Welcome to the Texas Tech University Student Counseling Center! We’ve prepared this packet for you to give you the most up-to-date info on how to get started feeling better. In our group therapy section you’ll learn about how group is one of the most effective forms of treatment available, and how you can get started with this cutting-edge therapy. In our individual therapy section we give you the scoop on how to make the most out of individual therapy from the beginning. If you feel like you can’t wait for therapy at the SCC we’ve included a number of other campus resources that should be able to help. And finally, we’ve provided a long list of things you can do to start feeling better on your own. The resources and suggestions in the following pages represent sure-fire solutions to the problems students face, so take a look! You’re sure to find something that will help.

Click the links below to begin!

What you need to know before getting started...
- Group Therapy
- Individual Therapy
- Finishing Therapy
- What to do if you can’t wait...

Get a head start on feeling better!
- On Campus
- On Your Own
- Self Help
  - Self-Esteem
  - Stress and Anxiety
  - Depression and Mood Problems
  - Problems with Eating
  - How to Be Effective
- Mental Fitness Apps
  - Anxiety and Depression
  - Meditation and Breathing
  - Safety and Sex
What you need to know before getting started...

Group Therapy

What is Group Therapy?
Group therapy is an opportunity to receive support and different perspectives from many different people at once. Group consists of 6-10 members along with one or two group leaders, with group members taking turns sharing their problems. As you share in group you get to give and receive feedback, and through this you get support in developing better ways of communicating and dealing with your problems. Group therapy typically lasts 90 minutes and happens once a week. Information discussed in group is confidential you will be asked to make a commitment to that confidentiality before you participate in group.

We have a wide variety of groups that can help with a range of problems, including developing satisfying friendships, recovering from trauma, coping with mood disorders, and more. Click here for more information on groups that are currently available:

Research shows that group therapy is at least as effective as individual therapy for many conditions.

Group therapy exceeds national standards for effectiveness for depression, bipolar disorder, personality disorders, PTSD, eating disorders, substance use disorders, and some anxiety disorders, among others.

- Taken from http://www.apa.org/monitor/2012/11/power.aspx

Why should I do group therapy?
It’s helpful! Group therapy is shown by research to be the most effective approach for many problems. We find that group members often appreciate the chance to discuss things they’ve never told anyone, in an environment they can trust to be supportive and understanding. In addition to getting expert help from the group leaders you also get to hear advice and perspectives from other people who are having similar problems. These are particular benefits that are unique to group.

What if I’m nervous about discussing my problems with people I don’t know yet?
Then you'll be feeling the exact same way everyone else is feeling! In group you get to practice talking to people in a way you might not have tried yet, and some anxiety during the first few groups is completely normal. Though it may be hard to open up at first, group therapy works best when you challenge yourself to try it. We find that after a few sessions you learn what to expect from group and the anxiety goes away.

What if I take up too much time in group?
Believe it or not, we’re often much more worried that people will not take up enough time in group. Group is a space for everyone, and all group members deserve the chance to be heard – including you! The concern is very understandable, though: If you worry you are taking too much time, we encourage you to just ask the group! It’s as simple as that.

How can I get the most out of group therapy?
Participate! The more you put into group therapy, the more you get out of it. In particular, we challenge you to try to participate at a deeper, more emotional level than you might be used to. It can feel good to give and receive advice, but group is a place where we get more meaningful feedback than advice (especially since you probably already get plenty of advice from family and friends!) Group is about trying something different, and we believe there is great value in working to understand and be understood by others.

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What is Individual Therapy?

Individual therapy is a collaborative approach where you discuss your difficulties with a counselor, 1-on-1. After getting a sense of what is going on for you, your counselor will work with you to determine strategies and changes you can make to your life that help to resolve problems you’re having.

What does therapy look like?

Most people meet with their therapist on a regular basis. For some, this will be once a week, but it could also be once every other week or once per month, depending on what you need. Your therapist will work with you to determine how often you need to meet. You will usually meet at the same time each week. Sessions are 45 minutes in length.

