

## Resident Wellbeing Mental Health Resources

### Suicide Prevention

**[Suicide Prevention Resource Center](#)** - This comprehensive resource provides online tips and in-depth research to support suicide prevention, targeting individual age groups, demographics and settings. The site also features information about training events, webinar opportunities, and current news.

**[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.

**[American Foundation for Suicide Prevention](#)** - 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**

[1-800-273-TALK](tel:1-800-273-TALK) (8255)

<https://texassuicideprevention.org>

### Inventories Screening

American Medical Association – [Mini-Z Burnout Inventory](#) (Screening/Survey Instrument )

[Maslach Burnout Inventory](#) (Screening/Survey Instrument, **Proprietary** )

Mayo Clinic [Well-Being Index](#) (free for individual use and research; org. version **proprietary** and requires subscription )

[Professional Quality of Life Scale](#) (Screening/Survey Instrument

### Wellness Apps

Provider Resilience (Free) <http://t2health.dcoe.mil/apps/provider-resilience>

Breathe2Relax (Free) <http://t2health.dcoe.mil/apps/breathe2relax>

Virtual Hope Box (Free) <http://t2health.dcoe.mil/apps/virtual-hope-box>

T2 Mood Tracker (Free) <http://t2health.dcoe.mil/apps/t2-mood-tracker>

Life Armor (Free) <http://t2health.dcoe.mil/apps/lifearmor>

Take a Break! (Free) <https://www.meditationoasis.com/apps/>

Insight Timer (Free) (also contains meditations about grief) <https://insighttimer.com/meditation-app>

Parenting2Go (Free) <http://t2health.dcoe.mil/apps/Parenting2Go>

The Happy MD (\$9.99) <https://support.thehappy.md.com/burnout-proof-app>

Headspace (free 10 day trial) <http://www.headspace.com>

Buddify (\$2.99 - Android app) <http://buddhify.com/>

# Local Resources

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