

## SELF-HELP RESOURCES FOR WELLBEING

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### 1. Educational Resources to Maintain Mental Health

- 5 Ways To Stop Feeling Lonely (Cigna) <https://www.cigna.com/individuals-families/health-wellness/how-to-deal-with-loneliness>
- 5 Ways To Prepare For Your First Holiday Alone (AARP) <https://www.aarp.org/home-family/friends-family/info-2020/holidays-alone-pandemic.html>
- 18 Ways To Overcome Loneliness (Psychology Today) <https://www.psychologytoday.com/us/blog/click-here-happiness/201902/feeling-lonely-discover-18-ways-overcome-loneliness>
- 10 More Ideas To Help With Loneliness (Psych Central) <https://psychcentral.com/blog/fight-loneliness-by-expanding-your-circle-of-concern>
- How to Deal With Loneliness and Feelings of Isolation (Womans Day) <https://www.womansday.com/health-fitness/a25783805/dealing-with-loneliness/>
- Stress, depression and the holidays: Tips for Coping (Mayo Clinic) <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>
- Maintaining Mental Health During The Holiday Season (NAMI California) <https://namica.org/blog/handling-stress-during-the-holiday-season/>
- Preparing For The Holidays During COVID-19 (Mental Health America) <https://mhanational.org/preparing-holidays-during-covid-19>
- Coping with COVID-19 Tension During the Holidays Video (Cleveland Clinic) <https://www.youtube.com/watch?v=nV84Bi3dioY>
- 7 Remedies for Lonely Holidays Due to COVID and Divorce (Psychology Today) <https://www.psychologytoday.com/us/blog/contemplating-divorce/202011/7-remedies-lonely-holidays-due-covid-and-divorce>
- Loneliness and the Holidays (VeryWellMind) <https://www.verywellmind.com/loneliness-and-the-holidays-3144645>
- Dealing with Family Loss During The Holidays (On Our Sleeves) <https://www.onoursleeves.org/find-help/tools-for-you/video-resources/dealing-with-family-loss-around-the-holidays>
- 5 Tips To Help Older Adults Fight Loneliness During Holidays (azbigmedia) <https://azbigmedia.com/lifestyle/5-tips-to-help-older-adults-fight-loneliness-in-covid-centric-holiday-season/>

## 2. Psychological first aid

### Apps



PFA MOBILE

### Website

- Mental Health First Aid International <http://www.mhfainternational.org/why-mhfa.html>
- Remote Psychological First Aid Guide <https://reliefweb.int/report/world/remote-psychological-first-aid-during-covid-19-outbreak-interim-guidance-march-2020>
- NHS Trauma Clinic – resource guide for medical staff coping <https://www.youtube.com/watch?v=WFWvkj755Y&feature=youtu.be>

## 3. Digital therapeutic support

### Apps



TALKSPACE



WECHAT



7CUPSOFTEA – Free support from peers, volunteers and professionals



THERACHAT



DRONDEMAND



FIVE UP – Connect your Help – Volunteer or Seek Help <https://bit.ly/3dw9G0j>

## 4. Websites

- Mental Health Platform for Switzerland <https://dureschnufe.ch/>
- LUZERN - <https://support.inluzern.ch/>
- ZURICH - <https://support.inzuri.ch/>
- ZUG – <https://www.zg.ch/corona>
- Business Women helping Business Women <https://www.corona-solidaritaet.ch/>

## 5. Group support

- Online Self-Help Switzerland [www.online-selbsthilfe.ch](http://www.online-selbsthilfe.ch) Operates through chat on Threema
- Turn2Me (Free but requires booking) <https://www.turn2me.ie/group-supports>
- Multiple Support Groups <https://www.supportgroups.com/>
- Peer-to-Peer Support Groups TheTribe <https://support.therapytribe.com/anxiety-support-group/>

- Big White Wall – Moderated Support Forum <https://www.bigwhitewall.com/>
- Depression and Bipolar Specific Support Groups <https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/>
- People Doing Good Things – a reminder of our humanity <https://www.karunavirus.org/>
- <https://www.psychologie.ch/psychologensuche> \*Search for Online Therapy or Online Advice under Extended Entries
- Amwell: <https://business.amwell.com/>
- Better help: <https://www.betterhelp.com/>
- Expat Nest: <https://www.expatsnest.com/>
- RNG International: <https://rnginternational.com/>
- Truman Group: <https://truman-group.com/>
- William & Associate Counselling Services: [www.wacs.ca](http://www.wacs.ca) (Includes Group Therapy)
- APA – Text, Talk, Act Program – Text APA to 89800 - Teens will learn about how to take care of their mental health, especially in light of challenges related to COVID-19, and how to reach out to their parents/guardians to start a conversation around mental health. Warmlines are phone numbers you can call when you need someone to talk to or to just be there. Staffed by people with lived experience, callers can receive support when they need it without traveling, being enrolled in a specific program, or attending a support group. <https://warmline.org/>
- A space for people with similar interests to support and encourage each other 24/7 online. MHA staff moderate the mental health focused online support groups and communities. <https://www.inspire.com/groups/mental-health-america/>
- At EA, people come together in weekly meetings for the purpose of working toward recovery from any sort of emotional difficulties. EA members are of diverse ages, races, economic status, social and educational backgrounds. <https://emotionsanonymous.org/what-we-offer/find-a-meeting/remote-ea-meetings/temporary-scheduled-remote-meetings-details.html>
- DA seeks to prevent depression through education and by creating a supportive and caring community through support groups that successfully keep individuals from relapsing into depression. <https://depressedanon.com/meetings/online-depressed-anonymous-meetings/>