Why should I do individual therapy?

Individual therapy can be a place where you get a lot of insight into your problems – how they developed, or patterns that you keep falling into that keep you from making progress. If you’re not sure what’s causing your problems or feel like you’re stuck in a cycle that doesn’t change then individual therapy may be helpful. The decision between group and individual therapy can often be difficult to determine on your own, so the counselor you see for your intake will help make this decision.

How do I get the most out of therapy?

Just try as hard as you can! Coming to your appointment each week ready to talk about your problems is one of the best things you can do to begin making progress. You’ll also make progress as you attend appointments to the best of your ability, complete any activities your counselor requests outside of therapy, and involve yourself as fully as you can in the process of therapy. The more information your therapist has about what is going on for you, the more accurately they can help you determine solutions that will work best for you.

Are there things I can’t talk about in therapy?

Outside of the limits of confidentiality that you read in the intake paperwork, nothing! Your therapist is trained as a “generalist”, meaning they are skilled at working with the majority of problems you may have. Your therapist can help you with experiences which often feel scary to discuss, including suicidal thoughts, panic attacks, or difficult or traumatic past experiences. Occasionally, when it is determined that you may have a particular problem requiring more dedicated expertise, we will work with you to find the best resources available to help you.

What Therapy Is NOT:

“Venting” (unloading current difficulties without being open to changing them) about your problem can feel very good, but it becomes unhelpful pretty fast due to the situation remaining unchanged. Our focus will usually be on what you can attempt to change or modify to resolve your problems. This requires being open and genuine about how you are feeling, what you are thinking, and what you are doing that might interfere with getting better. You’ll be encouraged to set a goal for your therapy experience and therapy will work towards addressing that goal as effectively as possible.

For more information and to schedule an appointment, contact the TTU Student Counseling Center at 806.742.3674. Find us online at Counseling.TTU.Edu.
How do I know if I’ve had enough therapy?

Everyone is different in how much therapy they might need. What constitutes “enough” therapy depends on the changes you hope to make, the extent of the problems you’re trying to overcome, the energy you have to put into those changes, your overall readiness to work on those issues, and your interest in the tools and support offered by therapy. The best way to determine a point of “enough” therapy is to be specific about what you want, and your therapist can help you determine this throughout your therapy! In order for you to make the most efficient use of your time it’s necessary (and good!) to consistently evaluate your progress.

I think I want to end therapy... What should I do?

Before pulling the plug, ask yourself some questions:

- Why do I want to stop?
- Have I reached all my goals?
- Am I ready to stop, or could it be about something else?
- Am I feeling stuck or having a conflict with my therapist?
- Is therapy difficult? Am I just not feeling up to it right now?

If any of these questions apply, take them to your next session! Your therapist wants to hear about your experience in therapy, and by discussing these questions openly they can help you decide whether you’re ready to stop or whether some changes can be made to improve your experience and progress. It’s important to understand that ending therapy is not a negative thing. Instead, try to look at it like a graduation. It means you have put in the hard work, accomplished great things, and you are ready to take on the world!
At the Student Counseling Center we make every effort to get students access to the services they need as quickly as possible. However, we also know that at certain times of the semester there might be a short wait for students to get started with a group or to meet with their individual therapist for the first time. If you feel like you need more immediate services you can try the resources below - they sometimes have a shorter wait period!

### Need Individual Therapy?

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<tr>
<td>TTU Psychology Clinic</td>
<td>1800 18th Street (Psychological Sciences Building) Room 111A</td>
<td>(806) 742-3737</td>
<td><a href="https://www.depts.ttu.edu/psy/clinic/">https://www.depts.ttu.edu/psy/clinic/</a></td>
</tr>
<tr>
<td>TTU Family Therapy Clinic</td>
<td>1301 Akron Avenue (Human Sciences Building) Room 165</td>
<td>(806) 742-3074</td>
<td><a href="http://www.depts.ttu.edu/hs/mft/clinical_services.php">http://www.depts.ttu.edu/hs/mft/clinical_services.php</a></td>
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The Psychology Clinic is an outpatient clinic that provides psychotherapy and assessment services to the University, Lubbock and neighboring communities. The clinic is staffed by advanced doctoral students under the supervision of Ph.D. psychologists who are faculty members in the Clinical and Counseling Psychology programs.

