



## Oklahoma Behavioral Health Agencies

### **Crisis Intervention Centers**

Non-hospital emergency services for adults, eighteen (18) and older, with mental health, substance abuse, or co-occurring issues. Consumers may be admitted up to three (3) days, with services including, but not limited to, observation, evaluation, emergency treatment and referral, when necessary, for inpatient psychiatric or substance abuse services.

[https://ok.gov/odmhsas/Mental\\_Health/Adult\\_Crisis\\_Centers.html](https://ok.gov/odmhsas/Mental_Health/Adult_Crisis_Centers.html)

### **Community Mental Health Centers**

Located within each of the service areas in Oklahoma is a publicly supported Community Mental Health Centers (CMHC). There are fifteen CMHCs, five of which are state-operated facilities and the other ten are contracted non-profit providers. They cover all 77 counties in Oklahoma. Most centers have satellite offices or other specialized programs within their service areas. The CMHCs provide screening, assessment and referral services, emergency services, therapy, psychiatric rehabilitation, case management, and other community support services designed to assist adult mental health consumers in living as independently as possible and to provide therapeutic services for children who are demonstrating symptoms of emotional disturbance. All CMHCs provide services to both adults and children.

[https://ok.gov/odmhsas/Mental\\_Health/Mental\\_Health\\_Centers\\_by\\_City/index.html](https://ok.gov/odmhsas/Mental_Health/Mental_Health_Centers_by_City/index.html)

### **A Chance to Change**

Provides a continuum of care including prevention, education, intervention and outpatient counseling. Trained and experienced counselors offer individual, family, and group counseling for children, adolescents and adults throughout the state of Oklahoma. Counseling is provided for substance abuse, problem gambling, other addictions, codependency, family and marital issues, grief, anxiety, depression, trauma, and other related issues. Whether in person or via our secured internet portal telehealth program, specialized counseling and support services are available to you and your family. For more information, visit our website at [www.achancetochange.org](http://www.achancetochange.org), call our office at 405.840.9000 or email us at [info@achancetochange.org](mailto:info@achancetochange.org).

### **Cedar Ridge Residential Treatment Center**

Provides inpatient and extended residential psychiatric treatment for children, adolescents, and adults. Call 405-605-6111 for all services

<http://www.cedarridgebhs.com/>

### **Green Shoe**

Offers an opportunity for transformational change and healing through our five-day retreat to help resolve past less than nurturing experiences including from childhood. With a focus on relationships, codependence, boundaries, and the effects of childhood trauma on emotional development, our free five-day retreats feature opportunity for transformational change, a focus on personal growth, self-actualization, and personal and professional success in forming and maintaining relationships. We work with adults in a trauma-informed setting to raise their awareness of how past family roles and family systems influence their current relationships. The Green Shoe Foundation is a non-profit organization committed to improving and impacting individual lives and communities through self-discovery, awareness, education, programs and resources. Visit [www.greenshoe.org](http://www.greenshoe.org) for more information.

### **Heartline**

Connects Oklahomans to hope, help, & information 24 hours a day. Live. online chat support available.

Call 2-1-1 to access information on any type of health or human service.

Call the National Suicide Prevention Lifeline 24 hours a day for yourself or concern about others

1-800-273-8255

For an online searchable database visit: [www.heartlineoklahoma.org](http://www.heartlineoklahoma.org)

This list represents organizations involved in OCCHD's Wellness Now Mental Health Work Group and is by no means comprehensive. If you would like to join Wellness Now to be added to this list or for more information, please visit

<https://www.occhd.org/wellnessnow>.



### **INTEGRIS Mental Health & INTEGRIS James L. Hall Jr. Center for Mind, Body & Spirit**

Programs and services provided for Oklahomans of all ages including multiple levels of care: psychiatric inpatient, residential, partial hospitalization, intensive outpatient, outpatient and medication management services.

For assessment and admission information, **please call (405) 951-2273**.

For free information, resources and screenings and for a complete listing of our programs and services, please visit us online: [integrisOk.com/imh](http://integrisOk.com/imh)

Massage therapy services and free workshops available through our INTEGRIS James L. Hall Jr. Center for Mind, Body & Spirit: [integrisOk.com/mbs](http://integrisOk.com/mbs)

Coming in 2019 to our INTEGRIS Health Edmond campus, [Arcadia Trails Center for Addiction Recovery](#).

### **Mental Health Association of Oklahoma**

Connects people with information and resources related to mental health and provides programs and services.

*Lottie House Drop-In Center*: 1311 N Lottie Ave OKC, provides a friendly atmosphere for adults experiencing mental illness or homelessness. Connects individuals to peer support programs, trainings, classes, case management, resources and services.

*Sunbridge Counseling*: Provides counseling services for those who are uninsured or cannot pay their deductible.

Individual and group counseling services available.

Call 405-943-3700 for all services

[www.mhaok.org](http://www.mhaok.org)

### **NAMI Oklahoma**

Offers free support groups and educational programs for those living with mental illness or have a family member with mental illness.

Call 405-607-6018 for all services

[www.namioklahoma.org](http://www.namioklahoma.org)

### **NorthCare**

Community mental health and substance abuse services for children and adults.

Adults: 405-272-0660 \* Children: 405-858-2700 \* Crisis after hours: 405-858-2700

[www.Northcare.com](http://www.Northcare.com)

### **Oakwood Springs**

Inpatient and outpatient treatment for adults suffering from mental illness and/or addiction

Call 405-679-3056 for all services 24 hours a day

[www.oakwoodsprings.com](http://www.oakwoodsprings.com)

### **Substance Use Prevention Alliance**

A community collaborative of people and organizations working to end drug abuse by offering free lock boxes for medication, free medication disposal bags, and more.

[www.supaokc.org](http://www.supaokc.org)

### **Sunbeam Family Services**

Provides counseling services on a sliding scale fee, based upon an individual's income, to make help accessible to all Oklahomans through counseling and mental health services, support, training and education, and supervision for future counselors. Open extended hours 3 nights/week. Phone: 405-528-7721

[www.sunbeamfamilyservices.org](http://www.sunbeamfamilyservices.org)

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## State & National Mental Health Resources

### **Affordable Care Act Information:**

1-800-318-2596

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

### **Buprenorphine Physician & Treatment Program Locator**

Find information on locating physicians and treatment programs authorized to treat opioids, such as heroin or prescription pain relievers, at

<https://www.samhsa.gov/medication-assisted-treatment/physician-program-data/treatment-physician-locator>

### **Community Mental Health Centers (CMHC's)**

Statewide - Provide screening, assessment, and referral services, emergency services, therapy, psychiatric rehabilitation, case management, and other support services. Covers all 77 counties in Oklahoma.

[http://ok.gov/odmhsas/Mental\\_Health\\_Community\\_Mental\\_Health\\_Centers/](http://ok.gov/odmhsas/Mental_Health_Community_Mental_Health_Centers/)

### **Disaster Distress Helpline:**

1-800-985-5990

Stress, anxiety, and other depression-like symptoms are common reactions after any natural or human-caused disaster. Call this toll-free number to be connected to the nearest crisis center for information, support, and counseling.

[disasterdistress.samhsa.gov](http://disasterdistress.samhsa.gov)

### **Free Mental Health Screenings**

Designed to provide a safe and anonymous way individuals can check in on their mental health. A free, online self-assessments provides a screening of the user's mental health, information on whether the user's screening results are consistent with a mental health disorder, an overview of the signs and symptoms of treatable mental health disorders, and access to local, quality treatment options. Each screening takes only a few minutes and results are provided immediately.

<http://screening.mentalhealthscreening.org/integriss>

### **Reach Out Hotline**

Oklahoma Department of Mental Health & Substance Abuse Services' 24 hour toll free information and referral hotline.

800-522-9054

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### **National Resource Directory for Veterans:**

The National Resource Directory is a federal government website that connects wounded warriors, Service Members, Veterans, families and caregivers to thousands of services and programs at the national, state and local levels to support them during recovery, rehabilitation and reintegration. Visitors to the site can find information on topics such as post-traumatic stress disorder, military and Veterans' benefits, health care, educational opportunities, homeless assistance, employment and more.

<https://nrd.gov/>

### **Opioid Treatment Program Directory**

Find treatment programs in your state that treat addiction and dependence on opioids, such as heroin or prescription pain relievers, at

[dpt2.samhsa.gov/treatment/](http://dpt2.samhsa.gov/treatment/).

### **SAMHSA (Substance Abuse Mental Health Services Administration) National Helpline:**

1-800-662-HELP (4357)

This Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

<https://findtreatment.samhsa.gov/>

### **National Domestic Violence Hotline**

Completely anonymous, 24/7 help

1-800-799-SAFE (7233)

### **Suicide Prevention Lifeline**

1-800-273-TALK (8255) or 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. Your call is routed to the nearest crisis center in the national network of more than 150 crisis centers.

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

### **Veteran's Crisis Line:**

1-800-273-8255 or website: [www.veteranscrisisline.net](http://www.veteranscrisisline.net)

Connects veterans in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text.

## HELPFUL RESOURCES

(copied and adapted from information obtained from Mental Health First Aid USA Manual First Edition Revised)

### WEBSITES:

#### **Mental Health America**

[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

Visit Mental Health America's site for information on mental health, getting help, and taking action.

#### **National Council for Behavioral Health**

[www.TheNationalCouncil.org](http://www.TheNationalCouncil.org)

To locate mental health and addictions treatment facilities in your community, use the "Find a Provider" feature on the National Council's website.

#### **National Empowerment Center**

[www.power2u.org](http://www.power2u.org)

The mission of the National Empowerment Center is to carry a message of recovery, empowerment, hope, and healing to those diagnosed with a mental illness. The center provides information and advocacy resources.

#### **National Institute of Mental Health**

MENTAL ILL AMONG US ADULTS

<http://www.nimh.nih.gov/health/statistics/prevalence/any-mental-illness-ami-among-us-adults.shtml>

The National Institute of Mental Health website provides prevalence statistics pertaining to mental illness, including data by age, gender, and race.

#### **President's New Freedom Commission on Mental Health**

<http://govinfo.library.unt.edu/mentalhealthcommission/reports/reports.htm>

This commission report was released in 2003 as part of an effort to eliminate inequality for Americans with disabilities. It was tasked to "promote successful community integration for adults with a serious mental illness and children with a serious emotional disturbance." The final report describes problems and gaps in the US mental health system and makes recommendations for improvements at the federal, state, and local levels of government, as well as private and public health care providers. A key recommendation calls for a "recovery-oriented mental health system."

#### **World Health Organization**

DISABILITY FROM MENTAL ILLNESS

[www.who.int/topics/global\\_burden\\_of\\_disease/en/](http://www.who.int/topics/global_burden_of_disease/en/)

The World Health Organization website contains information on the global burden of disease in various parts of the world, including burden due to mental disorders. It gives projections into future years, when the burden of mental disorders is expected to greatly increase.

### LOCAL RESOURCES:

#### **Heartline**

Connects Oklahomans to hope, help, & information 24 hours a day. Live. online chat support available.

*Call 2-1-1* to access information on any type of health or human service.

*Call the National Suicide Prevention Lifeline* 24 hours a day for yourself or concern about others  
1-800-273-8255

For an online searchable database visit: [www.heartlineoklahoma.org](http://www.heartlineoklahoma.org)

#### **INTEGRIS Mental Health**

Free online screenings, resource information and Dr. Murali Krishna's podcast and video series.

