

Online Mental Health Supports and Resources

NAMI'S AIR Air stands for Anonymous, Inspiring, and Relatable. The idea is that people living with mental health conditions and their loved ones/support people can share their stories anonymously and connect with others to learn they are not alone. It is a free app to be used on phones and tablets. Learn more and get the app at www.nami.org/Find-Support/Air-App

Depression Toolkit Offered by University of Michigan's Depression Center, this website is full of information about depression, treatment options, and ways to take care of yourself. There are checklists and self-assessments, worksheets, useful forms, and tip sheets. There is also a section for support people. All of it is free and can be accessed at www.depressiontoolkit.org

myStrength Offers evidenced-based resources to manage depression, anxiety, and substance use while improving overall well-being. It is free to people living in the 8-county SWMBH region and can be accessed using the code provided to your county (SWMBarry, SWMBranch, SWMCalhoun, SWMCass, SWMKalamazoo, SWMStJoe, SWMVanBuren, or SWMBH). It can be used on a computer, tablet, or phone and allows users to track moods, engage in mindfulness activities, watch videos, share inspiration, and interact with other users if they choose. Learn more and create a profile at www.myStrength.com

Psych Central Has information about specific disorders, blogs, book reviews, quizzes, a free mood tracker, and a way to search for professionals and support groups in your area. There are also numerous free forums and chat rooms where you can connect with others facing similar issues and can post to ask and answer questions. Visit at www.psychcentral.com

In the Rooms The world's largest online social network for people in recovery from addictions, seeking help, and their support people. It offers over 100 live online meetings per week, free phone apps, a speaker recording library, meeting locators, and a community of over 400,000 people who want to experience hope and strength with you 24 hours a day. Visit at www.intherooms.com

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Depression and Bipolar Support Alliance Offers a wealth of information for people living with a mood disorder, their support people, and professionals. You can search for a local support group meeting, read about the latest treatment options and research, find a clinician, gain inspiration, participate in a webinar, and/or listen to a podcast. You can also take their Living Successfully with a Mood Disorder course online, which is designed to educate and help people living with a mood disorder, as well as their support people. Visit at www.dbsalliance.org

Schizophrenia Health Storylines A free app for smart phones or use on a computer that allows individuals with a thought disorder to track their symptoms, set medication and appointment reminders, record questions for their clinicians, monitor patterns, and to reflect holistically on self-care. Visit at www.healthstorylines.com

Reachout: My Social Support A free application for individuals struggling with chronic health conditions, including a variety of health concerns, substance use disorders, and mental health diagnoses. Users select what conditions they want to follow in their feed and can interact with others in a nonjudgmental atmosphere. Search the app store on your Android or iPhone or learn more at www.reachout.life

IMAlive A live online network that uses instant messaging to respond to people in crisis, from crisis intervention-trained volunteers. Available 24 hours a day. Visit at www.imalive.org