The Family Therapy Clinic offers individual, couple, and family counseling services to the Lubbock community. The clinic is staffed by graduate student therapists under the supervision of faculty supervisors.

### Need to Relax?

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<tr>
<td>MindSpa</td>
<td>Student Wellness Center, Suite 201 1003 Flint Ave</td>
<td>(806) 742-3674</td>
<td><a href="http://www.depts.ttu.edu/scc/Mind_Body/index.php">http://www.depts.ttu.edu/scc/Mind_Body/index.php</a></td>
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The MindSpa is the place dedicated to helping you deal with stress and reduce anxiety. Utilizing cutting edge technology to teach relaxation skills, the MindSpa also has a full-size massage chair that is free for all students to use. Best of all, the MindSpa is self-guided, meaning you do not have to be in therapy to take advantage of what it offers!

### Need a Doctor?

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<tr>
<td>TTU Student Health Services</td>
<td>Student Wellness Center 1003 Flint Ave (bottom floor)</td>
<td>(806) 743-2848</td>
<td><a href="https://www.ttuhsc.edu/studenthealth/">https://www.ttuhsc.edu/studenthealth/</a></td>
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Student Health Services is the primary medical clinic serving Texas Tech students. With a staff of board-certified medical professionals, SHS provides primary care and some limited psychiatric services.

### Concerned About Safety?

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<tr>
<td>TTU RISE office</td>
<td>Student Wellness Center, Suite 204 1003 Flint Ave</td>
<td>(806) 742-2101</td>
<td><a href="https://www.depts.ttu.edu/ride/">https://www.depts.ttu.edu/ride/</a></td>
</tr>
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</table>

The RISE office provides prevention and education services for all students. They also provide support coordinators for those who have experienced sexual/interpersonal violence, and these support coordinators serve as advocates as students navigate the resources that are available to them in the wake of a violent incident. Depending on your concerns you might qualify for our Feel Better Fast Group. This group can teach you the skills you need to get better quick. Check with the Student Counseling Center to see if this group will work for you! Tuesdays, 3:30—5:00pm, Room 205, SCC.

### What to do if you’re in crisis

Texas Tech Crisis HelpLine
(806) 742-5555

The Crisis HelpLine connects student in crisis with a licensed counselor who can immediately assist them. Have concerns about your safety and well-being? In a dangerous relationship? Experienced sexual assault? Thinking about suicide? Call the Crisis HelpLine for support, information, and referral.
Get a head start on feeling better!

Need to jump start feeling better? How about a quick pick-me-up? While waiting to start group or individual therapy there are some simple things you can do to start feeling better now. Check out the links below for suggestions to start the revolution within yourself!

ON CAMPUS

Feel Better Fast Group
Depending on your concerns you might qualify for our Feel Better Fast group, an ongoing series of four counselor-led group sessions designed to help you feel better fast. Learn techniques such as mindfulness, relaxation, and emotion and stress management. Check with your Student Counseling Center intake counselor to see if this group will work for you!
Tuesdays, 3:30-5:00pm
Room 205, Student Counseling Center

Center for Collegiate Recovery Communities
Texas Tech is fortunate to have one of the premiere collegiate recovery communities in the US. If you’re dealing with drug or alcohol problems, or even if you struggle with other compulsive behavior (sex, eating, etc) you can receive support at the Center for Collegiate Recovery Communities. The Center provides a relaxed and welcoming environment where you can attend meetings in a community of students who share the same struggles. Meetings are held throughout the week.