[www.integrisk.com/imh](http://www.integrisk.com/imh)

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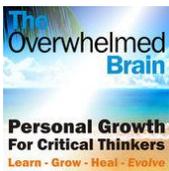
## PODCASTS:



**Art of Happy Living™ Podcast** Focusing on the healing connection between mind, body and spirit, R. Murali Krishna, M.D., presents The Art of Happy Living™ series as stepping stones in the journey toward leading happier, healthier lives.



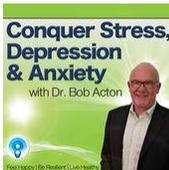
**The One You Feed** Conversations about Creating a Life Worth Living- Named Best of 2014 by iTunes. Open minded discussions of habits, meditation, wisdom, depression, anxiety, happiness, psychology, philosophy, and motivation. "This podcast saved my life"- Amy W



**The Overwhelmed Brain: Personal Growth for Critical Thinkers** Anxiety, depression, fears, obsession, panic, or any relationship, marriage or family issues, this show will help you achieve less stress and more happiness. Become empowered and honor yourself so that you can make decisions that are right for you. Mindfulness, compassion and being in the present moment are only components of a bigger picture. Live authentically and strengthen your emotional intelligence to avoid emotional abuse. Get to the root of emotional issues. If you're annoyed with affirmations and tired of being told to "think positively!", this is not your typical NPR or Tony Robbins podcast. Start creating the life you want today



**The Dark Place: Honest Conversations About Mental Health** A shame-free space where people talk about their struggles, difficult past memories, and what it's like to live with mental illness. Common topics include depression, anxiety, abuse, and trauma. No matter the story, it will be met with compassion.



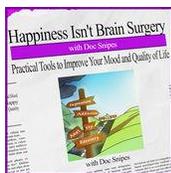
**Conquer Stress, Depression & Anxiety** If you are looking for ways to feel better and conquer depression, anxiety, and stress - The Conquer Stress, Depression and Anxiety Podcast is for you. Dr. Bob Acton is dedicated to bringing you up-to-date, cutting edge strategies and techniques to help you be happy, be resilient, and live the life you want.



**SelfWork with Dr. Margaret Rutherford** We all have things in our lives we want to change. Dr. Margaret has a direct, down-to-earth approach to mental health treatment, and uses her twenty years of experience to guide you toward the changes you want. No psychological jargon here! Dr. Margaret uses a solution-oriented approach to depression, anxiety, trauma or grief -- what she calls, "What You Can Do About It.



**Stop The Bully Within** Are you tired of that critical voice inside your head telling you that you're not good enough or that something is wrong with you? That voice is your Inner Bully and it's holding you back and destroying your self-esteem and self-confidence. You don't have to listen to that voice anymore! Tune in each week to get bite-sized info and easy, actionable steps to transform your Inner Bully into your own Best Friend and Personal Champion for success! We'll share tips and techniques to help you create that positive and powerful mindset needed to be happy, confident, and successful in life. This show was created with teens and young adults in mind, but the content can help anyone who is ready to take control of their lives.



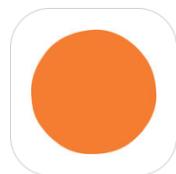
**Happiness Isn't Brain Surgery** Sister podcast to Counselor Toolbox. Happiness was launched to provide easily accessible tips, tools and tricks to help people achieve their highest quality of life. Each week we delve into topics that will help you enhance your happiness, better deal with addictions, anxiety, depression and understand the interaction between mood, physical health and addiction.

Include information and links to the top mental health related podcasts:  
<https://player.fm/featured/mental-health>

**APPS:**



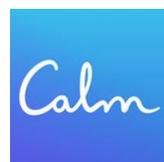
**Relax Lite** \*\* Voted Top Mind & Body App of 2014 by Leading Doctors \*\* Effective and rapid stress relief in 5 minutes. De-stress with guided breathing and meditation exercises that use calming music to promote relaxation. It's an ideal stress management tool, being simple and intuitive. Finding time to relax can be very difficult for most people. This app can be easily integrated into your daily life. "Relax" by "Saagara" enhances the way you feel and leaves you with more energy, stamina, and focus. The more you use it, the better and more effective the results.



**Headspace** is the simple way to reframe stress. Sleep trouble? Meditation creates the ideal conditions for a good night's rest. Relax with guided meditations and mindfulness techniques that bring calm, wellness and balance to your life in just a few minutes a day. Get more from your day through mindfulness, be less distracted and reactive, and focus on the things that matter most to you. Our Basics course is completely free and will teach you the fundamental techniques of meditation and mindfulness. After that, by subscription, gain access to the full Headspace meditation library. Train your mind with guided meditations on everything from stress to sleep, and anxiety to relationships. Bring more awareness to daily activities through on-the-go exercises, and use SOS sessions to skillfully manage moments of panic or anxiety. The Headspace animation library is full of tips and helpful wisdom to keep your practice on track, and you can even add friends to keep each other motivated.



**Stop, Breathe & Think: Meditation and Mindfulness by Stop, Breathe & Think** Stop, Breathe & Think is an award winning meditation and mindfulness app that is proven to decrease anxiety and stress. It allows you to check in with your emotions, and recommends short guided meditations, yoga and acupressure videos, tuned to how you feel. Our personalized meditation and mindfulness experience won the 2017 Webby People's Voice Award for Best Health App, and has been featured by the Today Show, Apple, Cosmopolitan, Marie Claire and many more.



**Calm** was branded as Apple's "App of the Year" in 2017. The app is designed to reduce anxiety, improve sleep, and help you to feel happier by focusing on the four key areas of meditation, breathing, sleep, and relaxation, with the aim of bringing joy, clarity, and peace to your daily life. The app delivers meditations that can help you to destress, as well as breathing programs, music, and sounds from nature to relax your mind and body and promote better sleep. Calm is the perfect app if you are new to meditation, but it also offers programs for more advanced user with sessions available in lengths of 3–25 minutes, to fit in with your schedule.



**Calm in the Storm** is a valuable tool in understanding what stress is, the effects it can have on the body, mind and spirit and how to recognize when stress levels become unhealthy and even dangerous. The app helps you to identify, assess and track your own stress levels and provides easy-to-use and highly effective mind/body practices. Calm in the Storm guides you in creating a personalized virtual hope box and links to local resources that can support you in times of distress or crisis. It also helps you manage suicidal thoughts and create individualized plans for keeping you safe.

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**Happify** is a space to build resilience and overcome negative thoughts and stress. Whether you are feeling stressed, anxious, or sad, this app helps you regain control of your thoughts and feelings - 86 percent of the app's users report feeling better about their lives after 2 months of use. Happify employs techniques and evidence-based interventions in the areas of CBT, positive psychology, and mindfulness to help you break old and unhealthy patterns and form new, healthful habits. The app offers activities and games to improve your life satisfaction and ability to fight negativity. Your emotional well-being is calculated as a happiness score that you can improve upon each week.



**Moodnotes** is a thought journal and mood diary. The app can be used to capture your feelings and improve your thinking habits through the implementation of CBT and positive psychology. Track your mood and increase self-awareness of what influences it. Learn to recognize "traps" in your thinking and ways to rethink the situation. If you happen to enter a "thinking trap," the App will provide suggestions and useful perspectives to reduce stress and enhance well-being. Progress is viewable in the helpful "Insights" dashboard.



**SuperBetter** is a game focusing on increasing resilience and the ability to remain strong, optimistic, and motivated when presented with challenging obstacles in life. A study by the University of Pennsylvania found that when people played SuperBetter for 30 days, their mood improved, symptoms of anxiety and depression decreased, and self-belief to achieve goals increased. The app will help you to adopt new habits, improve your skills, strengthen relationships, complete meaningful projects, and achieve lifelong dreams. It also has the potential to help you improve depression and anxiety, cope with chronic illness, and recover from post-traumatic stress disorder (PTSD).



**7 Cups** provides online therapy and emotional support for anxiety and depression. There are more than 160,000 trained listeners and licensed therapists who are available to anonymously speak with 24/7. Speak your mind and confide in listeners without the fear of being judged. These listeners can be searched for based on their experience specialties, such as: bullying, panic attacks, eating disorders, relationship breakups, and many more. Affordable therapy with an online therapist can commence one-to-one in a confidential setting.



**Talkspace** is a counseling and therapy app that connects users with a convenient, affordable, and confidential way to deal with anxiety, stress, depression, relationship issues, and chronic illness. A free consultation is provided with a Matching Agent to identify the ideal therapist for your needs based on several factors. More than 1,000 licensed therapists are available, who specialize in anxiety, phobias, depression, domestic violence, PTSD, and more. After upgrading and becoming a member, access is given to a secure chat room where you can raise and discuss your worries with your private counselor. The app's pricing plans are described as being approximately 80 percent lower than traditional office-based appointments.



**T2 Mood Tracker** helps individuals track their emotional states and how they change over time for personal insight and accurate reporting to a mental health professional. The skills taught may be applied to individuals with depression, anxiety, stress, trauma-related feelings, any other self-identified emotional states, as well as Traumatic Brain Injury (TBI), chronic pain; customizable for sleep and other issues.



**CBT-i Coach** is for people engaged in cognitive behavioral therapy for insomnia (CBT-i) with a health provider, or those who have experienced symptoms of insomnia and would like to improve their sleep habits. The app guides users through the process of learning about sleep, developing positive sleep routines and improving their sleep environments. It provides a structured program that teaches strategies proven to improve sleep and help alleviate symptoms of insomnia.



**Together Strong** In this interactive experience, you'll engage in role-play conversations with virtual veterans and service members to learn how to best help them work through the challenges of civilian life, including those related to work, family, finance, post traumatic stress, and mental health. The app provides a safe space where you can learn and practice these challenging conversations to connect those in need with help, building skills and confidence to have these conversations in real life. You'll receive personalized feedback in the moment, explaining why your conversation choices are successful or not successful and how to improve them. The conversation skills taught in this resource are based on Motivational Interviewing (MI), a set of evidence-based techniques for problem-solving and building motivation for change.



**Breethe – Meditation Guided**

De-stress & sleep better in only 10 min with your personal mindfulness coach! Breethe is the easiest way to meditate! Learn simple mindfulness and meditation techniques to help you bring more happiness, calm and peace of mind into your life. Relax, sleep better, lose weight, sharpen your mind, and improve your relationships — in just 10 minutes a day! This meditation app includes hundreds of daily meditations, and a wide variety of other guided meditations to help you deal with specific issues such as weight loss, insomnia, anxiety, work performance, trouble sleeping, etc. It even has a mindfulness program for kids. Selected Best New App by Apple in 95 countries.

# HELPFUL RESOURCES: FOR DEPRESSION AND SUICIDAL INTENTIONS

## WEBSITES:

### **American Association of Suicidology**

[www.suicidology.org](http://www.suicidology.org)

Founded in 1968, the American Association of Suicidology (AAS) promotes research, public awareness programs, public education, and training for professionals and volunteers. In addition, AAS serves as a national clearinghouse for information on suicide.

### **America Foundation for Suicide Prevention**

[www.afsp.org](http://www.afsp.org)

The American Foundation for Suicide Prevention (AFSP) provides information about suicide, support for survivors, prevention, research, and more.

