

ZOOM HANGOUTS 4/8/2020: Virtual Resources for Wellness

Calming and Stress Management:

Check out these resources for guided meditation, relaxation, and breathing exercises.

- ❖ [Calm App](#)
- ❖ [Liberate Meditation](#): Meditation for People of Color
- ❖ [UCLA Mindful App](#)
- ❖ You can find more resources that are available to the public:
[WSU Counseling Services](#) and [WSU Veterans Services](#)

Crisis and Mental Health Counseling:

Many resources have licensed mental health counselors who provide crisis counseling 24/7. Please be aware that if you are experiencing a life-threatening emergency, call 911 or go to your local emergency department.

- ❖ Utilize the [SafeUT app](#) for 24-hr access to trained crisis counselors, via phone or chat.
- ❖ Call the [National Suicide Prevention Lifeline](#): 1-800-273-TALK.
- ❖ Affirming crisis support for LGBTQ+ individuals is available through the [Trevor Project](#): 1-866-488-7386. Call, text, or chat.
- ❖ Sensitive crisis support for students of color is available through the [Steve Fund](#): Text STEVE to 741741.

Other Emotional/Mental Health Wellness Resources:

There are a variety of other resources relevant to managing emotional/mental health needs.

- ❖ Lift: Depression & Anxiety App, T2 Mood Tracker, or Mood Meter
- ❖ Habit Minder (or Rewire Habit tracker)
- ❖ [My Strength App](#): (In an effort to provide ongoing support for individuals experiencing increased stress due to COVID-19 throughout the state of Utah, the Division of Substance Abuse and Mental Health in the Department of Human Services is excited to announce a free 60 day trial to the myStrength app.)
- ❖ [Therapy Assistance Online \(TAO\)](#): Available for WSU concurrent enrollment students in high school, incoming seniors, and current WSU students. Sign up with your email address ending in @mail.weber.edu

Physical Wellness:

Check out these resources for yoga, Tai Chi, and other online workouts.

- ❖ [Down Dog](#) (FREE APP through July 1st for K-12 students and college students)
- ❖ [Veterans Services](#) has several online workout resources for anyone to benefit from.

Intellectual Wellness:

Check out these resources to help you learn something new and engage in virtual recreation.

- ❖ Learning a new language:
 - [Rosetta Stone](#): Learn a free language for free for 60 days for students
 - [Duolingo](#)
- ❖ List of places you can stream poems and slams for [National Poetry Month](#)
- ❖ [Libby](#): Borrow and read ebooks and audiobooks from your local public library for FREE! A library card is a requirement.
- ❖ Virtual Tours: [33 National Park Tours](#), [12 Famous Museums](#), [College Tours](#) and more here:

8 U.S. Destination Virtual Walking Tours:

From slot machines and beaches to magical castles and Times Square, explore some of the most interesting and fun places the U.S. has to offer from the comfort of home.

[Las Vegas Strip](#)

[Grand Canyon](#)

[Waikiki Beach](#)

[Walt Disney World® – Magic Kingdom](#)

[Walt Disney World® Epcot – includes World Showcase](#)

[Disneyland® Resort](#)

[Midtown Manhattan](#)

While you're (virtually) visiting the Big Apple, enjoy an opera at The Met ([Nightly Opera Streams](#))

8 International Destination Virtual Walking Tours:

Become a global tourist right from your couch — these virtual walking tours offer you one-of-a-kind, breathtaking views of some of the most stunning places on earth.

[Venice](#)

[Phuket](#)

[Sydney](#)

[London](#)

[Paris](#)

[Iceland](#)

[Dubai](#)

[Egypt](#)