TTU Rec Sports
The Robert H. Ewalt Student Recreation Center is the premiere location on campus to play, exercise, and have fun! Facilities include free weight and circuit training rooms, exercise studios, a rock wall, a jogging track, and leisure pool. Rec Sports offers aerobic and dance classes, intramural sports, and sports clubs (fees may apply to some graduate students). Check out what they have to offer!

The Learning Center
Having problems in school? Struggling to make the grade? The learning center offers FREE services to students to help you achieve the success you’re capable of. Services include:
- Drop in peer tutoring for Math, Physics, Engineering, Accounting, Biology, and Chemistry
- Individual academic coaching
- Peer academic coaching focused on skills such as test-taking and time management
- Online tutoring in some subjects
Let the Learning Center help you get back on track!

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Other Campus Resources:

Student Disability Services
Provides accommodation and services for students with disabilities.

Red to Black
Provides financial education for students.

Student Legal Services
Provides legal advice, counsel, and limited representation for students.

University Career Center
Provides resources for student career development.
Get a Head Start on Feeling Better!

ON YOUR OWN

There are lots of things you can do to feel better, even by yourself. Here are some suggestions that will really help—give them a try!

Exercise
Research has consistently shown a correlation between mental health and exercise. Studies show that even ten minutes of exercise a day can help boost brain chemistry leading to good mood, reduce stress and anxiety, improve self-confidence, sharpen memory, and help control addiction. Check out these articles for more information.
http://greatist.com/fitness/13-awesome-mental-health-benefits-exercise

Time management
Balancing the demands of college can be difficult. We only have 24 hours in a day and in college it can seem like feast or famine when it comes to those 24 hours. Some days it seems we have way too much time on our hands, which means more time with friends and time to get more sleep. At other times it feels like you’re drowning since every professor you have wants to pile on all your work and exams at the same time. What to do? Before you hide under your dorm room rug consider making a plan. Often a plan of attack is the best way to feel in control. Break down your responsibilities piece by piece and they won’t seem so daunting. Don’t forget to be realistic with your goals, and include time to eat, sleep, shower, hangout with friends, and relax (Netflix and Snapchat, anyone?) Linked below are some suggestions that can help you become a time management master.

Eating Right
College is a time where we often neglect getting the good foods we need, and this can really have an impact on our ability to study, be alert, and have the energy we need. When we rely on too much sugar, fatty food, and caffeine we lower our chances of being effective in school. The following articles can give you more info on how eating right can make you strong, mentally and physically.
http://www.bestcolleges.com/resources/student-nutrition/
http://www.dailytitan.com/2012/02/how-a-healthy-diet-can-seriously-benefit-college-students/

Sleep
Ever pull an all-nighter? How about multiple all-nighters? Odds are at some point in your college career you’ll do this in an effort to be more productive. Unfortunately, cutting out sleep has some of the worst effects as far as studying and memory go. Take a look at these articles for tips on how to increase the quality of your sleep.
http://www.hercampus.com/health/physical-health/not-getting-enough-sleep-college-how-bad-it-really
http://www.everydayhealth.com/college-health/10-tips-for-better-sleep-at-college.aspx
Get a Head Start on Feeling Better!

ON YOUR OWN

Self Help

Therapy is a place where you can improve yourself—your mood, your coping ability, and the way you function in relationships. But you can start making progress all by yourself! The books listed below are grouped according to topic areas and can really help you start to make the changes you need right now!

Self Esteem

**You are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life** *(Jen Sincero)*

If you want to improve your life and laugh a little (or a lot) while you do, then this book is for you! Each chapter includes funny stories and easy exercises to help you:
- identify & change the self-sabotaging beliefs and behaviors that stop you from getting what you want
- blast past your fears so you can take exciting risks
- learn to love yourself and others
- set big goals and reach them

By the end of You Are a Badass, you'll understand why you are how you are, how to love what you can't change, and how to change what you don't love.

**The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are** *(Brene Brown, Ph.D.)*

This book is a quick read about the lifelong journey from ‘What will people think?’ to ‘I am enough.’ Read this book to feel like you’re having a long, uplifting conversation with a very wise friend who offers compassion, wisdom, and great advice.