### **Brain & Behavior Research Foundation**

[www.bbrfoundation.org](http://www.bbrfoundation.org)

This site provides information and downloadable fact sheets on depressive disorders.

### **Mental Health America**

<http://www.mentalhealthamerica.net/mental-health-screening-tools>

Visit Mental Health America's site for information on mental health, getting help, and taking action.

### **Depression Screening**

[www.depression-screening.org](http://www.depression-screening.org)

This website is sponsored by Mental Health America as part of the Campaign for America's Mental Health. The mission of the website is to educate people about clinical depression, offer a confidential way for people to get screened for symptoms of the illness, and guide people toward appropriate professional help if necessary.

### **MoodGYM**

[www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)

This CBT website has been evaluated in a scientific trial and found to be effective in relieving depression symptoms if people work through it systematically. This site teaches people to use ways of thinking that will help prevent depression.

### **National Alliance on Mental Illness**

[www.nami.org](http://www.nami.org)

NAMI is a nonprofit, grassroots, self- help, support and advocacy organization of individuals with mental disorders and their families. This website provides many resources on mental disorders, including depression, that are helpful for people who have experienced a mental illness and their families, including support groups, education, and training.

### **National Council for Behavioral Health**

[www.TheNationalCouncil.org](http://www.TheNationalCouncil.org)

To locate mental health and addictions treatment facilities in your community, use the "Find a Provider" feature on the National Council's website.

### **National Institute of Mental Health**

[www.nimh.nih.gov](http://www.nimh.nih.gov)

This US government site gives a wealth of up- to- date information on depression and suicide in the form of downloadable booklets and fact sheets.

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### **Postpartum Support International**

[www.postpartum.net](http://www.postpartum.net)

Postpartum Support International's (PSI's) website receives more than 100,000 visitors a year who resource PSI for support, education, and local providers. PSI's toll- free help line serves more than 1,000 callers a month and is staffed by a volunteer team of PSI- trained responders who rapidly refer callers to appropriate local resources, including emergency services. 800- 944- 4PPD (4773).

### **Progressive Relaxation**

[www.hws.edu/studentlife/counseling\\_relax.aspx](http://www.hws.edu/studentlife/counseling_relax.aspx)

Two progressive relaxation tapes can be downloaded from the website of Hobart and William Smith Colleges in Geneva, New York.

### **Suicide Prevention Resource Center**

[www.sprc.org](http://www.sprc.org)

The Suicide Prevention Resource Center has fact sheets on suicide by state and by population characteristics, as well as on many other subjects.

## **BOOKS:**

### **These two self- help books based on CBT for depression have been found effective in trials:**

Burns, D.D. (1999) *Feeling goo: the new mood therapy (revised edition)*. Quill Publishers, New York, NY.

Lewinsohn, P.M., Munoz, R.A., Youngren, M.A., Zeiss, A.M. (1992) *Control your depression* (revised edition). Simon & Schuster, New York, NY.

### **Other books that may be useful:**

Bieling, P.J. and Anthony, M.M. (2003)  
*Ending the depression cycle*. New Harbinger Publications, Oakland, CA.

This is a depression relapse prevention workbook based on CBT principles.

Ellis, T.E. (1996) *Choosing to live: how to defeat suicide through cognitive therapy*. New Harbinger Publications, Oakland, CA.

This CBT- based self- help book focuses on learning thinking strategies for overcoming suicidal thoughts.

Greenburger, D., and Padesky, C. (1995) *Mind over mood: change how you feel by changing how you think*. Guilford Press, New York, NY.

This is a CBT- based self- help book for depression, anxiety, and interpersonal problems.

Knaus, W.J. (2012) *The cognitive behavioral workbook for depression, second edition: a step- by- step program*.

This CBT manual can be used alone or in conjunction with therapy. It also can be purchased as an eBook directly from the publisher ([www.newharbinger.com](http://www.newharbinger.com)).

## **HELP LINES:**

### **American Psychiatric Association Answer Center 1-888-35-PSYCH (77924)**

Live operators available 8:30 a.m. to 6 p.m., Eastern time, refer you to local board- certified psychiatrists.

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### **American Psychological Association Public Education Line**

**1-800-964-2000**

Follow the automated instructions and press the number 1. Then an operator refers you to local board-certified psychologists.

### **National Suicide Prevention Lifeline**

**1-800-273- TALK 8255**

This hotline is available 24 hours a day. Phone calls are transferred to trained counselors in more than 130 sites nationwide. **This service has a new feature for veterans.** When veterans, their families, or friends call this number and press 1, they can talk to a trained, caring professional in a specialized veteran call center. Calls are free and confidential, 24 hours a day, 7 days a week. This feature of the hotline is a partnership between the Department of Veterans Affairs and the Substance Abuse and Mental Health Services Administration in the Department of Health and Human Services.

### **The Trevor Project**

**1-866-488-7186**

[www.thetrevorhotline.org](http://www.thetrevorhotline.org)

This is a free and confidential suicide prevention help line for gay and questioning youth that offers hope and someone to talk to 24 hours a day.

## **SUPPORT GROUPS:**

### **American Self- Help Group Clearinghouse**

[www.mentalhelp.net/selfhelp/](http://www.mentalhelp.net/selfhelp/)

A keyword- searchable database of 1,100 national, international, model, and online self- help support groups, including many for depression. Also listed are self- help clearinghouses world- wide, research studies, information on starting face- to- face and online groups, and a registry for persons interested in starting national or international self- help groups.

### **Depression and Bipolar Support Alliance**

[www.dbsalliance.org](http://www.dbsalliance.org)

On the home page of this website, click on "Find Support." You will be able to find out if a support group is meeting in your area. These are peer- led support groups.

Local chapter: <http://www.dbsaok.org/>

### **Mental Health Association Oklahoma**

Connects people with information and resources related to mental health and provides programs and services.

*Lottie House Drop-In Center:* 1311 N Lottie Ave OKC, provides a friendly atmosphere for adults experiencing mental illness or homelessness. Connects individuals to peer support programs, trainings, classes, case management, resources and services.

*Sunbridge Counseling:* Provides counseling services for those who are uninsured or cannot pay their deductible. Individual and group counseling services available.

Call 405-943-3700 for all services

[www.mhaok.org](http://www.mhaok.org)

### **National Alliance on Mental Illness**

[www.nami.org](http://www.nami.org)

NAMI is a non- profit, grassroots, self- help, support and advocacy organization of individuals with mental disorders and their families. This website provides many resources on mental disorders, including depression, that are helpful for people who have experienced a mental illness and their families, including support groups, education, and training. On the home page, click on "Find Support."

Local chapter: <https://www.namioklahoma.org/>

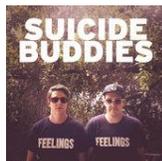
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## Recovery International

[www.lowselfhelpsystems.org/](http://www.lowselfhelpsystems.org/)

On the home page, click on "Find a Meeting" to find the next Recovery International meeting in your area. Recovery International, a Chicago- based self- help mental health organization, sponsors weekly group peer- led meetings in many communities, as well as telephone and internet- based meetings.

## PODCASTS:



**Suicide Buddies:** The show is half laughing in the face of death and half urging you to be good to yourself, because Dave and Hampton are alive, and they want you to stay alive, and they're hoping a full hour of the world's darkest jokes will help. Join them as they analyze one suicide in history and share their own experiences with suicide and suicidal thoughts.



**Letters to my kids: A suicide survivor's lessons and advice for life** "The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails." This world can be filled with challenges, failure, and darkness, but life is so much more than just survival. Hosted by a two-time suicide survivor, Letters to My Kids confronts these issues head-on through personal stories filled with humor, honesty, and realistic optimism.



**Depressed Not Dead (jamoalki) -Battling depression and suicide By jamoalki**  
Join me as I attempt to rise above my depression and suicidal ideations.



Join **Rocky Mountain MIRECC for Suicide Prevention Short Takes on Suicide Prevention** to hear leaders in the field. We are especially interested in topics related to Military Veterans. Topics will be relevant for Veterans, care-givers, clinicians and researchers.



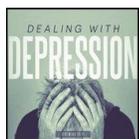
**The New Psychology of Depression** We live in a world filled with material wealth, live longer and healthier lives, and yet anxiety, stress, unhappiness, and depression have never been more common. What are the driving forces behind these interlinked global epidemics? In this series, Professor Mark Williams (Wellcome Trust Principal Research Fellow at Oxford University) and Dr. Danny Penman discuss the recent scientific advances that have radically altered our understanding of depression and related disorders. Also discussed is the latest treatments and therapies that are offering hope to those suffering from depression.



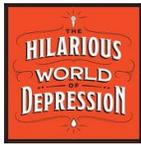
**Fatherless by Suicide** is a collaborative storytelling project by and for sons whose fathers died by suicide



**1, 2, Many: Veteran Suicide with Timothy Lawson** This podcast tells the stories behind veteran suicide. Hear from veterans, their families, and medical professionals about this important topic.



**Depression** If God is loving, then why are we blue? This podcast contains sermons of hope and encouragement for those who are hurting or depressed. This is a religious podcast.



**Hilarious World of Depression** A show about clinical depression... with laughs? Well, yeah. Depression is an incredibly common and isolating disease experienced by millions, yet often stigmatized by society. The Hilarious World of Depression is a series of frank, moving, and, yes, funny conversations with top comedians and funny creative people who have dealt with this disease, hosted by veteran humorist and public radio host John Moe. Winner of the Webby Award for Best Comedy Podcast. Join guests such as John Green, Russell Brand, Margaret Cho, Wayne Brady, and Wil Wheaton to learn how they've dealt with depression and managed to laugh along the way. If you have not met the disease personally, it's almost certain that someone you know has, whether it's a friend, family member, colleague, or neighbor. Depression is a vicious cycle of solitude and stigma that leaves people miserable and sometimes dead. Frankly, we're not going to put up with that anymore. The podcast is not medical treatment and should not be seen as a substitute for therapy or medication. But it is a chance to gain some insight, have a few laughs, and realize that people with depression are not alone and that together, we can all feel a bit better. This podcast is made possible by a grant from HealthPartners' and its Make It Okay campaign which works to reduce the stigma of mental



**Mentally Ch(ill)** A humorous conversation about depression hosted by comedians Kristen Carney and Stevie Ryan. Tragically, Stevie passed away but Kristen continues to post new episodes weekly.



**Depression 180: Turn It Around** On this show we're going to discuss depression, we're going to cover a lot of the facts and myths about depression: what depression really is, what are the real reasons depression may show up in your life, we'll talk about antidepressants and what they actually do in the brain and we'll go over some scientifically proven methods for eliminating depression.



**Wrestling with Depression** is an internet radio program hosted by comedian Marty DeRosa. The show brings on other comedians, wrestlers, and performers to talk about some of the unseen sides of entertainment. About how they deal with their own sadness, depression, or other emotions that you might not expect to hear from stage and screen personalities. Don't worry though, it's not all sad, some parts are pretty funny! This is no clinical advice, and we're no doctors! What you will get are stories from real people, who have had to face depression in their own lives.



