

# Digital Peer Resources

**If you or someone you know is in distress, call:**  
Marin Suicide Prevention Hotline: 415-499-1100  
BHRS Access Line: 1 (888) 818-1115  
Mobile Crisis - 415-473-6392  
National Suicide Hotline - 1-800-273-8255

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## **Digital Peer Resources**

### **Support Lines/Crisis Lines**

#### **Marin Suicide Hotline - (415) 499-1100**

Bucklew Programs' hotline offers 24/7, free and confidential crisis support for callers having thoughts of suicide, as well as friends and family worried about loved ones. Bucklew also supports the community at large by helping those with mental health issues who may or may not be considering suicide.

#### **Mobile Crisis - 415-473-6392**

The mobile crisis team will operate Monday through Friday 8:00am to 9:00pm and Saturday 1:00-9:00 p.m. This team is comprised of two licensed mental health clinicians. The team will be able to respond to individuals in the community who present in a crisis. Some of the referral sources are schools, police departments, and family members who are concerned about loved ones. This team will have the capacity to initiate a 5150 if warranted OR to offer crisis intervention, stabilization and linkage to appropriate community-based services. In addition, the team will have the capacity to lift holds in certain circumstances.

#### **National Suicide Hotline - 1-800-273-8255**

Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

#### **CalHope - 1- (833) 317-HOPE (4673)**

Department of Health Care Services (DHCS) has launched CalHOPE. As part of the response to the COVID-19 pandemic their website has resources to support people experiencing stress from the pandemic. The CalHOPE Warmline is live and answering calls – telephone or text. <https://calhope.dhcs.ca.gov/>

#### **Trevor Project—1-866-488-7366 or text 678-678**

The mission of The Trevor Project is to end suicide among gay, lesbian, bisexual, transgender, queer & questioning young people. There are a lot of valuable resources on their website. Their crisis intervention and suicide prevention hotlines are staffed 24/7/365 and there is the also the option of texting them.

#### **CAM Warmline - 1-415-459-6330; Spanish language—1-415-457-4026**

The Community Action Marin Warmline provides peer support via telephone. During the coronavirus crisis the Warmline has extended their hours and also created a Spanish-language Warmline. The warmline is now available 7 days a week from 9 A.M.-midnight.

#### **Crisis Textline - Text HOME to 741741**

This service is available from anywhere in the United States. You will be connected to a trained crisis counselor who will respond and provide support to help you with the crisis. The service is available 24/7.

### **Older Adult Friendship Line - 1-888-818-1115**

The Friendship Line is an accredited crisis intervention program for the elderly. Confidential telephone discussions for people 60+ who may be lonely, isolated, grieving, depressed, anxious and/or thinking about death or suicide, their caregivers and/or younger disabled adults is available. The service is available 24/7.

### **ACCESS Line - 1-888-818-1115**

The Access Team is a part of Marin County Behavioral Health and Recovery Services and provides information and screening for mental health and substance use services over the phone and in person as needed. The team assesses the needs of clients and provides referrals and authorization for treatment. In-person assessments may be available. The ACCESS Line is answered 24/7.

### **The MHSF Peer-Run Warm Line - 1-855-845-7415**

A non-emergency resource for anyone seeking emotional support. Assistance is provided via phone and webchat on a nondiscriminatory basis. Some concerns callers share are: challenges with interpersonal relationships, anxiety, panic, depression, finance, and alcohol and drug use.

## **Digital Access Programs for Low Income**

### **PCs for people**

PCs for People is a national leader in digital inclusion. As a 501(c)(3) nonprofit organization, every project, program and initiative at PCs for People is centered on getting low-cost computers and affordable broadband internet into the homes of low-income individuals.

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

### **Xfinity WiFi Hotspot Access Opens Nationwide in Response To Coronavirus**

Xfinity WiFi hotspots in out-of-home locations will be available for free to anyone who needs them, including non-Xfinity Internet customers, to keep our communities connected with their friends and family.

*What hotspots are included?*

Xfinity WiFi hotspots located both indoors and outdoors in places like shopping districts, parks, businesses, and train stations will be open. Hotspots located in customers' homes are not opened to the public.

Customers and non-customers can find the exact hotspot locations at [xfinity.com/wifi/#find-a-hotspot](https://xfinity.com/wifi/#find-a-hotspot). Xfinity Internet customers can also locate them through the Xfinity WiFi Hotspots app.

### **Access FROM AT&T**

AT&T offers low-cost internet service to qualifying participants of up to 10 Mbps with prices ranging from \$5-\$10/mo. As part of the program, there's no contract, no deposit and no installation fee required, plus an in-home Wi-Fi modem and access to more than 30,000 AT&T nationwide hotspots is included.