**The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions** *(Christopher K. Germer, Ph.D.)*

Learn how to quit fighting your difficult emotions and start accepting them! We all want to avoid pain, but letting it in is essential for us to heal. In this book you will learn how to create self-compassion and put it into action. You will learn and master practical techniques for living more fully in the present moment and for being kind to yourself when you need it most.

**The Don’t Sweat The Small Stuff Workbook: Exercises, Questions, and Self-Tests to Help You Keep The Little Things From Taking Over Your Life** *(Richard Carlson, Ph.D.)*

This inspiring new workbook includes exercises, questions, and self-tests designed to help you put things into perspective and keep the little things from taking over your life.

**The Self-Esteem Workbook** *(Glenn R. Schiraldi, Ph.D.)*

This workbook is a classic! While reading, you will learn step-by-step techniques to help you:
- Handle your mistakes and respond well to criticism
- Foster compassion for yourself and others
- Set up and achieve goals that will enrich your life
- Use visualization for self-acceptance

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Get a Head Start on Feeling Better!

ON YOUR OWN

Stress and Anxiety

The Relaxation & Stress Reduction Workbook, 6th Edition
(Martha Davis, Ph.D.)
Do you want to reduce your stress and create a more peaceful life? This workbook is chock full of easy, step-by-step techniques for calming the body and mind in an increasingly overstimulated world. In this book you will:
- Learn powerful relaxation techniques based on the latest research
- Explore your own stress triggers/symptoms and create a personal plan for stress reduction
- Learn on-the-spot exercises you can do when you feel stressed

The Anxiety & Phobia Workbook, 6th Edition
(Edmund J. Bourne, Ph.D.)
This workbook has already helped over one million readers make a full recovery from a range of anxiety problems. This workbook can be used alone or as a supplement to therapy to help you develop a full arsenal of skills for quieting worried thoughts and putting yourself back in control. With this workbook, you’ll learn a range of proven methods for overcoming anxiety:
- Relaxation and breathing techniques
- Challenging negative self-talk and mistaken beliefs
- Imagery and real-life desensitization
- Making lifestyle, nutrition, and exercise changes
- Skills for preventing and coping with panic attacks

Depression and Mood Problems

How to Be Happy (Or At Least Less Sad): A Creative Workbook
(Lee Crutchley)
If you are struggling with depression and/or anxiety, this engaging book will help you see things in a new light, and rediscover simple pleasures and everyday joy...or at least feel a little less sad. Recommended by many college students, the pages of this book will offer solace, distraction, engagement, a fresh perspective, and hopeful new beginnings!

Mind Over Mood: Change How You Feel by Changing the Way You Think
(Dennis Greenberger, Ph.D. & Christine A. Padesky, Ph.D.)
Discover simple yet powerful steps you can take to overcome emotional distress—and feel happier, calmer, and more confident. This book will help you:
- Learn proven, powerful, practical strategies to transform your life
- Follow step-by-step plans to overcome depression, anxiety, anger, guilt, and shame
- Set doable personal goals and track your progress
- Practice your new skills until they become second nature

Facing Bipolar: The Young Adult’s Guide to Dealing With Bipolar Disorder
(Russ Federman, Ph.D. & J. Anderson Thomson, Jr., MD)
If you have been diagnosed with bipolar disorder, this book will help you navigate the world of medications, therapists, and the up-and-down mood cycles common to the disorder. In this book you’ll discover:
- How therapy and medications can help
- When and how to tell your friends, roommates, and teachers
- The four key factors that will bring more stability to your life
- How to develop a support network and access resources

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Get a Head Start on Feeling Better!

