HELPING HANDS
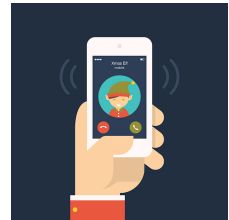
Mental Health and Substance Use Disorder Apps for 2020

(excerpts from "The Seven Best Mental Health Apps of 2020, verywellmind.com

Best Overall: Moodfit

Whether you're experiencing anxiety, depression, or high levels of stress, Moodfit is designed to help you feel better.

Best for Learning Coping Skills: MoodMission

MoodMission recommends 'missions' based on how the user is feeling and each mission can improve mood and coping skills.

Best for Therapy: Talkspace

Talkspace connects you with a licensed mental health professional so you can receive therapy from your digital devices. Use of Talkspace may involve using your insurance benefits.

Best for Stress Relief: Sanvello

"Sanvello teaches mindfulness skills and provides mood and health tracking tools that can be used to improve mental and physical health."

Best for Meditation: Headspace

"Headspace was started by Andy Puddicombe, a Buddhist monk whose made it his mission to teach meditation and mindfulness to as many people as possible."

Best Fun App: Happify

"Happify provides science-based activities and games that are meant to reduce stress, build resilience, and overcome negative thoughts."

Best for Depression: Depression CBT Self-Help Guide

"The Depression CBT Self-Help Guide provides education on depression and the best strategies for managing the symptoms."

What's Up

What's up is an amazing free app that uses Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help you cope with Depression, Anxiety, Stress, and more. Use the positive and negative habit tracker to maintain your good habits, and break those that are counterproductive. The "Get Grounded" page contains over 100 different questions to pinpoint what you're feeling, and the "Thinking Patterns" page, teaches you how to stop negative internal monologues.

Addiction Recovery Apps

(Excerpts from Rehabs.com)

Sober Grid

Sober Grid allows you to create online profiles and interact, support, and engage with other people in   recovery using a platform similar to Facebook

Nomo – Sobriety Clocks

Key features include:

- Your own sobriety clock, which helps you easily track your days in sobriety.

- Ability to message an accountability partner if you are feeling triggered to use.

SoberTool

SoberTool is an easy way to track your clean and sober days. The app includes daily motivational messages and reminders to keep you on target.

WEconnect

WEconnect provides you with daily reminders to stay on track with your recovery plan. You can create reminders to call your sponsor, go to a group meeting, or meditate—anything you need to provide that extra push.

rTribe – Quit Porn/Drug/Food Addiction

rTribe is an app built by former addicts. Using the app, you can create an anonymous profile, connect with others via individual or group messaging, track your recovery, share your progress, and reach out when you are feeling triggered

IAM
Peer Employee Assistance Program

The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP peer coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP peer coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.

IAM EAP Airline Chairmen

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EAP Calendar
2020

EAP I

March 7 - 13

EAP II

June 28 - July 3

EAP III

July 12 - 17

EAP IV

August 2 - 7

Please contact your Local Lodge Secretary/Treasurer or Local Lodge President for information about enrolling in any EAP course