

Online/Virtual Mental Health Resources for the Bethel Community:

***Please Note:** Not all the information provided by these resources may reflect the values of Bethel University. Inclusion of a resource does not imply agreement with all information provided.

Start with These Resources:

COVID-19 Resource and Information Guide

<https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Important/COVID-19-Updated-Guide-1.pdf?lang=en-US>

This 11 page guide provides a wealth of resources and information about how to cope in the midst of the COVID-19 crisis. It offers links to important resources (such as online support groups, websites with great psychoed etc.), information about how to get medical or mental health care, answers frequently asked questions, and even provides practical steps you can take if in need of food or shelter.

Love is Louder: A Project of the Jed Foundation

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

The web page provides a variety of great resources to care for your mental health in the midst of the COVID-19 crisis. It also has creative ideas regarding ways to connect with others in the midst of social distancing.

Anxiety

Obsessive Compulsive Disorder Resources

<https://iocdf.org/about-ocd/> :This is the website for the International OCD Foundation and provides helpful general information about OCD and its symptoms. It also has some links to support groups some of which may be online.

Calm App

This app provides guided relaxation exercises, stories that can help you fall asleep, and ways to customize your relaxation experience. There is a free basic version or you can pay a monthly fee for additional features. Download through the apple store or google play. Or download [here](#)

Headspace App

Another good app that provides meditation exercises. There is a free basic version which has been expanded with additional resources due to the current pandemic. There are also different subscription offers available to access more resources in the app. Download through the apple store or google play. Or download [here](#).

Therapy Assistance Online

<https://www.taoconnect.org/english-exercises/>

This website provides some great guided meditation/mindfulness videos. The videos feature a guided meditation paired with beautiful and calming pictures of nature.

Depression

[Discovering Hope Student Workbook](#) 

Here you can find a downloadable workbook created by Abilene Christian University. It provides psychoeducation on depression and exercises to help treat depressive symptoms.

Eating Concerns

Finding Balance

www.findingbalance.com

Christian based resource which offers a self assessment, an online support group, a treatment finder, a blog and a searchable video clip library which addresses questions and concerns related to food, weight, and body image.

NEDA

<http://www.nationaleatingdisorders.org/>

National Eating Disorders Association website. Includes general information on eating disorders, an online ED screening, a phone helpline, and a referral list for treatment providers.

PTSD

<https://mobile.va.gov/app/ptsd-coach>

This app was created for those who struggle with symptoms of PTSD. It provides a wealth of resources. The app was created by the VA but can be used by anyone. It is completely free.

ADD/ADHD

<https://www.additudemag.com/category/parenting-adhd-kids/school-learning/college/>

Site features a variety of articles about how to cope with ADHD while in college

<https://www.disability.illinois.edu/strategiestechniques-adhd>

This site features strategies and techniques for ADHD broken into topics such as study skills, time management skills, and how to cope with procrastination tendencies.

Pornography Use

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

This site offers education and online support groups to deal with pornography use from a Christian perspective.

<https://sherecovery.com/>

Online Christian-based resource specifically aimed at women struggling with pornography addiction. It includes a blog, online support community, and virtual recovery meetings.

Resources for Veterans

<http://www.mentalhealth.va.gov/>

Offers a variety of helpful information and resources for veterans who are struggling with mental health concerns. Some of the resources offered include a 24 hr. hotline, a confidential anonymous online screening tool, and online courses based on training that was developed specifically for Veterans.