ON YOUR OWN

**Problems with Eating**

**The Anorexia Workbook: How to Accept Yourself, Heal Your Suffering, and Reclaim Your Life**

*(Michelle Heffner, M.A., & George H. Eifert, Ph.D.)*

If you are struggling with anorexia, this book is for you. It includes step-by-step exercises to provide you with a new understanding of anorexia and the ways you might have already tried to control the problem. The book will help teach you:

- How to use mindfulness to deal with out-of-control thoughts and feelings
- How to identify choices that lead to better health and quality of life
- How to redirect the energy you spent on weight loss into actions that will help heal your mind and body.

**The Food and Feelings Workbook: A Full Course Meal on Emotional Health** *(Karen R. Koenig, LCSW, M.Ed.)*

This honest and humorous workbook takes on the seven emotions that plague problem eaters — guilt, shame, helplessness, anxiety, disappointment, confusion, and loneliness — and will show you how to embrace and learn from your feelings. In this book you will:

- Learn how to identify and label a specific emotion, the function of that emotion, and why the emotion drives food and eating problems
- Complete exercises and questionnaires that help you to think about and understand feelings and their purpose
- Learn strategies for disconnecting your feelings from food, discovering emotional triggers, and using your feelings to get what you want out of life

**The Body Image Workbook: An Eight-Step Program For Learning to Like Your Looks**

*(Thomas F. Cash, Ph.D.)*

Have you ever wondered what it would feel like to accept and enjoy the way you look instead of constantly worrying about and criticizing your appearance? What if instead of focusing on your flaws, you felt confident with the body you have right now? The Body Image Workbook offers a comprehensive 8-step program to help you stop focusing on your perceived imperfections and start feeling more confident about the way you look.

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ON YOUR OWN

How to be Effective

Time Management From The Inside Out: The Foolproof System for Taking Control of Your Schedule – and Your Life (Julie Mor- genstern)

Are you struggling with managing your time and getting things done? This book will help you to develop a time-management system that suits your individual needs. Follow the guidelines and you will find more time for whatever is most important to you. Stop procrastinating once and for all!

I Page At A Time: A Daily Creative Companion (Adam J. Kurtz)

This book is a journal, scrapbook & anything else you want it to be! Slowly fill the book and by the time it’s done, you’ll have a perfect keepsake of the year you made it through. Every day is a chance to create something new for yourself. Start with one page at a time, and you’ll be surprised at just how much you can create. Each of the 365 prompts in the book will encourage you to draw, write, list, reflect, and share.

Outing Yourself: How to Come Out As Lesbian or Gay to Your Family, Friends, And Coworkers (Michelangelo Signorile)

No matter how much you prepare, coming out as gay or lesbian is a difficult, emotional process -- a process that will continue long after the words are spoken and the secret is out. There’s no magic formula, but this book offers structure, guidance, and straightforward advice to all those who are struggling with their sexuality. This guide shows how you can successfully handle this life-changing, life-renewing process.

The 5 Love Languages: The Secret to Love That Lasts (Gary Chapman)

Falling in love is easy. Staying in love—that’s the challenge! How can you keep your relationship fresh and growing amid the demands, conflicts, and just plain boredom of everyday life? Whether your relationship is flourishing or failing, Dr. Gary Chapman’s proven approach to showing and receiving love will help you experience deeper and richer levels of intimacy with your partner—starting today.

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MENTAL FITNESS

TECHNOLOGY CAN HELP! THESE APPS CAN HELP YOU CALM DOWN, MONITOR YOUR MOOD, OR EVEN STAY SAFE.

**SAM app**
The Self-Help for Anxiety Management app takes a holistic view of anxiety treatment. In it, you'll find an anxiety tracking tool, relaxation instruction, anxiety treatment guidance, a community to interact with, as well as interactive relaxation features. Available on Google Play/IPhone

**What's up?**
Cognitive behavioral therapy (CBT) involves learning more about how you think and how your thoughts affect your emotions. This app uses CBT to train anxiety sufferers how to identify negative thinking patterns and the sources of their anxiety. It features breathing techniques, habit and anxiety trackers, positive quotes, forums, and even a game. Available on Google Play/IPad