**Unhinged: Discussing Mental Health** An in-depth look at a 30 year friendship between a man, afflicted with a lifetime of treatment-resistant depression, and his best friend, who has had to helplessly watch him battle this dreadful disease, year after year. More often than not, this disease kills friendships and causes major family conflict due to the fact that this is a disease people most often cannot see, and simply are not capable of dealing with it's many challenging issues



**Giving Voice to Depression** Depression affects more than 350,000,000 worldwide. So basically, if you don't have it yourself, you know someone who does. This podcast was founded to start discussions that reduce stigma and promote understanding. We look at depression from many angles. A journalist with depression pre-produces short (7-10 minute) interview segments, and then the sister co-hosts, who both live with depression, comment on the issues presented. The episodes are informative and hopeful-- and seldom depressing. It's time to shine some light on depression's darkness!



**The End Depression Podcast** Being your self is being awesome.



**Depression Session** Laura Milkins is a multimedia, interactive performance artist, living in Tucson and teaching Art and Visual Culture at Pima Community College since 2012. She received an MFA in painting from University of Arizona in 2008. In 2009, she was a Fulbright Scholar in Mexico City. For this public performance, "Walking Stories: Mexico", Milkins walked across Mexico City in the company of strangers, posting the stories they shared each night on a BLOG. Recent work includes "The Kindness Project", spending a year contemplating kindness, and "Walking Home: stories from the desert to the Great Lakes", in which Milkins walked 2,007 miles from Tucson to Michigan wearing a live webcam. Since 1993, Laura has been organizing art shows, performances and festivals, and has received grants, awards and international recognition for her work. Her performances focus on community and social interactions, and the role that technology plays in both.



**Adventures with Postpartum Depression** Postpartum depression is the most common pregnancy complication but it is still highly stigmatized. All too often, moms with postpartum mood disorders feel alone and ashamed of their symptoms when in reality, thousands of moms across the world are experiencing this illness at the same time. By sharing stories, this show seeks to end the stigma and help women kick postpartum depression in the ass.

Includes information & links to the top podcasts on depression: <https://player.fm/podcasts/Depression>

Includes information & links on the top podcasts on suicide prevention: <https://player.fm/podcasts/Teenage-Suicide-Prevention>

### APPS:



**HELP Prevent Suicide** (Android, iOS) keeps its approach short and simple, with a home screen that puts the National Suicide Prevention Lifeline contact number front and center, while also providing concise warning signs of suicide ideation and guidelines for how to help and ask a friend about potentially suicidal thoughts. Additional resources include a page of helpline numbers, online resources, and addresses and contact numbers for Oklahoma-based crisis centers.



**Jason Foundation: A Friend Asks** (Android, iOS) is a free app by the suicide prevention group Jason Foundation. It aims to teach its users how to recognize the signs that someone close to them may be thinking about suicide, and how to reach out to them proactively. The app provides users with a list of common warning signs of suicide ideation, do's and don'ts for such a sensitive situation and easy access to resources such as the National Suicide Prevention Lifeline.



**MY3** (Android, iOS) aims to keep those who are depressed or suicidal connected to your core network, asking you to choose three close contacts, such as friends, family, loved ones or your therapist, that you feel comfortable reaching out to whenever you feel down. It helps you build your own Safety Plan, asking you to think through and list your own warning signs, coping strategies and support network, so that you can easily act when you recognize your warning signs. It includes a wealth of suicide prevention resources and contact information for the National Suicide Prevention Lifeline.



**Suicide Safety Plan** Customize warning signs that a crisis may be developing, coping strategies for dealing with suicidal urges, places for distraction, friends and family members you can reach out to, professionals you can call, methods of making your environment safe, important reasons for living. App also contains an easy-to-access list of emergency resources so that help is just a tap away. For long-term recovery, we provide a thorough guide to dealing with suicidal thoughts.

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**Stay Alive** This app is a pocket suicide prevention resource, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. In addition to the resources, the app includes a safety plan, customizable reasons for living, and a life box where you can store photos that are important to you. Grassroots Suicide Prevention is a charity that supports communities to prevent suicide. We teach suicide prevention skills to community members and professionals. We work hard to raise awareness of suicide prevention and reduce the stigma surrounding suicide. Grassroots Suicide Prevention is not a crisis service.



**Operation Reach Out** is an iOS suicide prevention app aimed at veterans and military families. The app is intended to provide support for people having suicidal thoughts as well as friends, family or service members concerned that someone they know might be considering suicide. The app comes with numerous video vignettes offering suicide counseling, dos and don'ts when reaching out to a potentially suicidal loved one and a help center with suicide hotlines and other resources.



**SEESAY Teen Suicide Prevention** app combines real-time crisis intervention with community and social engagement. Supported by our official crisis services partner, CRISIS TEXT LINE and available as a FREE download via the App Store, the SEE Something SAY Something app connects teens in crisis to live, trained Crisis Counselors via text 24/7.



**SafeStudents** is the simplest way for students to report bullying and suicide concerns to school administrators at anytime, from anywhere, privately and securely using their own mobile device.



**Just in Case** provides support for students encountering a mental health crisis that may involve thoughts of suicide. Information on the app addresses these key areas of concern for students: I can't cope... I am worried about a friend... I might hurt myself or others.. The Resources section links students to organizations and services dedicated to helping in a crisis. The App has been tested on college campuses since 2013, with hundreds of thousands of students having access to the app through their campus's counseling and wellness programs.



**Moodpath** is your pocket-sized mental health companion. Whether you are facing a rough patch or have concerns about your mental health, the app's goal is to support you through the difficult times and guide you out the other side. Moodpath asks daily questions to assess your well-being and screen for symptoms of depression. The screening progress aims to increase your awareness of your thoughts, emotions, and feelings. After a period of 2 weeks, the app generates an electronic document that you can discuss with a healthcare professional. More than 150 videos and psychological exercises are available to help you understand your mood and strengthen your mental health.



**MoodKit** is designed to help you apply effective strategies of professional psychology to your everyday life! With four integrated tools, it helps you: take action to improve your life; feel better by changing how you think; rate & chart your mood to monitor progress; and, develop self-awareness & healthy attitudes. It does a terrific job at making some of the general concepts of CBT available for people to work on by themselves or with the aid of a therapist.



**MoodTools** is a self-help app targeting depression. It provides psychoeducation about risk factors and psychosocial approaches to treatment, a depression symptom questionnaire (PHQ-9), a thought diary, a suicide safety plan, and videos such as meditation guides. It can also assist people without mental illness or people suffering from other mental disorders / mental illnesses such as anxiety, post-traumatic stress disorder (PTSD), bipolar disorder, seasonal affective disorder, dysthymia, obsessive-compulsive disorder (OCD), panic disorder, generalized anxiety disorder, or schizophrenia.

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**WhatsMyM3** is based on a research validated screen that in 3 minutes assesses your risk of depression, bipolar disorder, anxiety and PTSD. After completing the short checklist you receive a personalized confidential report sharing how much burden these symptoms may be causing you. Please reach out to a professional or go directly to the emergency room should you feel a need for help.

## HELPFUL RESOURCES: FOR NONSUICIDAL SELF- INJURY

### WEBSITES:

#### **Focus Adolescence Services**

[www.focusas.com](http://www.focusas.com)

This website is designed for parents and covers a wide range of mental health problems; it has a section on self- injury, information and resources can be obtained weekdays only, 9 a.m. to 5 p.m. Eastern time, at 410- 341- 4216.

#### **S.A.F.E. Alternatives (Self- Abuse Finally Ends)**

[www.selfinjury.com](http://www.selfinjury.com)

S.A.F.E. Alternatives is a residential treatment program for people who engage in self- injury. The website includes information about self- injury and information about starting treatment. S.A.F.E. information hotline: 1- 800- DON'T CUT (366- 8288)

### BOOKS:

Conterio, K. and Lader, W (1999) *Bodily harm: the breakthrough healing program for self- injurers*. Hyperion, New York, NY.

Written by the directors of the S.A.F.E. Alternatives program, this book is suitable for people who engage in self- injury and their families and friends. It includes case studies and diaries of people in recovery, tools for removing barriers to care, and information about the treatments suitable for self- injury.

Kettewell, C. (1999) *Skin game*. St. Martin's Press, Griffin, New York, NY.

A memoir of self- injury. The author, an acclaimed author and journalist, engaged in a pattern of self- injury for many years, starting in early adolescence.

Levenkron, S. (1999) *Cutting: understanding and overcoming self- mutilation*. Norton Books, New York, NY.

This book is suitable for a range of audiences, including people who engage in self- injury, families and friends, and health professionals who wish to better understand the behavior. It explains the psychological motivations for nonsuicidal self- injury, common risk factors, and benefits of treatment.

### PODCASTS:



We cover any and all topics that have to do with mental illness and the loneliness that too often ensues. Whether it is from stigma, misinformation, or plain old ignorance, people with mental illnesses rarely feel fully understood or accepted. This podcast will encourage you that you are, in fact, not alone. Join us in creating a community of people who fight this lonely battle together.



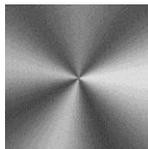
This is a podcast dedicated to answering your questions about mental health, anxiety, depression, relationships, sex, and life WITHOUT psychobabble BS. I am Dr. Robert Duff, a psychologist from Southern California, but I'm also a regular dude who legitimately wants to help out. I wrote the best selling books *Hardcore Self Help: F\*\*k Depression* and *Hardcore Self Help: F\*\*K Anxiety*. Those are available at <http://hardcoreselfhelp.com>

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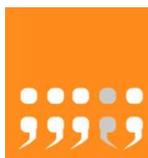
## APPS:



The **Calm Harm** app tells us that the urge to self-harm is like a wave. It's strongest at the beginning, but if you ride the wave, it will soon be over. Apps are no substitute for a good therapist, but people who struggle with these moments of crisis say the right app really helps. It keeps a log of when you felt the urge and what triggered it. When you want help, you tell the app whether you'd like to try five one-minute exercises or a single 15-minute session.



**My Shiny Thing** acts as a distraction intervention, consistent with the evidence based research theory of Dialectical Behavioral Therapy. It empowers those who self-injure with an individualized coping tool to help manage the urge to self harm.



**Self-heal** has been developed in collaboration with potential users, clinicians and researchers to produce a tool that lets you take charge of your behavior. If you're self-harming, finding anonymous support can be tough. The app gives you a randomly chosen activity to do, either now ("write words on yourself with a red marker") or long term ("plan for the future: holidays, weekends away, job or study plans.") There's also a button that takes you to a library of motivational memes and cute pictures, and another for information on managing self-harm urges.



**Moods: Tracking For Better Mental Health** is the fastest and easiest way to record your current mood, which can be critical to maintaining good mental health. This one isn't just for self-harm, and it doesn't help you manage your moods. It just asks you what they are. Select whether you're feeling "good," "okay," or "bad," and then tag your mood ("lethargic," "furious," "☹️," etc) and add a note if you like. The app compiles a report of the moods you feel most often, and it can remind you at a set time of day to log your moods.



**What's Up? A Mental Health App** is an meant for all types of mental health crises. If you tap the "help right now" button, you can choose between a breathing exercise, a random "name 5 things" game and a "catastrophe scale" where you can evaluate what's bothering you on a range from "everything in life is perfect" to "everything has fallen apart and it feels like it's all your fault." There's also a link to forums where you can talk to others. The apputilizes some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help users cope with Depression, Anxiety, Anger, Stress and more!

