique by Barry McDonagh. Available on the App store.
3. **CBT Thought Journal App (Depression Support).**
 - a. <https://cbtthoughtdiary.com/>
 - b. CBT Thought Diary is a journal with a purpose: it uses effective tools from Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Dialectical Behavioral Therapy (DBT), and Positive Psychology to help improve your mood. Available on the App store.
4. **Mood Mission App (Anxiety & Depression Support).**
 - a. <https://moodmission.com/>
 - b. is an evidence-based app designed to empower you to overcome feelings of depression and anxiety by discovering new and better ways of coping.
5. **I Am Sober App (Alcohol Support).**
 - a. <https://iamsobber.com/>
 - b. The I Am Sober app is a useful tool for quitting alcohol. It encourages you to identify triggers, recognize patterns, and develop healthy habits to meet your goals and achieve sobriety
6. **PTSD Coach App (PTSD Support).**
 - a. <https://mobile.va.gov/app/ptsd-coach>
 - b. This app provides you with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help you manage the stresses of daily life with PTSD.
7. **Therapy Notebooks (Physical Books to Support Mental Health).**
 - a. <https://shop.therapynotebooks.com/collections/all>
 - b. Guided notebooks for your mental health. All products are made by therapists, backed by research, and there for you when you need them most.
8. **Guided Meditation Playlist (YouTube).**
 - a. Link: <https://www.youtube.com/playlist?list=PLb09q0R7gAwQ3ouIUWZcJZEtgNeoJNJf>
9. **Visual Ed. Pieces on Netflix.**
 - a. Headspace: Guided to Meditation
 - b. Headspace: Unwind Your Mind
 - c. The Mind Explained: Anxiety (Season 1: Episode 3).
 - d. Ask the Doctor: Exercise (Season 1: Episode 8).
 - e. Brene Brown: The Call to Courage

For more resources and support,
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