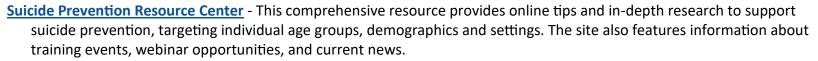
Resident Wellbeing Mental Health Resources



National Suicide Prevention Lifeline - As the online component of the nation's most comprehensive hotline-based-provider of suicide prevention services, Suicide Prevention Lifeline.org offers immediate online resources for those in crisis, including live chat, an in-person crisis center locator function, and options for the deaf and hard-of-hearing.

<u>American Foundation for Suicide Prevention</u> - At AFSP.org, visitors can find a local chapter of the organization, which offers programs in all 50 states, in their community. This resource offers a wide range of support not only to those experiencing suicidal thoughts or who have attempted suicide, but also those who have lost someone to suicide or are concerned for someone else.

National Suicide Prevention Lifeline

<u>1-800-273-TALK</u> (8255) https://texassuicideprevention.org

Inventories Screening

Suicide

Prevention

American Medical Association – <u>Mini-Z Burnout Inventory</u> (Screening/Survey Instrument) <u>Maslach Burnout Inventory</u> (Screening/Survey Instrument, **Proprietary**) Mayo Clinic <u>Well-Being Index</u> (free for individual use and research; org. version **proprietary** and requires subscription) <u>Professional Quality of Life Scale</u> (Screening/Survey Instrument

Wellness Apps Provider Resilience (Free) <u>http://t2health.dcoe.mil/apps/provider-resilience</u> Breathe2Relax (Free) <u>http://t2health.dcoe.mil/apps/breathe2relax</u> Virtual Hope Box (Free) <u>http://t2health.dcoe.mil/apps/virtual-hope-box</u> T2 Mood Tracker (Free) <u>http://t2health.dcoe.mil/apps/t2-mood-tracker</u> Life Armor (Free) <u>http://t2health.dcoe.mil/apps/lifearmor</u> Take a Break! (Free) <u>https://www.meditationoasis.com/apps/</u> Insight Timer (Free) (also contains meditations about grief) <u>https://insighttimer.com/meditation-app</u> Parenting2Go (Free) <u>http://t2health.dcoe.mil/apps/Parenting2Go</u> The Happy MD (\$9.99) <u>https://support.thehappymd.com/burnout-proof-app</u> Headspace (free 10 day trial) <u>http://www.headspace.com</u> Buddify (\$2.99 - Android app) http://buddhify.com/

Local Resources

Resource Name	Location
Family Crisis Center	616 W. Taylor St. Harlingen, TX 956-423-9304
Mujeres Unidas	511 N. Cynthia St. McAllen, TX 956-630-4878
Friendship of Women, Inc.	95 E. Price Rd. Bldg C. Brownsville, TX 956-544-7412
Palms Behavioral Health	613 Victoria Ln. Harlingen, TX 956-365-2600
Palmer Drug Abuse Program	115 N. 9th St. McAllen, TX 956-544-3333
Tropical Texas Behavioral Health	1901 S. 24th Ave. Edinburg, TX 956-289-7000