

## Online/Remote Mental Health & Wellness Options\*

Therapy Assistance Online (TAO): Free to all UC students. Visit <https://www.uc.edu/campus-life/caps/student-services/low-intensity-services/therapy-assistance-online.html> for more information and to access the TAO platform.

Reach Out University of Cincinnati: A free app for UC and Cincinnati-specific emergency mental health resources. Visit <https://www.uc.edu/campus-life/caps/student-services/low-intensity-services/reach-out.html> for information about how to find and download the Reach Out app.

HealthiestYou Telehealth & Telemental Health: Free service for Student Health Insurance subscribers. Visit <https://healthiestyou.com/> for more information and to sign up for services.

Talkspace.com: Online, subscription-based platform for telemental health services. May not be covered by insurance. Google online for active discount codes, if applicable.

Calm.com: Online mindfulness, sleep, and wellness app. Offers a free trial. Google online for active discount codes, if applicable.

Headspace.com: Online meditation, sleep, and wellness app. Free trial, with subscription pricing after trial expires.

Mindfulness Coach: A free app from the VA that offers self-directed training on mindfulness. You can do individual activities or complete modules that guide you through a sequence of activities to build your mastery of the mindfulness tools.

COVID Coach: A free app from the VA that offers a wide variety of coping skills, strategies, and tools for managing stress, loneliness, anger, sleep, physical tension, symptom tracking, etc. Also incorporates learning modules and recommendations for other apps and resources.

Smiling Mind App: A free app focused on development and maintenance of mindfulness skills using modules and sequences of skills for mastery of the skills.

CBT-I Coach: A free app from the VA and Stanford University for assistance with managing insomnia. Includes basic sleep hygiene tips, a sleep log, recommendations for sleep times, and mindfulness activities. It is recommended as an adjunct to face to face treatment, but can be helpful on its own. Please note that sleep restriction protocols (part of the app) are *\*not\** recommended for people with bipolar disorder, but the rest of the information can be very useful.

Crisis Text Line: <https://www.crisistextline.org/> or Text HOME to 741741

National Suicide Prevention Lifeline: 1-800-273-8255

Trans Lifeline: <https://www.translifeline.org/> 1-800-565-8860

Trevor Project LGBTQ Resources: <https://www.thetrevorproject.org/> 1-866-488-7386

\*With the exception of Therapy Assistance Online (TAO) and the Reach Out University of Cincinnati app, inclusion of a resource on this list does not imply formal or informal endorsement by UHS or any of its providers. UHS does not receive any compensation or benefit for listing these resources. Patients may choose to explore these resources at their own discretion.