To qualify, participants must have at least one resident who participates in the Supplemental Nutrition Assistance Program (SNAP), have an address in AT&T's 21-state area where wireline home internet service is provided, and not have outstanding debt for AT&T fixed internet service within 6 months. More info at <https://www.att.com/internet/access/>

### **Cox Connect2Compete**

For \$9.95/mo., qualifying participants can receive low-cost internet up to 15 Mbps from Cox. Additionally, program members can take advantage of no deposits or annual contracts and a free Wi-Fi modem.

Qualifying applicants for the Connect2Compete program must have at least one K-12 student living in their household and participate in either the National School Lunch Program (NSLP), Public Housing, Supplemental Nutrition Assistance Program (SNAP) or Temporary Assistance for Needy Families (TANF).

Visit [Cox's Connect2Compete](#) page or call 1.855.222.3252 to learn more about the program and check on your eligibility.

### **Xfinity Internet Essentials**

With Xfinity Internet Essentials, qualifying households can get internet speeds up to 15 Mbps for \$9.95/mo. With the program, there's no credit check, no contract and no installation fee. In-home Wi-Fi is included and participants have the option to [purchase a low-cost computer](#) for \$149.99 plus tax.

You may qualify for Xfinity Internet Essentials if your child is eligible for the National School Lunch Program, you receive HUD housing assistance, or you are a low-income verified veteran or senior.

Visit the [Xfinity Internet Essentials](#) page to learn more about their programs and check your eligibility.

### **Renew Computers For The Community Program**

Computers for the Community Program was created to provide affordable desktop and laptop computers to any non-profit or any client, affiliate or employee thereof. These computers are the same as our standard Renew builds except we are now able to offer them at a reduced cost to you. As long as you are affiliated with a CA non-profit in any way you qualify for our program!

MCIL and Empowerment Clubhouse partners with Renew Computers. Call MCIL to connect with counselor at 415-459-6245. Contact Empowerment Clubhouse at 415-339-2837.

<https://renewcomputers.com/computers-for-the-community-program/>

## **Support Groups**

### ***Groups at Empowerment Clubhouse***

Empowerment Clubhouse is a recovery-oriented, strengths-based community mental health organization with a mission of *offering a safe and restorative community where individuals working toward mental health recovery become empowered through meaningful work and supportive relationships*. Joining Empowerment Clubhouse is entirely voluntary, free, and available to any Marin County resident over 18 years of age living with a diagnosed mental health disorder or acknowledged mental health challenge.

Empowerment Clubhouse is currently operating as a daily (M-F) "Virtual Clubhouse," offering groups (including: art, journaling, collage, yoga, meditation), trainings, social activities, employment and education services, and opportunities to get involved in the work of the Clubhouse.

Interested individuals are welcome to apply for membership by emailing [admin@empowermentclubhouse.org](mailto:admin@empowermentclubhouse.org) or calling 415.339.2837.

### ***MHASF Support Groups***

**Here is the Participant Information form.  
Please fill this out before attending group if you have not already done so.**

<https://forms.gle/ZHx6WreuRvH7kRJW6>

### **MHASF Zoom Programming November 2020**

For more information, please contact Lisa-Sun Gresham at [lisa-sun@mentalhealthsf.org](mailto:lisa-sun@mentalhealthsf.org).

I have included below all of the Zoom links, Meeting IDs, and Passwords you will need for each recurring group which will remain the same month-to-month, and the date specific support groups for Collecting Behaviors (Hoarding Disorder) for November.

This is the information you will need to know:

You can either call in on a land line/flip phone, or download the Zoom application to a smartphone, laptop, or desktop for video/audio conferencing. If you have Zoom already pop-in the Meeting ID and enter the password provided below. If you would rather call-in and not Zoom, please use this number: **1-669-900-6833** (San Jose). Enter the Meeting ID and press the password onto the keypad. To mute and un-mute yourself, press \*6

**Remote: NEW – The Toolbox: A Support Group for Peer Workers Tuesdays @ 5:30-6:30 pm**

Are you a peer worker? Come join this support group for peers, by peers, every Tuesday evening to expand your wellness tools and modify your coping techniques.

Zoom link: <https://zoom.us/j/96156226603?pwd=ZTczV2FLa2JDZVM1b3pTK0F0K0psZz09>

Meeting ID: 961 5622 6603

Passcode: 240298

**Remote: Advanced Drop-in Support Group for Collecting Behaviors (Hoarding Disorder) (11/2 and 11/16/2020 Monday @ 5:30 pm – 7:00 pm)**

A bi-monthly group for folks who have completed a CBT or Buried in Treasures support group with MHASF. Intended for people who are dealing with collecting challenges and issues to talk and get support from peers in an informal setting.