**Mindshift**
Mindshift is an app that uses CBT (cognitive behavior therapy) based guidance and evaluation to help young people learn and practice anxiety coping skills. You can add in pre-selected situations that may cause you anxiety and then use the tools given to help deal with anxiety. Available on Google Play/IPhone/IPad

**Optimism**
Optimism is a family of applications that focus on self-tracking as a tool for coping with mental illnesses including depression, bipolar disorder, anxiety, and PTSD. The app helps users detect patterns in their mood, creating a way to identify triggers and other things that affect their mental health. Users can create a customizable wellness plan to chart their coping mechanisms. Available on Iphone/IPad

**Happify**
Struggling with everyday challenges and being gripped by negativity is toxic to your emotional and physical wellbeing, your relationships, and your performance at work. Happify brings you effective tools and programs to take control of your emotional well-being. Available on Google Play/IPhone

This list is for informational purposes only. Inclusion on this list does not constitute an endorsement of any program or app contained herein by the TTU SCC.
Stop, Breathe & Think

This is a free mindfulness, meditation, and compassion-building tool for iPhone and iPad that has been developed to provide middle-school students, high-school students, and adults alike with a framework for developing a deeper sense of mindfulness and compassion, resulting in greater happiness and well-being.

Available on Google Play/IPhone/IPad

Breathe2Relax

Breathe2Relax is a portable stress management tool. Breathe2Relax is a hands-on diaphragmatic breathing exercise. 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. Breathe2Relax can be used as a stand-alone stress reduction tool, or can be used in tandem with clinical care directed by a healthcare worker.

Available on Google Play/IPhone/IPad

Headspace

Learn to meditate in just 10 minutes a day with the Headspace app. Daily meditation has been shown to help people stress less, exercise more and even sleep better. Available on Google Play/IPhone

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MENTAL FITNESS

TECHNOLOGY CAN HELP! THESE APPS CAN HELP YOU CALM DOWN, MONITOR YOUR MOOD, OR EVEN STAY SAFE.

**My 3**
With MY3 you can be prepared to help yourself and reach out to others when you are having thoughts of suicide. With MY3, you define your network and your plan to stay safe. Create a support system, build a safety plan, and access resources to help you stay safe.
*Available on Google Play/IPhone*

**ReliefLink**
ReliefLink is an app developed for suicide prevention and for improving your mental health. ReliefLink enables you to create a personalized profile that includes pertinent information such as your mental health professional's contact info, insurance coverage, and current medications. Track your mood and thoughts daily, create a safety plan, make a list of reminders, and check out unique coping methods.
*Available on IPhone*

**Circle of 6**
Circle of 6 lets you choose up to 6 trusted friends to add to your circle. If you get into an uncomfortable or risky situation, use Circle of 6 to automatically send your circle a pre-programmed SMS alert message, with your exact location. Circle of 6 also connects you to 24h hotlines for safety and with sexual health information. *Available on Google Play/IPhone*

**bSafe**
bSafe is a personal safety app designed to keep you and your friends safer 24/7. It’s packed with features for both everyday safety and real emergencies, with a host of tools to help get you out of a dangerous situation. Set up your own personal social safety network today.
*Available on Google Play/IPhone*

**Yes to Sex**
Ease the awkward discussion of NO or YES to SEX with protection. This app lets allows you to get voluntary, verbal, and recorded consent just prior to sex. These non-erasable, non-traceable voice recordings are securely saved using the same data encryption as the Department of Defense, without anyone's name, id or social media information. Start your sexual conversation now, the app lets you know upfront what your partner is thinking!
*Available on Google Play/IPhone/IPad*

**Sex Positive**
It's difficult to predict when you may need access to sexual health information. With SexPositive, judgment-free information about STI's, safety, communication tips and healthy advice are available on your smartphone 24 hours a day, 7 days a week. *Available on Google Play/IPhone*

This list is for informational purposes only. Inclusion on this list does not constitute an endorsement of any program or app contained herein by the TTU SCC.