## HELPFUL RESOURCES: ANXIETY DISORDERS

### WEBSITES:

#### **Anxiety and Depression Association of America**

<http://www.adaa.org/understanding-anxiety/panic-disorder-agoraphobia/symptoms>

ADAA promotes the early diagnosis, treatment, and cure of anxiety disorders.

#### **Anxiety Panic Attack Resource Site**

[www.anxietypanic.com](http://www.anxietypanic.com)

This site provides information pertaining to a variety of treatments and resources on anxiety. The site also provides questionnaires, links to treatment resources, a message board, and lists helpful publications.

#### **Benson- Henry Institute for Mind Body Medicine**

<http://www.massgeneral.org/bhi>

The Benson- Henry Institute for Mind Body Medicine at Massachusetts General Hospital has an online store providing CDs, DVDs, and books on relaxation techniques.

#### **E- couch**

[www.ecouch.anu.edu.au](http://www.ecouch.anu.edu.au)

The E- couch website provides information about emotional problems (including depression and anxiety disorders)—what causes them, how to prevent them, and how to treat them. It also provides a set of evidence- based online interventions designed to equip the user with strategies to improve mood and emotional state, along with a workbook to track progress and record experiences.

#### **Freedom from Fear**

[www.freedomfromfear.org](http://www.freedomfromfear.org)

The Freedom from Fear website provides information, screening tools, and other resources on many types of anxiety disorders.

#### **Mental Health America**

[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

Visit Mental Health America's site for information on mental health, getting help, and taking action.

#### **National Council for Behavioral Health**

[www.TheNationalCouncil.org](http://www.TheNationalCouncil.org)

To locate mental health and addictions treatment facilities in your community, use the "Find a Provider" feature on the National Council's website.

#### **National Institute for Mental Health**

[www.nimh.nih.gov](http://www.nimh.nih.gov)

The website for the National Institute of Mental Health has a wealth of information on anxiety disorders.

#### **Obsessive- Compulsive Foundation**

[www.ocfoundation.org](http://www.ocfoundation.org)

The Obsessive- Compulsive Foundation website includes information about obsessive- compulsive disorder, including information about effective treatments, how to find a health professional who has experience treating the disorder, and links to other websites

## **BOOKS:**

### **General Books**

Bourne, E.J. (2010) *The anxiety and phobia workbook*. (5<sup>th</sup> ed.) Oakland, CA: New Harbinger Publications, Inc.

This is a self- help book based on cognitive behavioral therapy (CBT).

Levine, P. A. (2010). *In an unspoken voice: how the body releases trauma and restores goodness*. Berkeley, Calif.: North Atlantic Books.

Marks, I. (2001) *Living with fear*. McGraw- Hill Education, Berkshire, England.

This book is based on CBT. It includes a very useful chapter on self- help for fears and anxiety. Research has shown that people with phobias who follow the instructions in this chapter improve as much as people treated by a professional.

Maté, G. (1999). *Scattered: how attention deficit disorder originates and what you can do about it*. 1st American ed. New York: Dutton.

Van der Kolk, B. A. (2014). *The body keeps the score: Brain, mind, and body in the healing of trauma*. New York: Viking. Chicago Style Citation. Van der Kolk, Bessel A. *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. New York: Viking, 2014. MLA Citation. Van der Kolk, Bessel A.

### **Panic Books**

Antony, M.M., and McCabe, R. (2004) *10 simple solutions to panic: how to overcome panic attacks, calm physical symptoms, and reclaim your life*. New Harbinger Publications, Oakland, CA.

This small- format self- help book is based on CBT principles and may help people who experience panic attacks. The focus is on thinking realistically about future attacks rather than worrying about them.

Zuercher- White, E. (1998) *An end to panic: breakthrough techniques for overcoming panic disorders*. New Harbinger Publications, Oakland, CA.

This self- help workbook is based on CBT principles and may help people who experience panic attacks, panic disorders, and agoraphobia.

### **Phobia Books**

Antony, M.M. and McCabe, R. (2005) *Overcoming animal & insect phobias: how to conquer fear of dogs, snakes, rodents, bees, spiders & more*. New Harbinger Publications, Oakland, CA.

This book is part of the “I Can Do It” Series. It uses a self- help approach to graded exposure, a form of CBT, for overcoming animal and insect phobias.

Antony, M.M. and Watling, M. (2006) *Overcoming medical phobias: how to conquer fear of blood, needles, doctors, and dentists*. New Harbinger Publications, Oakland, CA.

Medical phobias can lead to significant medical problems, as individuals may resist seeking medical help for emerging problems and emergencies. This book is part of the “I Can Do It” Series. It uses a self- help approach to graded exposure, a form of CBT, for overcoming medical phobias.

### **Social Anxiety Books**

Antony, M.M. (2004) *10 simple solutions to shyness: how to overcome shyness, social anxiety, and fear of public speaking*. New Harbinger Publications, Oakland, CA.

This small-format book is an excellent accompaniment to the book listed below. Based on the principles of CBT, it may be useful not only to the individuals with a clinical disorder but also to those who are nervous in social situations or speaking in public.

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Antony, M.M., & Swinson, P.R. (2008) *The shyness and social anxiety workbook: proven step- by- step techniques for overcoming your fears*. (2<sup>nd</sup> ed.). Oakland, CA: New Harbinger Publications, Inc. This large- format self- help workbook uses the principles of CBT to help people overcome shyness and social phobia.

Stein, M.B., & Walker, J.R. (2002) *Triumph over shyness: conquering shyness & social anxiety*. New York, NY: McGraw- Hill. This self- help book is co- published and endorsed by the Anxiety Disorders Association of America. It may be useful for people with social phobia but also those who struggle with non- clinical shyness. A range of approaches is used.

### **Obsessive- Compulsive Disorder Books**

Foa, E.B. and Wilson, R. (2001) *Stop obsessing: how to overcome your obsessions and compulsions*. Revised edition. Bantam Books, New York, NY. A CBT- based self- help manual for overcoming OCD. Readers are encouraged to tailor a CBT program to target specific obsessions and compulsions. It also includes self- tests and case studies from the authors' significant clinical backgrounds.

The following four books are a suite of self- help workbooks that focus on practical strategies for overcoming specific types of OCD. By selecting the workbook that focuses on the main compulsive symptom (checking, washing, or hoarding) and then adding the workbook on obsessions, an individual can create his own CBT program for overcoming OCD.

Munford, P. (2004) *Overcoming compulsive checking: free your mind from OCD*. New Harbinger Publications, Oakland, CA.

Munford, P. (2004) *Overcoming compulsive washing: free your mind from OCD*. New Harbinger Publications, Oakland, CA.

Neviroglu, F. and Bublick, J. (2004) *Overcoming compulsive hoarding: why you save and how you can stop*. New Harbinger Publications, Oakland, CA.

Purdon, C. and Clark, D.A. (2005) *Overcoming obsessive thoughts: how to gain control of your OCD*. New Harbinger Publications, Oakland, CA.

## **HELP LINES:**

### **American Psychiatric Association Answer Center**

**1-888-35-PSYCH (1-888-357-7924)**

Live operators, available from 8:30 a.m. to 6 p.m., Eastern time, refer you to local board- certified psychiatrists.

### **American Psychological Association Public Education Line**

**1-800-964-2000**

Follow the automated instructions and press the number 1. Then an operator refers you to local board- certified psychologists.

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## SUPPORT GROUPS:

### **American Self- Help Group Clearinghouse**

[www.mentalhelp.net/selfhelp/](http://www.mentalhelp.net/selfhelp/)

This searchable database contains more than 1,100 self- help and caregiver support groups, including many for anxiety disorders. Also listed are local self- help clearinghouses worldwide, research studies, information on starting face- to- face and online groups, and a registry for persons interested in starting national or international self- help groups.

### **National Alliance on Mental Illness**

[www.nami.org](http://www.nami.org)

On the home page, click on “Find Support.”

### **Recovery International**

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

On the home page, click on “Find A Meeting” to find the next Recovery International meeting in your area. Recovery International, a Chicago- based self- help mental health organization, sponsors weekly group peer- led meetings across the United States, as well as telephone and internet- based meetings.

### **Mental Health Association of Oklahoma**

Connects people with information and resources related to mental health and provides programs and services.

*Lottie House Drop-In Center:* 1311 N Lottie Ave OKC, provides a friendly atmosphere for adults experiencing mental illness or homelessness. Connects individuals to peer support programs, trainings, classes, case management, resources and services.

*Sunbridge Counseling:* Provides counseling services for those who are uninsured or cannot pay their deductible. Individual and group counseling services available.

Call 405-943-3700 for all services

[www.mhaok.org](http://www.mhaok.org)

## PODCASTS:



**The Anxiety Coaches Podcast – Relief from Anxiety, Panic and PTSD** Gina and the coaches are regular people who happen to have suffered from stress, anxiety and PTSD (and now coach others). We'll bring you 2 new episodes each week to help you overcome stress, anxiety, panic attacks, and PTSD while living a healthy lifestyle; all in a fun and conversational tone. Gina and her cohorts also answer your questions on health, mindfulness, anxiety and stress management.



**Meditation Minis Podcast** Join host Hypnotherapist Chel Hamilton for short, guided meditations to calm your anxiety, overcome negative thinking, increase your confidence, and more - in 15 minutes or less! Please Note: The meditations presented in this series are from a wide variety of sources and do not subscribe to any particular religious ideology. Every effort is made to present the meditation techniques in this podcast series in a non-dogmatic, non-religious based way. Please do not listen to this meditation podcast or any other meditations while doing something that requires your complete attention... like driving your car.



**Anxiety Slayer** With over 4.5 million downloads and hundreds of podcasts, Anxiety Slayer is a podcast for anyone who is suffering from PTSD, panic attacks, stress, and anxiety. For over 8 years, we've been providing a rich collection of supportive conversations, meditations, relaxations, and breathing techniques to help you feel calm and centered

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**The Anxiety Podcast** Hosted by Tim JP Collins - this is a show to support everyone suffering with Anxiety, stress and panic attacks, Tim suffered with Anxiety and panic attacks and has changed his life to recover and now supports others in doing the same. This unique show isn't just about coping, it's about moving past Anxiety and fear to live the life you were destined for. Each week Tim interviews people that have stories that you will be able to relate to. The interviews are raw, real and vulnerable and people share what's really going on for them. Each week Tim will also share a personal story, skill or coping strategy for you to put into practice right away!



**The One You Feed** Conversations about Creating a Life Worth Living- Named Best of 2014 by iTunes. Open minded discussions of habits, meditation, wisdom, depression, anxiety, happiness, psychology, philosophy, and motivation. "This podcast saved my life"- Amy W



**The Overwhelmed Brain: Personal Growth for Critical Thinkers** Anxiety, depression, fears, obsession, panic, or any relationship, marriage or family issues, this show will help you achieve less stress and more happiness. Become empowered and honor yourself so that you can make decisions that are right for you. Mindfulness, compassion and being in the present moment are only components of a bigger picture. Live authentically and strengthen your emotional intelligence to avoid emotional abuse. Get to the root of emotional issues. If you're annoyed with affirmations and tired of being told to "think positively!", this is not your typical NPR or Tony Robbins podcast. Start creating the life you want today



**Positive Magazine Meditation and Inspiration** offers relaxing 10 minute guided positive energy meditations. Our Positive Energy Meditations covers Anxiety, Healing, Depression, Sleep, Health, and much more! Even more exciting is that we offer meditations in ASMR (Autonomous sensory meridian response). We also upload extended videos to feed the subconscious mind through soothing chants to be played during sleep or rest to refuel your spirit with Positive Subliminal, subconscious and self hypnosis means. Family Friendly content and great for calm for exams and studying.