Zoom link: <https://zoom.us/j/93512252944?pwd=djJOTHZFLzkrSEs4R3F0c2FhWTk4Zz09>

Meeting ID: 935 1225 2944

Password: 94102

**Remote: Drop-in Support Group for Collecting Behaviors (Hoarding Disorder) (11/4 Wednesday @ 3:00 – 4:30 p.m.)**

**(11/9 Monday @ 5:30 – 7 p.m.)**

**(11/18 Wednesday @ 3:00 – 4:30 p.m.)**

**(11/23 Monday @ 5:30 – 7:00 p.m.)**

A weekly group for people who are dealing with collecting challenges and issues to talk and get support from peers in an informal setting

Zoom link: <https://zoom.us/j/94730106880?pwd=UllQUTN3Q2Vvb0RFczBtdkhrY2RWZz09>

Meeting ID: 947 3010 6880

Password: 94102

**Remote: People of Color Support Group Mondays @ 10:30 – 12:00 p.m.**

Join MHASF for a weekly support group to discuss issues, coping strategies, and resources relevant to people of color in our community particularly during the crisis of COVID-19.

Zoom link: <https://zoom.us/j/92345022723?pwd=a3hveldpWTIZUCtPZjBBbE9GTzU4dz09>

Meeting ID: 923 4502 2723

Password: 464099

**Remote: Managing Anxiety Support Group Tuesdays @ 2:30 – 4:00 p.m.**

A weekly supportive space for Peers to share their personal struggles with anxiety and empower one another in using tools for coping.

Zoom link: <https://zoom.us/j/314910775?pwd=aFc4SytYWkVPRXFQalRnRThINVO2QT09>

Meeting ID: 314 910 775

Password: 030765

**Remote: Family & Friends Support Group for Collecting Behaviors (Hoarding Disorder) (1st Tuesday of the month @ 6:00 - 8:00 p.m.)** \*Due to Election night, moved to 11/10/2020

This therapist-led support group is for family and friends seeking to better understand and support loved ones with collecting challenges or hoarding disorder. New and returning members are welcome to attend. For access to this group please contact Susie DuBois at [Susier@att.net](mailto:Susier@att.net).

**Remote: Clearing House Support Group (1st and 3rd Wednesday of every month @ 12:30 - 2:00 p.m.) (11/4 Weds and 11/18/20 Weds)**

Provides a non-judgmental and culturally supportive space for LGBTQ seniors 55+ where they can share stories of their struggles, strategies, and successes. A Peer-facilitated group with their own lived expertise and systems for working through the challenges of living with clutter.

Zoom link: <https://zoom.us/j/93125352946?pwd=bERrai9mc0hPVEk0Qmtsa01DVWNsZz09>

Meeting ID: 931 2535 2946

Password: 94102

**Remote: Let's Talk About Stress & Wellness - Wednesdays @ 5:00 - 6:00 p.m.**

Feeling stressed out? Please join our group to discuss ways to feel calm and connected - we will talk about strategies and resources!

Zoom link: <https://tndc.zoom.us/j/95835099286>

Meeting ID: 958 3509 9286

No password.

**Remote: Adult Hearing Voices Group - Wednesdays @ 6:00 – 8:00 p.m.**

This is a remote adult support group for those who hear voices, have visions, & experience unique experiences. This group was created in partnership with The Bay Area Hearing Voices Network (BAHVN). The BAHVN seeks to expand public awareness, provide community support & refuge for those who hear voices, see visions, & experience other forms of extraordinary perception.

Zoom link:

<https://us02web.zoom.us/j/82596708724?pwd=a1Q5OTR4S3lwU2ZOY0NweJxMTVVZz09>

Meeting ID: 825 9670 8724

Password: warmline

**Remote: Adults on the Autism Spectrum Support Group Thursdays @ 5:30 – 7:00 p.m.**

A supportive space for peers who identify as adults on the autism spectrum to share their successes, challenges, and to deepen their understanding of autism.

Zoom link: <https://zoom.us/j/859274680?pwd=N1FQMkRUWHd6SmkvWUN4Q2FDUWN2QT09>  
Meeting ID: 859 274 680  
Password: 022587

**Remote: Coffee Talk with MHASF Fridays @ 10:00 – 11:30 a.m.**

Join the staff of MHASF every Friday morning as we share, explore, and connect in community. With a rotating topic and facilitator weekly, there is something for everyone to enjoy!

