

Medical Websites:

- <https://www.zocdoc.com/>
- <https://www.healthgrades.com/>
- <https://www.opencare.com/>
- <https://www.teladochealth.com/>
- <https://www.talkspace.com/>

Mental Health

Apps:

We all need a little help sometimes, whether it's from a friend, Family member, Health Professional, Doctor, health app, or even a Mental Health AI Companion. Here is a brief list of a few prominent Mental Health Resources to assist you or your loved ones along the Journey of Life.

Mindfulness and Meditation:

- **Calm:** Offers guided meditations, sleep stories, and breathing exercises to promote relaxation and stress reduction.
(<https://www.calm.com/>)
- **Headspace:** Provides guided meditations and mindfulness training to help users focus, manage stress, and improve sleep.
(<https://www.headspace.com/>)
- **Insight Timer:** Features a large library of free and paid guided meditations led by experienced

teachers, with varying lengths and themes.

(<https://insighttimer.com/>)

Mood Tracking and Journaling:

- **Daylio:** Allows users to track their mood, activities, and thoughts throughout the day. Charts and statistics help identify patterns and triggers. (<https://daylio.net/>)
- **MoodTrack:** Focuses on mood tracking with customizable entries and data analysis to understand moods and emotions. (<http://www.moodtrack.com/>)
- **Gratitude Journal:** Encourages cultivating gratitude by prompting users to reflect on positive aspects of their lives. (<https://nostigmas.org/>)

Anxiety and Stress Management:

- **MindShift CBT:** Teaches users cognitive behavioral therapy (CBT) techniques to manage anxiety and negative thinking patterns. (<https://adaa.org/find-help/support/mental-health-apps>) (<https://mindapps.org/>)
- **Calm Harm:** Provides creative coping mechanisms and

distraction techniques for individuals struggling with urges to self-harm.

(<https://calmharm.stem4.org.uk/>)

- **Breathe:** Offers simple yet effective breathing exercises to reduce anxiety and promote relaxation in the moment.
(<https://apps.apple.com/us/app/breathe/id1459455352>)

Sleep Support:

- **Sleep Cycle:** Tracks sleep patterns and provides personalized insights to improve sleep quality.
(<https://www.sleepcycle.com/>)
- **Pzizz:** Uses dreamscapes and soundscapes to lull users to sleep and improve sleep quality.
(<https://pzizz.com/>)
- **Relax Melodies:** Offers a variety of nature sounds, white noise, and guided meditations to promote relaxation and sleep.
(<https://www.bettersleep.com/>)
- **Thriveworks:** Focuses on matching users with licensed therapists within 24-48 hours, offering phone, video, and in-person sessions depending on location and therapist availability.
(<https://thriveworks.com/>)

- **7 Cups:** Provides free peer support through trained listeners who can offer emotional support and active listening. Also offers paid plans for one-on-one chats with licensed therapists. (<https://www.7cups.com/>)
- **ReGain:** Specializes in couples therapy, offering video chat sessions with licensed therapists who focus on helping couples improve communication and strengthen their relationship. (<https://www.regain.com/>)
- Empathetic, safe, and clinically validated chatbot for mental healthcare. [Youper: Artificial Intelligence For Mental Health Care](#)
- Wysa's clinically validated AI gives immediate support as the first step of care, and human coaching for those who need more. Transform how supported your teams and families feel. <https://www.wysa.com/>
- Seamlessly track your progress with **advanced health and fitness data** that empowers you to live a healthier life and get the most out of every day. [KoreHealth – KoreHealth Official Store \(korehealthstore.com\)](#)
- **MDLive:** Provides online therapy sessions with licensed therapists alongside other telehealth services like urgent care and

psychiatry. Offers insurance coverage options.
(<https://www.mdlive.com/>)

Talkspace and BetterHelp are both online therapy platforms that connect you with licensed therapists for remote mental health services. Both platforms offer text messaging, video chat, and sometimes phone calls with licensed therapists. You can exchange messages with your therapist asynchronously throughout the week, and schedule live video or phone sessions as needed.

- **Talkspace:**
<https://www.talkspace.com/>
- **BetterHelp:**
<https://www.betterhelp.com/>

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[Medical Sources of Information: \(More will be added through additional research and networking\)](#)

<https://www.cdc.gov/>

<https://college.mayo.edu/>

<https://www.davita.com/>

Veteran Resources

Below are links to Veteran Resources that aim to focus on the health and well-being of Veterans and their Families. If you are a struggling veteran or know a struggling veteran, these resources can be Game-Changing and Life-Saving. Fair Winds and Following Seas!

[VA Resource Navigator.pdf](#)

[Veteran Oasis](#)

teamrubiconusa.org

<https://www.hfotusa.org/>

<https://www.missioncontinues.org/>

[Veterans Charity – Non Profit Organization for Veterans | WWP \(woundedwarriorproject.org\)](#)

[Homepage – Boot Campaign](#)

<https://www.va.gov/>

[Homepage » Code Platoon | Code Camp for Veterans & Spouses](#)

[The American Legion a U.S. Veterans Association](#)

Home – IAVA

The Veterans of Foreign Wars of
the U.S. – VFW

<https://www.military.com/>