**Art of Happy Living™ Podcast** Focusing on the healing connection between mind, body and spirit, R. Murali Krishna, M.D., presents The Art of Happy Living™ series as stepping stones in the journey toward leading happier, healthier lives.

Includes information & links on the top podcasts about anxiety: <https://player.fm/podcasts/Anxiety>

## APPS:



**Anxiety Reliever** is an app that enables users to track anxiety symptoms and provides relaxation exercises. A limited version of the app is available for free and the full app can be bought.



**Anxiety Coach** is a self-help app that addresses fears and worries using CBT strategies. The app walks you through making a list of feared activities and helps you master them, leading to less fear and worry. The app includes tools for a severity self-test, making a plan, anxiety tracking, and viewing your progress.



**Pacifica** is an app with anxiety and stress in mind. It provides a toolbox to deal with daily anxiety and stress, along with a highly supportive community of like-minded individuals. It helps you break cycles of unhelpful thoughts, feelings, and behaviors through methods such as CBT, mindfulness meditation, mood tracking, and relaxation. The app houses audio lessons and activities that help you learn to cope with stress and depression, and it sets daily challenges to help you tackle anxiety one day at a time and reach your long-term goals.

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**Anxiety Relief Hypnosis** is an app suggested to help improve relaxation and reduce anxiety within just 1–3 weeks of use. The app's developers say that hypnosis can decrease anxious thoughts and enhance your response to relaxation, which, in turn, resets your behavior and enables an improved response to stress. The app provides an audio session read by a certified hypnotherapist together with calming music and sounds from nature to aid relaxation. The "awaken at end" feature can be disabled to allow you to fall into restful sleep at bedtime.



**Breathe2Relax** is a portable stress management tool which provides detailed information on the effects of stress on the body as well as instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and anxiety management. It can be used as a stand-alone stress reduction tool, or can be used in tandem with clinical care directed by a healthcare worker.



**Panic Relief Free** is targeted to help individuals with panic disorder access easy-to-use, empirically supported coping tools to better manage and move through panic attacks. The free version includes access to progressive muscle relaxation of the arm skill, while the upgrade allows access to the rest of the skills, including square breathing, diaphragmatic breathing, and progressive muscle relaxation.



**MindShift** is an app targeted to help adolescents, teens, and young adults gain insight into and basic skills to manage symptoms of anxiety disorders, including GAD, social anxiety, specific phobias, and panic attacks. It's also useful for managing worry, performance anxiety, test anxiety, and perfectionism. The skills taught may be applied to individuals with physical, emotional, cognitive, or behavioral manifestations of anxiety, providing users with more helpful, balanced ways of thinking about feared situations. Tools such as breathing exercises, mental imagery, and mindfulness strategies are provided in text and audio format.



**PE Coach 2** is designed to be used during therapy for posttraumatic stress disorder (PTSD) with a health professional who is trained in Prolonged Exposure (PE) therapy. The app will guide you through the exercises assigned by your therapist and allows you to track and record your progress. In addition, the app provides techniques such as controlled breathing that will help you tolerate and decrease your distress. This app will help you remember and track your upcoming therapy sessions. You will be able to audio record your sessions directly onto your phone so you can review them later as part of your treatment. This app was created by VA's National Center for PTSD.



**PTSD Coach** was designed for those who have, or may have, posttraumatic stress disorder (PTSD). This app provides educational information about PTSD, professional care information, a self-assessment for PTSD, opportunities to find support, and tools that can help manage the stresses of daily life with PTSD. Tools range from relaxation skills and positive self-talk to anger management and other common self-help strategies. Customizable tools based on personal preferences and integration of contacts, photos, and music. This app can be used by people who are in treatment as well as those who are not. It was created by VA's National Center for PTSD and DoD's National Center for Telehealth & Technology.



**SAM (Self-help for Anxiety Management)** is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety. SAM has been developed by a university team of psychologists, computer scientists and student users. Established methods of self-help have been combined with high standards of usability to provide an engaging, flexible, and practical resource.



**Worry Watch – Anxiety Journal** For individuals with chronic worry, anticipatory anxiety, and GAD, this app provides simple self-monitoring and documenting of worry within a pre-fixed menu, as well as a graphical tool that charts the worry entries by various factors. It also prompts the user to think about whether the he or she believes the actual worry was as bad as what actually happened. Picked as one of the best anxiety apps of 2017, 2016 and 2015 by Healthline.com.

## HELPFUL RESOURCES: FOR DISORDERS IN WHICH PSYCHOSIS CAN OCCUR

### WEBSITES:

#### **Brain & Behavioral Research Foundation**

[www.bbrfoundation.org/](http://www.bbrfoundation.org/)

This site provides downloadable fact sheets on psychotic disorders.

#### **Mental Health America**

[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

Visit Mental Health America's site for information on mental health, getting help, and taking action.

#### **National Alliance on Mental Illness**

[www.nami.org](http://www.nami.org)

NAMI is a nonprofit, grassroots, self- help, support, and advocacy organization of individuals with mental disorders and their families. This website provides many resources on psychosis. The National Alliance on Mental Illness also offers peer support groups for families and consumers.

#### **National Council for Behavioral Health**

[www.TheNationalCouncil.org](http://www.TheNationalCouncil.org)

To locate mental health and addiction treatment facilities in your community, use the "Find a Provider" feature on the National Council's website.

#### **National Institute of Mental Health**

[www.nimh.nih.gov](http://www.nimh.nih.gov)

This US government site gives a wealth of up- to- date information on psychosis in the form of downloadable booklets and fact sheets.

#### **Pendulum**

[www.pendulum.org](http://www.pendulum.org)

Pendulum is a nonprofit organization providing information on bipolar disorder. The website includes book reviews, discussion forums, articles, and links to other resources.

#### **Schizophrenia.com**

[www.schizophrenia.com](http://www.schizophrenia.com)

This website provides information, support, and education to family members, caregivers, and individuals whose lives have been affected by schizophrenia.

### BOOKS:

Bauer, M.S., Kilbourne, A.M., Greenwald, D.E. and Ludman, E. (2009) *Overcoming bipolar disorder*. New Harbinger Publications, Oakland, CA.

A self- help guide for people in treatment for bipolar disorder. Includes strategies for preventing relapse, safe and effective goal setting, and medication.

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Mondimore, F.M. (2006) *Bipolar disorder: a guide for patients and families* (revised edition). Johns Hopkins University Press, Baltimore, MD.

This book has won a number of awards for contributing to the public's awareness and better understanding of mental illness.

Temes, R. (2002) *Getting your life back together when you have schizophrenia*. New Harbinger Publications, Oakland, CA.

This is a self- help guide for people starting a treatment program for schizophrenia. It includes information about what to expect from medication and therapy and strategies for improving overall quality of life.

## HELP LINES:

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**1-888-35 PSYCH (1-888-357-7924)**

## SUPPORT GROUPS:

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Connects people with information and resources related to mental health and provides programs and services.

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*Sunbridge Counseling:* Provides counseling services for those who are uninsured or cannot pay their deductible. Individual and group counseling services available.

Call 405-943-3700 for all services

[www.mhaok.org](http://www.mhaok.org)

### **National Alliance on Mental Health**

[www.nami.org](http://www.nami.org)

On the home page, click on "Find Support."

### **Recovery International**

[www.recovery-inc.com](http://www.recovery-inc.com)

On the home page, click on "Find a Meeting" to find the next Recovery International meeting in your area. Recovery International, a Chicago- based self- help mental health organization, sponsors weekly group peer- led meetings in many communities, as well as telephone and internet- based meetings.

### **Schizophrenia and Related Disorders Alliance of America**

[www.sardaa.org/schizophrenia-anonymous/](http://www.sardaa.org/schizophrenia-anonymous/)

Schizophrenia Anonymous is comprised of self- help groups established to support the recovery of people who experience schizophrenia. The website lists location of self- help groups.

## PODCASTS:



**Shrink Rap Radio Psychology Interviews** All the psychology you need to know and just enough to make you dangerous... This podcast features renowned psychologist, Dr. David Van Nuys, bringing you in-depth interviews on a broad array of psychological topics including: psychotherapy, dreams, consciousness, depth psychology, business psychology, developmental psychology, mind/body psychology, personal growth, psychology and art, research psychology, social issues, and spirituality. The roster of world-class guests includes: Philip Zimbardo, Charles Tart, Irvin Yalom, Jonathan Haidt, Sara Lazar, Robert Altemeyer, Stanley Krippner, Arnold Mindell, Dacher Keltner, Michael Meade, and David Barlow among others.



**All In The Mind** is Radio National's weekly foray into the mental universe, the mind, brain and behavior - everything from addiction to artificial intelligence.



**Mental Illness Happy Hour** "A perversely safe place in which he and his guests talk about their fears, addictions and traumatic childhoods." - NY Times "Normalizes what so many others feel but have been too fearful or ashamed to express...remarkable" - Psychology Today "A vital, compassionate gem that fills a desperate and under-addressed need in our society." - Esquire "Gilmartin makes a conscious effort to explore stories that aren't black and white" - Slate Magazine "Praised by listeners all over the world" - Atlantic

Includes information & links to the top podcasts about psychosis: <https://player.fm/podcasts/Psychosis>

## APPS:



**UCSF PRIME** The ultimate goal of PRIME is to inspire young people with schizophrenia to improve quality of life. The app includes social networking with relatable peers, goal setting focused on promoting well being, and access to mental health motivational coaches to support users in improving their lives. PRIME was developed at the UCSF, DRIVE lab in collaboration with IDEO, the global design firm, Wolox software boutique, and with individuals with schizophrenia and their family members. Clinical trials for the use of PRIME and its effects on improving quality of life are underway. Only our clinical trial participants can use PRIME. Please email [drivelab@ucsf.edu](mailto:drivelab@ucsf.edu) to determine your eligibility to participate in the PRIME studies.



**Peak – Brain Training** This app was chosen as Best App 2014 in over 24 countries around the world. Join millions of brain trainers worldwide and see what the fuss is all about. Reach Peak performance with over 40 unique games, each one developed by neuroscientists and game experts to challenge your cognitive skills and push you further. Use Coach, the personal trainer for your brain, to find the right workout for you at the right time. Choose from Coach's best recommendations to push your skills to the max. Or take contextual workouts like Coffee Break if you're short on time. Coach will help you track your progress using in-depth insights and keep you going when you need it most.

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## HELPFUL RESOURCES: FOR SUBSTANCE USE DISORDERS

### WEBSITES:

#### **Centers for Disease Control and Prevention**

[www.smokefree.gov](http://www.smokefree.gov)

Smokefree.gov, created by the Centers for Disease Control and Prevention, provides ideas about how to stop using tobacco. Includes downloadable resources and contacts for online and phone counseling.