Zoom link: <https://zoom.us/j/94256313480?pwd=dFp0eGJhem05S2xZemFCZjF2dGNyUT09>  
Meeting ID: 942 5631 3480  
Password: 101619

**Remote: Depression Lives On and So Can We Support Group Fridays @ 2:00 – 3:30 p.m.**

A weekly support group for those living with depression to connect, share experiences, coping tools, and community building resources.

Zoom link: <https://zoom.us/j/99021566300?pwd=SGsrTXJhRHB3dVhoYW9vNDdzdDhjZz09>  
Meeting ID: 990 2156 6300  
Password: 010606

***Community Action Marin Support Groups***

To register please call 415-457-4554 or email [MHGroups@camarin.org](mailto:MHGroups@camarin.org) or sign up online at <https://forms.office.com/Pages/ResponsePage.aspx?id=fxYfd8qWvU-z6VYcObNkbn6fyHTstKtIpPqtDA024GpUODRLVkJEOTNHQ1hFMko4OTIDRIQxVDNXVC4u>

**Building Skills for Daily Life Management**

**Facilitator: Guinevere Hildago**

**MONDAY 1pm-2pm**

A life-skills support group for those who are new to recovery, or who feel that they would like to learn new skills that support an independent and meaningful life. Areas include (but are not limited to) daily task navigation, basic financial literacy, healthy communication, managing uncomfortable feelings (such as panic and anxiety) and short and long-term goal setting.

<https://zoom.us/j/94481361012?pwd=NHE1bUVVRamZRMUFItdmdWJUemRVQT09>

**Pathways to Emotional Wellness**

**Facilitator: Darcy Woodall**

**WEDNESDAY 1pm-2pm**

Many of us struggle with negative “voices” and thoughts that can sabotage our recovery and wellness. In this group, we will learn and practice ways in which we can reframe and re-interpret our feelings and experiences to support our mental health and well-being.

<https://zoom.us/j/95256060506?pwd=TKY4NWIOL3hjRXczY2JUu2R2dDhyUT09>

## **A Mindful Approach to Mental Health & Substance Use Recovery**

**Facilitator: Patty Day**

**THURSDAY 4PM-5PM**

Mindfulness is a powerful, evidence-based tool to reduce stress and to become more effective in our lives. In this group, we will learn and practice mindfulness techniques that will support our capacity to live fully in the present moment and support our capacity to move intentionally toward a future, as we would like to see it.

<https://zoom.us/j/99587742029?pwd=emNNM2RmRGw2c2o0VWVjR084VG5TZz09>

## **Women Supporting Women**

**Facilitator: Jennifer Carter**

**FRIDAY 1pm-2pm**

Women in recovery face unique challenges including (but not limited to) stigma, abuse and trauma. This women-only group provides a sanctuary where women can share frustrations, experiences, and wisdom, while cultivating a community of empowerment.

<https://zoom.us/j/94995750013?pwd=Zkd2dmV1UWRLb0QyYng2ZHVRMHg3dz09>

## ***TAY Support Group***

Thriving Together TAY support group every Tuesday at 2 is a group open for any youth ages 16-26 who would like a place to share and connect with other youth. At the end of every month the group has an activity (as determined by group participants). For more information please call 415-450-1007 or email: mparker@marincounty.org

Zoom Link: <https://zoom.us/j/95170951102?pwd=Q0VJMGNicXNWT0ZTTXlYTVhsWE9jdz09>

Meeting ID: 951 7095 1102

Password: 809554

## **BHRS Community Events**

BHRS provides many community events throughout the year, including awareness events, training opportunities, and town halls. We invite everyone to attend. Please check [this](#) page often, as events will be updated regularly!

## **SOS Allies for Hope. Survivors of Suicide Bereavement Support Group**

September 9 at 7:00 pm

Contact 415-492-0614 to get a Zoom link or [SOSinfo@Buckelew.org](mailto:SOSinfo@Buckelew.org). Held monthly, second Wednesday at 7:00 pm.

### **Radio Show on Suggestions & Solutions for Health, Safety, Satisfaction & Serenity**

Weekly. Wednesdays at 11:00 am (Spanish). Live thru KBBF 89.1 FM, KWMR 90.5, 89.9, 92.3 FM and on Facebook on “Cuerpo, Corazon, Comunidad”.

