

COVID-19 Digital Mental Health Resources

FREE digital mental health resources* for the duration of the COVID-19 pandemic

Anxiety



Headspace (in App Library)

New free meditation resources specific to COVID-19



Shine

Resources for anxiety and overall mental health specific to COVID-19



Calm

Mindfulness app that provides free list of curated meditations specific to COVID-19 via video and audio



Coa

Online therapist-led groups & workshops for anxiety, stress, and connection



All Mental Health

App with coping and communication skills specific to COVID-19



Ginger

Strategies, activities, and articles to help users stay grounded during COVID-19

Depression



Litesprite

Clinically-validated mental health video game



Sanvello

Clinically-validated evidence-based mobile application based on cognitive behavioral therapy (plus content related to other conditions)

Sleep



Big Health's Sleepio

Digital therapeutic for sleep, fully automated yet highly personalized digital sleep improvement program accessible via app and web



Magellan's Restore

Digital cognitive behavioral therapy for sleep

Peer Support



Supportiv

Peer chat support and resource list



Nod

Resource for students to socially connect and reduce loneliness during COVID-19

Recovery



Tempest

Online recovery support meetings for women and gender non-conforming individuals who are sober or interested in sobriety

Self-Care



COVID Coach

Resource for everyone, including veterans and service members, to support self-care and overall mental health

*Please note these products are subject to the same evaluation protocol as those in the App Library, with the exception of user testing. Our goal is to share no-cost resources to help you during this time.