GUIDE TO WELLBEING APPS

24-Hour Toll-Free Access Line
(888) 868-1649
or Dial 911

for assistance in locating a service provider

Use your Phone Camera to scan QR Code Below

GUIDE TO WELLBEING APPS

Painted Brain supported in the development of this brochure. It will be reviewed on a biannual basis. For App suggestions: helpathand@sbcwell.org.

If you’re having thoughts of suicide or are in crisis, contact the LIFELINE
(800) 273-8255 or Dial 911

Learn more about Santa Barbara County’s Mental Health, Alcohol & Substance Use Information, Referrals & Crisis Support by visiting our website at: https://co.santa-barbara.ca.us/apps

Disclaimers: This pamphlet is designed for informational use only and the referenced apps should not be used as a substitute for professional advice and information from therapists, physicians, and/or financial advisors. The pamphlet is a resource to assist with locating apps that you may find to be helpful in your daily life. Some apps in this guide may have associated charges and in-app purchasing available. We do not endorse any in-app purchases. USE OF THESE APPLICATIONS IS AT THE USER’S SOLE DISCRETION AND HIS/HER SOLE RESPONSIBILITY.

Use of the logos of the apps does not imply any affiliation with, or endorsement of, products, other organizations, or initiatives.

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Headspace
Supports emotional, spiritual, environmental wellbeing through guided meditation for sleep, stress, anxiety, depression, and overall wellness.

Lumosity
Enjoy playing games to help improve your focus, problem-solving, and memory in an interactive way, backed by science to support your intellectual wellbeing.

Khan Academy
Build a deeper understanding in math, grammar, science, history, SAT®, AP®, school loans, tax filing, resume-building, and more to support your intellectual and occupational wellbeing.

Hoopla
Borrow digital movies, music, eBooks and more, 24/7 for all devices with your public library card to support your intellectual, emotional, and environmental wellbeing.

MindShift
Develop more effective ways of thinking and use active steps to take charge of your anxiety to support your emotional wellbeing.

7-Minute Workout
Workout anywhere and anytime in a way that is fast and simple to support your physical wellbeing.

Mango Health
Create a schedule of healthy habits, including taking medication on time, checking blood pressure/glucose level, and more to support your physical wellbeing.

Meeting Guide
Stay informed and connected to your local and world-wide Alcoholics Anonymous community to continue gaining the support you need for your overall wellness.

NA Meeting Search
Stay informed and connected to your local and world-wide Narcotics Anonymous community to continue gaining the support you need for your overall wellness.

These Apps have been assessed and used by local peers of Santa Barbara County.

The Apps listed are digital tools to support your overall wellbeing.