Visit: [www.cuerpocorazoncomunidad.org](http://www.cuerpocorazoncomunidad.org)(link is external)

### **Parenting Support in Stressful Times**

A space for parents to express their challenges, fears and/or questions. Weekly, every Thursday at 4 pm (English) and Wednesday at 5 pm (Spanish). To register for the class in English: call Leticia McCoy at 415-716-2746 and for the class in Spanish: call Maria Rea at 415-755-3317.

### **Thursday Night Family Support Group**

We are a group of clinical staff and family partners who offer time each week to provide support, guidance, and a safe place to share your stories, connect with others who are having similar experiences, and provide education and information that may be helpful as you navigate the complexities of behavioral health challenges. Starting on June 18, 2020, we have moved our groups to zoom - check the link above for more details. Every Thursday from 7:00 to 8:30 pm. <https://www.marinhhs.org/family-support-meetings>

### **National and Statewide Peer Resources**

**Mental Health America** provides a Peer Support Center with six program offerings. Among them are:

- National Advanced Peer Specialist: To meet the growing demand for peers, MHA has developed the first national advanced peer specialist certification. In Marin, the COPE (Co-Occurring Peer Education) Program has been nationally certified by Mental Health America as an advanced peer specialist training program. For more information, contact Terry Fierer at 415-634-8381 or [terry@connectics.org](mailto:terry@connectics.org).
- It's My Life: Social Self-Directed Care Program: Helping people build networks of friends and intimate relationships.

Further information regarding each of these component of the MHA Peer Support Centers are available on the Center's website: <https://www.mhanational.org/center-peer-support>

**Mental Health America of California** provides the following national resources, including the following talk, text, and chat lines:

- Know the Signs: (800) 273-8255
- Mental Health America | Text MHA to 741741, trained crisis counselors are available 24/7 for free
- National Drug & Alcohol Abuse Hotline: (800) 662-HELP (4357)
- National Suicide Prevention Lifeline: (800) 273-8255, or, send a text message to 838255

**NAMI, the National Alliance on Mental Illness**, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental health challenges.

Call the NAMI helpline at 800-950-6264 M-F 10am - 6pm ET or visit <https://www.nami.org>

### **NAMI Marin**

NAMI, the National Alliance on Mental Health challenges, Marin County is the local affiliate of the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness and their families.

More info at NAMI Marin's website <https://www.namimarin.org/>

Or call 415-444-0480

### **Intentional Peer Support**

Intentional Peer Support is a way of thinking about and inviting transformative relationships. Practitioners learn to use relationships to see things from new angles, develop greater awareness of personal and relational patterns, and support and challenge each other in trying new things. Intentional Peer Support website has articles on trauma-informed approaches and offers trainings for organizations. Visit <https://www.intentionalpeersupport.org/>

**SAMHSA**--The Substance Abuse and Mental Health Services Administration is a federal agency devoted to behavioral health and leads public health efforts to advance behavioral health and reduce the impact of substance use and mental health challenges on America's communities. The website contains all sorts of valuable information and links. Their National Helpline provides 24-hour free and confidential referrals and information about mental and/or substance use disorders, prevention, treatment, and recovery in English and Spanish. You may also want to check out [samhsa.gov/brss-tacs](https://www.samhsa.gov/brss-tacs), which contains good information about recovery support and services and has a lot of information/resources regarding peer support in recovery. National Hotline **1-800-662-4357**; Suicide Prevention Hotline: **1-800-273-8255** and both are available 24/7.

**Copeland Center Website**--The goal of the Copeland Center is to promote wellness, recovery, community inclusion and peer support through training, technical assistance, and advocacy. They are the international leaders of the Wellness Recovery Action Plan® (WRAP). Their perspective is one of recovery, community inclusion and peer support. They provide trainings, workshops, consultations and webinars. **1-802-254-5335**

**CAMHPRO**--The California Association of Mental Health Peer-Run Organizations. CAMHPRO's mission is to transform communities and the mental health system throughout California to empower, support, and ensure the rights of consumers, eliminate stigma, and advance self-determination for all those affected by mental health issues by championing the work of consumers and consumer-run organizations. The specific purpose of CAMHPRO is to promote the work and mission of peer run organizations devoted to advocacy and empowerment for mental health consumers. They offer many training webinars for peer specialists and the peer community in general including information on state-wide peer certification. <https://camhpro.org/>

**Hearing Voices Network USA**--The Hearing Voices Network (HVN) USA is one of over 20 nationally-based networks around the world joined by shared goals and values, incorporating a fundamental belief that there are many ways to understand the experience of hearing voices and other unusual or extreme experiences. It is part of an international collaboration between professionals, people with lived experience, and their families to develop an alternative approach to coping with emotional distress that is empowering and useful to people, and does not start from the assumption that they have a chronic illness. The organization now has online support groups for peers and has groups that meet in many locations throughout the U.S.

