

CBT and mindfulness resources

Free apps



Virtual Hope Box

- Contains simple tools to help patients with coping, relaxation, distraction, and positive thinking
- Content can be personalized with photos, videos, and recorded messages



CBT-i Coach *(for insomnia)*

- Guides users through the process of learning about sleep, developing positive sleep routines, and improving their sleep environments



Mindfulness Coach

- Learn to notice and pay attention to what is happening in the present, without judgment
- Reduces stress, improves emotional balance, increases self-awareness, helps with anxiety and depression, and improves chronic pain coping



AIMS for Anger Management

- Provides education about anger, opportunities to find support, the ability to create an anger management plan, anger tracking, and tools to help manage angry reactions



Breathe 2 Relax

- Provides education on the response of the body to stress
- Guides users through breathing exercises



Worry Kit

- Provides short (< 2 minute) activities inspired by CBT and ACT (acceptance & commitment therapy)
- Offers breathing exercises, mindful visuals, and calming activities
- Designed to help diffuse and find relief from negative thoughts

Online

- **CBT workbook:**
Read and work through guided material on the steps of CBT. cogbtherapy.com/free-online-cbt-workbook
- **Therapy for you:**
therapyforyou.co.uk/courses/online/cbt-depression
- **Mindful Awareness Resource Center (MARC):** free meditations and links to an app. uclahealth.org/programs/marc

Find a mental health professional

- Psychologytoday.com
- Findatherapist.com
- Goodtherapy.org
- Mentalhealthmatch.com



If you need immediate support, contact the National Suicide Prevention Lifeline:

- Call: 988
- Online: 988lifeline.org

Other options:



Balanced information for better care

Service providers listed above are not explicitly recommended or endorsed by Alosa Health.

This material was supported by the Pharmaceutical Assistance Contract for the Elderly (PACE) Program of the Pennsylvania Department of Aging and the Office of Drug Surveillance and Misuse Prevention of the Pennsylvania Department of Health, through funding from the Centers for Disease Control and Prevention.