#### **Mental Health America**

[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

Visit Mental Health America's site for information on mental health, getting help, and taking action.

#### **National Council for Behavioral Health**

[www.TheNationalCouncil.org](http://www.TheNationalCouncil.org)

To locate mental health and addiction treatment facilities in your community, use the "Find a Provider" feature on the National Council's website.

#### **National Council on Alcoholism and Drug Dependence, Inc.**

[www.ncadd.org](http://www.ncadd.org)

This site features information on local resources for getting help for a substance use concern, fact sheets, and further information for friends, family members, parents, and youth on having a conversation about substance use.

#### **National Institute on Alcohol Abuse and Alcoholism**

[www.niaaa.nih.gov](http://www.niaaa.nih.gov)

The National Institute on Alcohol Abuse and Alcoholism is the lead agency for US research on alcohol use disorders and health.

#### **National Institute on Drug Abuse**

[www.nida.nih.gov](http://www.nida.nih.gov)

Provides links to information for parents, teens, health professionals, teachers, and others about drugs of all types.

#### **Substance Abuse and Mental Health Services Administration**

[www.samhsa.gov](http://www.samhsa.gov)

[www.findtreatment.samhsa.gov/](http://www.findtreatment.samhsa.gov/)

The Substance Abuse and Mental Health Services Administration (SAMHSA) website has information about substance abuse disorders of all kinds. It has information for the public, including families, health professionals, schools, and individuals. It also includes a treatment finder to locate a substance use treatment provider in your area.

### SCREENING SITES:

#### **Do I have a drug problem?**

[www.drugscreening.org](http://www.drugscreening.org)

#### **How much is too much?**

[www.alcoholscreening.org](http://www.alcoholscreening.org)

These websites were developed by the Boston University School of Public Health. They provide online tests about your own, or someone else's, level of drug use, including advice about cutting down or getting professional treatment.

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## BOOKS:

All books by author Brene Brown.

Alcoholics Anonymous., & Al-Anon Family Group Headquarters, Inc. (2003). *Alateen: Hope for children of alcoholics*. New York: Al-Anon Family Group Headquarters.

Alcoholics Anonymous. (2001). *Alcoholics Anonymous: The big book --4th ed.--*. New York City, NY: Alcoholics Anonymous World Services, Inc.

Al-Anon Family Group Headquarters, Inc. (2008). *How Al-Anon works for families & friends of alcoholics*. Virginia Beach, Va: Al-Anon Family Groups.

Fanning, P. (1996) *The addiction workbook*. New Harbinger Publications, Oakland, CA.  
This self- help guide may assist some people to overcome their alcohol or other drug dependence disorder.

Fletcher, A. M. (2013). *Inside rehab: The surprising truth about addiction treatment : and how to get help that works..*

Hari, J. (2015). *Chasing the scream: The first and last day of the war on drugs*. London: Bloomsbury Circus.

Hardin, R., & Steinberger, H. (2013). *Smart recovery handbook*.

Knapp, C. (2005). *Drinking: A love story*. New York: Bantam Dell.

Levine, N. (2014). *Refuge recovery: A Buddhist path to recovering from addiction*.

Maté, G. (2008). *In the realm of hungry ghosts: Close encounters with addiction*. Toronto: Knopf Canada.

Moyers, W. C., & Ketcham, K. (2007). *Broken: My story of addiction and redemption*. New York, N.Y: Penguin Books.

Olsen, P. and Levounis, P. (2008) *Sober siblings: how to help your alcoholic brother or sister- and not lose yourself*. Da Capo Press, Cambridge, MA.  
This book was written by the sober sister of two brothers with alcohol dependence and a drug and alcohol rehabilitation professional. It includes personal recollections as well as practical advice for helping a sibling recover from alcohol abuse.

Rotgers, F. (2002) *Responsible drinking: a moderation approach for problem drinkers with worksheet*. New Harbinger Publications, Oakland, CA.  
This book may assist people who are not addicted to alcohol, but wish to curb their use, to determine their own ideal drinking levels and stick to them.

Ruiz, M. (1997). *The four agreements: A practical guide to personal freedom*. San Rafael, Calif: Amber-Allen Pub.

Sheff, D. (2008). *Beautiful boy: A father's journey through his son's addiction*. Boston: Houghton Mifflin.

Sheff, D (2013). *Clean: Overcoming Addiction and Ending America's Greatest Tragedy*. Houghton Mifflin Harcourt.

Sheff, N. (2007). *Tweak*. New York: Atheneum Books for Young Readers.

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The Healing Project (2008) *Voices of alcoholism*. LaChance Publishing, Brooklyn, NY.  
True stories of recovery from alcohol dependence.

W, B., Cohen, A., W, B., & Alcoholics Anonymous,. (2015). *Alcoholics Anonymous: The original big book, 12 steps, guides, and prayers, the story of how many thousands of men and women have recovered from alcoholism*.

## HELP LINES FOR TOBACCO CESSATION

**National Cancer Institute Smoking Quitline**  
**1-877-44U-QUIT (1-877-448-7848)**  
(English and Spanish)

**Smoking Cessation Centers**  
**1-800-QUIT-NOW (1-800-784-8669)**  
(number used in 17 states; English and Spanish)

## SUPPORT GROUPS:

### **Al- Anon and Alateen**

[www.al-anon.org](http://www.al-anon.org)

[www.alateen.org](http://www.alateen.org)

Provides information and support for the family members and friends of people with alcohol problems. Includes a list of meetings in the United States and Canada.

### **American Self- Help Group Clearinghouse**

[www.mentalhelp.net/selfhelp/](http://www.mentalhelp.net/selfhelp/)

This searchable database of more than 1,100 self- help and caregiver support groups includes many for addictions and other substance use disorders. Also listed are local self- help clearinghouses worldwide, research studies, information on starting face- to- face and online groups, and a registry for persons interested in starting national or international self- help groups.

### **Narcotics Anonymous and Alcoholics Anonymous**

[www.na.org](http://www.na.org)

[www.aa.org](http://www.aa.org)

These websites will give you information on Narcotics Anonymous and Alcoholics Anonymous and will give you the website and contacts for groups in your area.

### **SMART Recovery: Self-Help Addiction recovery**

[www.smartrecovery.org/](http://www.smartrecovery.org/)

Sensible Tools for Self-Help Addiction Recovery **SMART Recovery** offers meetings in the United States, Canada, Australia, Denmark, Ireland and the UK as well as many other countries around the world. Find a meeting in your area, or attend convenient online meetings.

### **Celebrate Recovery**

[www.celebraterecovery.com](http://www.celebraterecovery.com)

An American Christian based twelve-step program designed to facilitate recovery from a wide variety of troubling behavior patterns or “hurts, hang ups and habits”, Meetings are offered in churches across the state. To locate a meeting in your area go to: <https://locator.crgroups.info/>

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## Refuge Recovery

[www.refugerecovery.org](http://www.refugerecovery.org)

A Buddhist path to recovering from addiction. Refuge Recovery is a mindfulness-based addiction recovery community that practices and utilizes Buddhist philosophy as the foundation of the recovery process. Drawing inspiration from the core teachings of the Four Noble Truths, emphasis is placed on both knowledge and empathy as a means for overcoming addiction and its causes. Those struggling with any form of addiction greatly benefit when they are able to understand the suffering that addiction has created while developing compassion for the pain they have experienced. Meetings are offered both in person and online. Locally meetings are offered in Norman, Oklahoma City and Tulsa:

<https://www.refugerecovery.org/meetings/?tsml-region=826>

## OCARTA (Oklahoma Citizens Advocate for Recovery and Transformation Association)

[www.ocarta.org](http://www.ocarta.org)

This organization helps those affected by alcohol and addiction to successful recovery, advocates and educates the public to change the perception and attitudes directed at those who are addicted or recovering. They also operate Sober Grounds a recovery based peer run drop in center.

## PODCASTS:



The **Dawn Farm Education Series** is a FREE, workshop series developed to provide accurate, helpful, hopeful, practical, current information about chemical dependency, recovery, family and related issues; and to dispel the myths, misinformation, secrecy, shame and stigma that prevent chemically dependent individuals and their families from getting help and getting well.



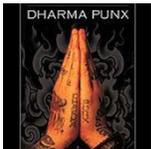
The **Recovered** podcast uses the 12 step program of recovery to solve the alcoholic addiction problem. This is the podcast where life is seen through a 12 step recovery lens. This is a podcast about men and women who have recovered from a seemingly hopeless state of mind and body. We have discovered a solution, we have a way out. We have learned how to live sober and happy. Join us on this journey called life.



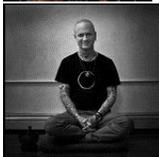
**Refuge Recovery** "A Buddhist approach to recovering from Addiction" Refuge Recovery is an oriented path to freedom from addiction. This is an approach to recovery that understands; "All individuals have the power and potential to free themselves from the suffering that is caused by addiction".



**Refuge Recovery Speakers** Recordings of Refuge Recovery members sharing about their path of recovery.

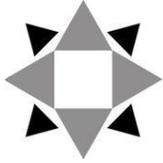


**Against the Stream** Dharma talks by Noah Levine, author of Dharma Punx and Against the Stream, and other teachers at Against the Stream Buddhist Meditation Society in Los Angeles, San Francisco and elsewhere.



**Dharmapunx** Dharma talks by Josh Korda on the Bowery, NYC and at Greenpoint, Brooklyn.

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**SMART Recovery®** Podcasts is a library of talks on addiction from the leading self-empowering peer support recovery group in the world. Enjoy entertaining, thought-provoking discussion with experts in the field of science-based addiction treatment and recovery. SMART Recovery provides services for those overcoming addictions of all types.

Information about and links to the top Recovery podcasts for various types of addictions:

<https://player.fm/podcasts/Recovery>

## APPS:

Information on and links to many of the addiction recovery apps organized by the following categories: daily inspiration applications; addiction management applications; 12 Step applications; sobriety calculator applications and misc. applications

<https://www.rehab4alcoholism.com/article/32/addiction-recovery-apps-you-absolutely-must-try>



**Recovered Podcast** Get instant access to The #1 Recovery Podcast which uses 12 steps for the alcoholic addiction problem. We have discovered a solution, we have a way out. We have learned how to live sober and happy. Join us on this journey called life.



**Sober Grid** is an essential tool for your recovery — providing access to peer-support and other resources critical to staying sober. Join the community on Sober Grid and begin your journey today!



With **Flipd**, you never have to be distracted by your phone again! Backed by research, Flipd is the leading app that effectively hides social media apps and games for you so that you can stay focused and on-task. You can even challenge yourself to stay off of your phone and track your productivity and progress as you go.



**Quit That! Track & Stop Habits** Are you looking for a totally free app to help you quit stuff without pesky ads, limits, or annoying prompts? Quit That! is a simple app to track all of the stuff you are trying to quit. Want to quit smoking? Quit That! Looking to stop drinking soda? Quit That! too.



**recoveryBox Addiction Recovery Toolbox** Designed for addiction recovery and accountability, this app is a sobriety toolset that facilitates tracking of daily life activities easily breaking them down into your "lights". Breaking habits requires knowing why we do what we do, when do we do it, and coming up with a plan to break the habits. Keep track of your daily activities using this simple light system and email/text directly from the app to your sponsor, accountability partner or counselor.