### **Wellness Apps (All apps are Free)**

\*Apps available in Spanish

**Anxiety Coach APP** - Anxiety Coach is a self-help app designed to reduce anxiety, fear and worry common to social anxiety disorder (SAD) and other anxiety disorders.

**Insight timer APP \*** - The **app** features 8940 guided meditations, music and talks posted by contributing experts. You can also create a custom meditation with your preferred sounds and music.

**Happy Color APP \*** - Happy Color is a color by number game for adults. They provide many breathtaking and inspiring pictures to be colored.

**Virtual Hope Box APP \*** - The VHB contains simple tools to help with coping, relaxation, distraction, and positive thinking. Consumers and providers can work together to personalize the content on their own smartphone according to their individual specific needs.

**Smoke Free APP \*** - This is the stop smoking app that science built. They use 20 different, evidence-based techniques to help you become - and stay - smoke free.

**Safety Plan App** - Have your crisis plan available anytime. In a psychological crisis it is important to act quickly. With the help of the Safety Plan App you can easily access your safety plan at any time on your smartphone. The App also enables you to view your coping strategies and get in touch with people who can help.

**Lumosity APP** \*- An online program consisting of games purported to improve memory, attention, flexibility, speed of processing, and problem solving. Designed for use as a cognitive training program, and for learning about the workings of the mind.

**Khan Academy APP** - A non-profit educational organization that provides online video tutorials and interactive exercises. Its mission is to provide a free, world-class education for anyone, anywhere.

**PTSD Coach APP** - A digital app for use as an aid in learning and managing symptoms that often occur after trauma. Features include: information on PTSD and treatments, tools for screening and tracking symptoms, tools for handling stress symptoms. It is designed to benefit trauma survivors, their families, or anyone coping with stress.

**Mindfulness Coach APP** - A digital app for use as an aid in practicing mindfulness meditation. It offers a log of mindfulness exercises to enable users to track their progress in usage of mindfulness practice.

**Sanvello APP\*** - A digital app for use as an aid to manage and treat stress, anxiety, and depression. Sanvello currently offers English and text translations in Spanish, & French. It plans to add audio translations in Spanish, French and additional languages in the future.

**Superbetter APP** - A gaming digital app designed for use as an aid in building “the ability to stay strong, motivated, and optimistic in the face of change and difficult challenges.” Playing SuperBetter is proposed to unlock potential, overcome difficult situations and achieve the player’s self-determined goals. It is described as a “framework that activates the psychological strengths of game play to build resilience and success in real life.”

**Moving Forward APP** - A digital app providing tools and learnings in problem-solving skills, intended to overcome obstacles and deal with stress. The app is designed for Veterans and Service Members but is potentially useful for anyone with stressful problems. May be beneficial in managing challenges such as: returning to civilian life, balancing school and family life, financial difficulties, relationship problems, difficult career decisions, and coping with physical injuries. Can be used alone or in combination with the Moving Forward online course.

**Liberate APP** - The #1 meditation app for the Black, Indigenous, and People of Color community. Listen to dozens of guided meditations to ease anxiety, find gratitude, heal internalized racism and micro-aggressions and celebrate Blackness.

**Wellness Recovery Action Plan APP** - A self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be. With the WRAP app you can share parts of your plan with supporters and update on the go any time you need to! Learn more about WRAP at <https://mentalhealthrecovery.com/wrap-is/>

**What's Up? APP** \* - A fantastic free **app** utilizing some of the best CBT (Cognitive Behavioral Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more!

**SAM APP** - 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.

**MyLife APP**\* - (formerly known as Stop, Breathe & Think) is an award winning meditation and mindfulness app that helps you find your quiet place. It allows you to check in with how you're feeling, and recommends short guided meditations and mindfulness activities, tuned to your emotions. Whether you're anxious, sleepless, hopeful, angry, or anything in between, we're here for you

**Clean Time App** - This **app** is a day counter for anyone recovering from alcohol, drugs, overeating, gambling, or smoking or for anyone just wanting to keep track of **time** since an event. Customize the **app** with your name, date and what you are recovering from.

**AIMS APP** - Designed for Veterans and Military Service members but can be used by anyone coping with anger problems. The AIMS app is based on the Anger and Irritability Management Skills online self-help course (<http://www.VeteranTraining.va.gov/aims/>). The app provides users with education about anger, opportunities for finding support, the ability to create an anger management plan, anger tracking, and tools to help manage angry reactions. Users can also create custom tools based on their preferences, and can integrate their own contacts, photos, and music. The AIMS app may be used alone, or in combination with the online course or in-person therapy. AIMS was created by VA's National Center for PTSD and VA's Mental Health Services.

**LifeArmor APP** - A comprehensive learning and self-management tool to assist members of the military community with common mental health concerns. LifeArmor is portable and provides information and assistance at the touch of a button. Touch-screen technology allows the user to browse information on 17 topics, including sleep, depression, relationship issues, and post-traumatic stress. Brief self-assessments help the user measure and track their symptoms, and tools are available to assist with managing specific problems.

**CBT-i Coach** - for people who are engaged in Cognitive Behavioral Therapy for Insomnia with a health provider, or who have experienced symptoms of insomnia and would like to improve their sleep habits. The app will guide 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.

**Dream EZ APP** - Based on the principles of imagery rehearsal therapy (IRT). This therapy can help change nightmares into less disturbing dreams so you can get a better night's sleep.

**Rain Rain® Sleep Sounds APP** - Helps you fall asleep fast! Let over 100 high-quality endless sounds lull you to sleep in no time, with more sounds added all the time. Mix and match any combination of sounds and save your favorite combinations. Download the app that over seven million people have used to fall asleep today!

**Soothing Sleep Sounds APP** - Provides a beautiful library of high-quality, naturally recorded sounds. Much better than synthetic sounds and short repetitive loops, these are real-world sounds with all the richness, texture, and nuance of the natural environment.

**Headspace APP** - Your guide to mindfulness for your everyday life. Learn meditation and mindfulness skills from world-class experts like Headspace co-founder Andy Puddicombe, and develop tools to help you focus, breathe, stay calm, and create balance in your life — whether you need stress relief or help to get restful sleep

**Therapeer APP** – A private emotional support team focused on helping YOU. Support others emotionally and improve your own emotional well-being.

**Talkspace APP** - Get matched with a licensed therapist in your state from the comfort of your device, and message via text, audio, and video.

**Daylio APP** - Enables you to keep a private diary without having to type a single line. It is also a mood tracking APP. Try this beautifully designed micro-diary **app** right now for FREE!

**Happify APP** - Science-based activities and games can help reduce stress, overcome negative thoughts, and build greater resilience by providing effective tools and programs to improve emotional well-being.

**COVID Coach app** - Created for everyone, including Veterans and Service members, to support self-care and overall mental health during the coronavirus (COVID-19) pandemic.

## Homeless resources

### **Ritter Center**

The Ritter Center is currently offering on campus services such as food pantry, medical visits and rep payee to individuals already enrolled in that program. Call (415)457-8182 for more information. View complete Ritter Center Community resource guide [here](#).

Temporary hours of operation: M, W, F: 10am-12:00pm and 1pm-3pm

## **Mill Street Shelter**

Mill Street Center is Marin County's only year-round emergency shelter for adults. Mill Street and New Beginnings Center, where we also provide housing-focused shelter services, compose a large part of our Adult Services Program. The Transition to Wellness program, operated with local hospitals and social service agencies, offers three double-bed rooms of medical respite shelter for adults leaving acute care without stable housing. Homeward Bound also operates several long-term supportive housing programs. Call 415-457-9651

\*NOTE: The screening and admission process for shelter services is restricted during the COVID-19 emergency. Please contact the shelters for details or email us at [info@hbfofm.org](mailto:info@hbfofm.org).

## **Covid-19 Resource**

- HHS created a phone hotline, (415) 473-7191 (CRS 711), and an online contact form, for residents to contact staff with questions or concerns about the virus and about the county and community response. The call center is open from 9:30 a.m. to noon and 1 to 5 p.m. weekdays, and interpreter services are available. Dial 711 for CA Relay Service (link is external)
- Marin County Coronavirus information: <https://coronavirus.marinhhs.org/>
- California Covid-19 Resources available at [cdph.ca.gov](http://cdph.ca.gov) (California Department of Public Health)
- Marin Recovers: <https://marinrecovers.com/>
- Adult Protective Services: (415) 473-2774.
- Skilled Nursing/Assisted Living Ombudsman: (415) 473-7446.
- Child Protective Services: (415) 473-7153.
- Public Assistance Call Center (Medi-Cal, CalFresh, CalWorks): 1 (877) 410-8817.
- General Relief: (415) 473-3450.
- For information on resources and services specifically for older adults (persons 60+), persons with disabilities and family caregivers, call (415) 473-INFO (415) 457-4636 or email [457-INFO@marincounty.org](mailto:457-INFO@marincounty.org).