**Sober Tool – Alcoholism & Addiction Recovery Help** Developed by a Harvard educated Licensed Chemical Dependency and Certified Alcoholism Counselor with over 27 years clean and sober and a team from The Ohio State University, this app is based on proven techniques to help you stay clean and sober. It doesn't matter whether it's alcohol, food, sex, cocaine, marijuana, gambling, spending, heroin, the internet, or anything else, SoberTool gives you free, immediate help. It actually trains coping skills. There is also confidentiality regarding information you enter because it is stored only on your device.

OCCHD Wellness Now does not endorse any of the books, podcasts or Apps listed in this document. They have been reported to be helpful by members or the patients that they serve. Some of them may contain explicit language or content. Please see additional information about the Podcasts and Apps by following the hyperlink provided or by visiting iTunes. They are intended to be supplemental resources and are not meant to replace professional medical or behavioral health advice or services.



**Pear reSET™** is a mobile digital therapy for treating substance use disorder. It contains a series of interactive therapy lessons with information to help support your recovery. Each lesson can be read and listened to at your own pace. After you have completed a lesson, a short quiz ensures you are familiar with the content you reviewed. Virtual rewards are offered each time you complete a lesson and quiz combination. This therapy is designed as a 12-week program requiring weekly check-ins. Your progress is available for review by your doctors and therapists to help improve communication between clinic visits. NOTE: reSET™ is a prescription product. To access, you must have a prescription from your provider and a prescription access code. Providers can include physicians, nurse practitioners, psychologists, registered nurses, or any authorized therapist or treatment counselor treating patients for substance use disorder (SUD).



**Nomo** is perfect for anyone recovering from alcoholism, sexual or pornography addiction, self-harm, codependency, smoking, tobacco, drug or chemical dependency, anger, depression, or any other kind of hurt, habit, or hangup. We hope it's a valuable tool for you in your recovery.



**WEconnect** supports recovery aftercare for alcohol and drug addiction populations by: helping you stay accountable to your new, healthy routine, creating healthy habits, keeping you connected to and encouraging communication with your private support network, and you earn rewards along the way that enhance your recovery! Plus, verifying it all through GPS location. All of your data is protected by HIPAA Compliance Standards and is secure and private. This app addresses the most crucial time during someone's recovery: the first year of sobriety, and equally benefits someone in long-term recovery.



**rTribe Counseling & Community** Live connected! Feel better! Hope, Healing, & Help - No matter your circumstance. Timely professional support to help you change your life and improve your connection with your significant other, spouse, loved ones or family. Find your tribe, achieve true healing, reach your goals in a safe and supportive community.



**AA Big Book by Alcoholics Anonymous** Listen to the entire Alcoholics Anonymous Big Book as well as audiobooks, audio courses, and speaker tapes to help you stop drinking, live sober, and recover from alcoholism. The AA Big Book from Bill Wilson and Dr. Bob has helped millions of men and women give up alcoholism and drug addiction. Learn from inspiring stories by Al-Anon speakers. Get tips on how to quit substance abuse through the use of the 12 step program. This app is like always having the AA Big Book in your pocket.



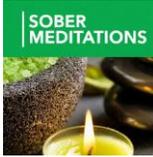
**Twenty-Four Hours a Day Recovery Meditations** One of Healthline's Best Alcoholism Apps of 2016. Find inspiration anywhere, at any time, with Hazelden app featuring all 366 daily meditations from the classic best-selling meditation book for people in recovery from addiction. At the touch of a fingertip, Twenty-Four Hours a Day becomes your companion, making it easy to focus on your sobriety wherever you are.



**12 Steps Companion** **\*\*FEATURED ON GOOD MORNING AMERICA\*\*** The ORIGINAL & MOST COMPREHENSIVE sobriety tool available for members of Alcoholics Anonymous. With a feature packed Big Book reader, search tool, sobriety calculator, notes, AA contacts database and more, your experience is unmatched!



**Came To Believe (CTB)** was designed to support your program of recovery in Alcoholics Anonymous. The best value on the market, CTB is fun and interactive and contains all the sobriety tools you want: \*Daily Inventories\* \*Sobriety Counter\* \*Big Book\* \*Meditation\* \*Prayers\* \*Goals\* \*Check-Ins\* \*Plan of Action\* \*Reminders\* \*Step Writing\* \*Gratitude List\* \*12 Traditions\* Each week you're guided by a wise old owl who encourages you to set goals, record your progress, and receive stars to celebrate your hard work in AA. Every day you'll have the opportunity to check in, take your emotional temperature, practice prayer and meditation, read the AA Big Book, complete a daily inventory, set reminders to call your sponsor, do step writing, show up for service commitments and more. CTB will help you strengthen your AA program and be of service to others. A life of sane and happy usefulness is what we are promised and is available to you right now.



**12 Step Meditation Daily Reflections AA NA Al-Anon** Listen to hundreds of hand selected and high quality guided meditations, music, prayers and 12 step audio recovery content. Plus mix and layer over 100 looping meditation sound effects and relaxing melodies. Built in timer makes it easy to build a daily practice.



**SMART Recovery Cost Benefit Analysis (CBA)** is a tool for helping people recover from all types of addiction and addictive behaviors, including: drug abuse, drug addiction, substance abuse, alcohol abuse, gambling addiction, cocaine addiction, prescription drug abuse, sexual addiction, and problem addiction to other substances and activities.



**Headspace: Meditation** Get more from your day through mindfulness, be less distracted and reactive, and focus on the things that matter most to you. Our Basics course is completely free and will teach you the fundamental techniques of meditation and mindfulness. After that, by subscription, gain access to the full Headspace meditation library. Train your mind with guided meditations on everything from stress to sleep, and anxiety to relationships. Bring more awareness to daily activities through on-the-go exercises, and use SOS sessions to skillfully manage moments of panic or anxiety. The Headspace animation library is full of tips and helpful wisdom to keep your practice on track, and you can even add friends to keep each other motivated.



**Simple Habit** is the best meditation app for busy people. Meditate for just 5 minutes/day to reduce stress, improve focus, sleep better, relax faster, breathe easier, and more. Recommended by Apple and Business Insider.



**Touchstones: Daily Meditations for Men in Recovery** Find inspiration anywhere, at any time, with Hazelden Publishing's Touchstones app featuring all 366 daily meditations from the best-selling meditation book for men in recovery from addiction. Speaking straight to men who are striving to maintain emotionally and spiritually balanced lives, this app features daily readings that explore the masculine roles of lover, spouse, father, and friend, easing the strain of making a man's way. The readings feature daily inspiring quotations followed by affirmations that underscore lessons of intimacy, integrity, and spirituality.

# HELPFUL RESOURCES: FOR EATING DISORDERS

## WEBSITES:

### **Mental Health America**

[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

Visit Mental Health America's site for information on mental health, getting help, and taking action.

### **National Association of Anorexia Nervosa and Associated Disorders**

[www.anad.org](http://www.anad.org)

This site includes information about eating disorders, how to seek treatment, and support groups for people suffering from eating disorders and their families.

### **National Council for Behavioral Health**

[www.TheNationalCouncil.org](http://www.TheNationalCouncil.org)

To locate mental health and addictions treatment facilities in your community, use the "Find a Provider" feature on the National Council's website.

### **National Eating Disorders Association**

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

This site has stories of recovery from eating disorders, information about seeking treatment, and additional resources for school professionals and caregivers.

### **National Institute of Mental Health**

[www.nimh.nih.gov](http://www.nimh.nih.gov)

The National Institute of Mental Health website has links to information about eating disorders.

### **Substance Abuse and Mental Health Services Administration**

[www.samhsa.gov](http://www.samhsa.gov)

This website has links to information about eating disorders.

## LOCAL:

### **Oklahoma Eating Disorders Association**

[www.okeatingdisorders.org](http://www.okeatingdisorders.org)

## BOOKS:

Fairburn, C. (1995) *Overcoming binge eating*. Guilford Press, New York, NY.

This self- help manual may help people who are struggling with binge- eating disorder and bulimia nervosa to gain control over their eating.

McCabe, R.E., McFarlane, T.L., and Olmstead, M.P. (2004) *Overcoming bulimia: your comprehensive, step- by- step guide to recovery*. New Harbinger Publications, Oakland, CA.

This self- help workbook uses the principles of cognitive behavioral therapy to help people with bulimia help themselves.

Schaefer, J., and Rutledge, T. (2003) *Life without Ed: how one woman declared independence from her eating disorder and how you can too*. McGraw- Hill, Columbus, OH.

Written by a woman who recovered from fluctuating episodes of anorexia nervosa and bulimia nervosa, with contributions by her therapist, this book details the difficult road to discovery. "Ed" is the name given to the eating disorder.

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## Gürze Books

[www.gurze.com](http://www.gurze.com)

This website offers all types of books on eating disorders. Listed are self- help books, many based on cognitive behavioral therapy; information for people with eating disorders, their families, and therapists; and autobiographical books documenting recovery from an eating disorder.

## SUPPORT GROUPS:

### American Self- Help Group Clearinghouse

[www.mentalhelp.net/selfhelp/](http://www.mentalhelp.net/selfhelp/)

This searchable database lists 1,100 self- help and caregiver support groups, including many for eating disorders. Also listed are local self- help clearinghouses worldwide, research studies, information on starting face- to- face and online groups, and a registry for persons interested in starting national or international self- help groups.

### Eating Disorders Anonymous

[www.eatingdisordersanonymous.org](http://www.eatingdisordersanonymous.org)

Following the 12- step approach used by Alcoholics Anonymous, Eating Disorders Anonymous can help people struggling with eating disorders. The website lists meetings nationwide.

### Overeaters Anonymous

[www.oa.org](http://www.oa.org)

Following the 12-step approach used by Alcoholics Anonymous, Overeaters Anonymous can help people struggling with compulsive eating and binge eating. The website lists Overeaters Anonymous meetings nationwide.

## PODCASTS:

Includes information and links to over 50 podcasts about eating disorders including binge eating, anorexia and bulimia.

<https://player.fm/podcasts/Eating-Disorder>

## APPS:



**RR: Eating Disorder Management** Recovery Record app is a comprehensive resource that focuses on key approaches to promote recovery and positive body image. Keep a record of the meals you eat and how they made you feel when you ate them through this app. Read reflections and affirmations along your recovery journey, collect “jigsaw pieces” for positive behaviors, and complete questionnaires that’ll help you track your progress over time. You can also link your app to your treatment team so they can provide encouragement and feedback.



**Rise Up + Recover: An Eating Disorder Monitoring and Management Tool for Anorexia, Bulimia, Binge Eating, and EDNOS** is a unique app that allows you to track your meals and how you’re feeling when you eat them. It allows you to transcribe your progress into a PDF printout that you can share with your treatment team. For people looking for quick coping strategies whenever they have an urge to binge or skip a meal, this app offers easy to access coping strategies to encourage you to continue a healthy lifestyle.



**recoveryBox Addiction Recovery Toolbox** Designed for addiction recovery and accountability, this app is a sobriety toolset that facilitates tracking of daily life activities easily breaking them down into your “lights”. Breaking habits requires knowing why we do what we do, when do we do it, and coming up with a plan to break the habits. Keep track of your daily activities using this simple light system and email/text directly from the app to your sponsor, accountability partner or counselor.

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