## **Food Resources**

### **San Rafael Food**

- Breakfast to go - St. Vincent de Paul Society - 6:30am - 8:30 am
- Lunch to go - St. Vincent de Paul Society - 11:00 am - 1:00 pm
- Dinner to go - First Presbyterian Church Fellowship Hall - Tuesdays 5:30pm - 6:30pm
- Ritter Center Pantry: MWF 10am - 12pm/1pm - 3pm
- Food Pantry Resources: <http://foodlocator.sfmfoodbank.org>
- CalFresh (Food Stamps) 1-877-410-8817 or c4yourself.com
- To Locate a store that accepts Food Stamps: <https://www.ebt.ca.gov/locator/index.html#/locator.page>
- Women, Infant and Children: 415-473-6889

## **Substance Use Resources**

### **LifeRing Secular Recovery**

LifeRing Secular Recovery is an organization of people who share practical experiences and sobriety support with the mission of providing an abstinence-based, secular, and self-empowered substance use recovery pathway through our meeting and support network. LifeRing's emphasis on the positive, practical present-day respectfully embraces what works for each individual. To find a Zoom meeting use the "find meeting" filter for local meetings: [lifering.org](http://lifering.org)

### **Alcoholics Anonymous Marin**

For confidential support, please contact us.

#### **Call our 24-hour help line now ...**

- 415-674-1821, San Francisco
- 415-499-0400, Marin

Or email us at [help@aasfmarin.org](mailto:help@aasfmarin.org)

More info at <https://aasfmarin.org/>

### **Marin County Narcotics Anonymous**

<http://www.mcfna.org/meetings>

## **A Mindful Approach to Mental Health & Substance Use Recovery**

**THURSDAY 4PM-5PM**

**Facilitator: Patty Day**

Mindfulness is a powerful, evidence-based tool to reduce stress and to become more effective in our lives. In this group, we will learn and practice mindfulness techniques that will support our capacity to live fully in the present moment and support our capacity to move intentionally toward a future, as we would like to see it.

<https://zoom.us/j/99587742029?pwd=emNNM2RmRGw2c2o0VWVjR084VG5TZz09>

### **Other Community Resources**

#### **NextDoor APP**

Nextdoor is the neighborhood hub. Connect with your neighbors, stay in the know of what's happening, find home services near you, learn about local business openings, or just get to know the people in your neighborhood.

**Eventbrite**—This website provides listings of online events such as workshops, trainings, webinars and even things like online yoga classes and virtual runs. Their website at [eventbrite.com/l/coronavirus-resources-event-attendees/](https://www.eventbrite.com/l/coronavirus-resources-event-attendees/) has a lot of information about COVID-19 specific events. Eventbrite also has webinars related to Mental Health and a variety of peer support groups.

**Health and Human Services- Community Resource Guide:** <https://www.marinhhs.org/community-resource-guide>

**General Resources in the Bay Area:** Call 211 or <https://www.211ca.org/>

[2019 Whistlestop Directory of Older Adult Services for Marin County](#) (includes transportation resources for older adults and people with disabilities). Phone: (415) 456-9062.

### **Volunteer Opportunities**

Local: [volunteer.cvn1.org](http://volunteer.cvn1.org)

California: [www.californiavolunteers.ca.gov/get-involved/covid-19/](http://www.californiavolunteers.ca.gov/get-involved/covid-19/)

From home: [www.dosomething.org/us/articles/9-places-to-volunteer-online-and-make-a-real-impact](http://www.dosomething.org/us/articles/9-places-to-volunteer-online-and-make-a-real-impact)

## **Advocacy Opportunity Resources**

### **Disability Rights California's Peer Self Advocacy**

Disability Rights California's Peer Self Advocacy (PSA) program presents self-advocacy trainings to people with mental health disabilities. We provide our services to people who live in mental health residential care facilities, state hospitals and the community.

<https://www.disabilityrightsca.org/what-we-do/programs/peer-self-advocacy-psa>

### **CAMHPRO ABC's of Advocacy Series**

"CAMHPRO's ABC's of Advocacy" is a series of three webinars on the basics and details of how you can participate in the California community program planning process in a meaningful and effective manner.

Visit CAMHPRO's website for more resources on advocating for the inclusion of peers in the state of California <https://camhpro.org/>

Click link and scroll to the bottom for the recorded webinar. You have to enter your email to view <https://camhpro.org/abcs-of-advocacy/>

If you would like to add other kinds of resources, updates, or information to this document, please contact: Mark Parker at [mparker@marincounty.org](mailto:mparker@marincounty.org) or Maria Rea at [mrea@marincounty.org](mailto:mrea@marincounty.org)