

SUPPORT & RESOURCES FOR YOU

The current pandemic continues to change and disrupt our lives in so many ways. The Counseling Department wants to offer support and for you to know that you are not alone. The following support groups and resources can offer you a sense of community, someone to talk to who knows what you're going through, a helping hand through a hard time, and the tools you need to recover.



BEREAVEMENT GROUP



Grief in Common

Grief in Common is a safe place to feel validated and understood. By creating a profile that outlines who you are, who you've lost and the circumstances surrounding that loss, our hope is that you will find a connection with someone who understands. So log in, create a profile, and search for those with whom you will find you have much more than just your grief in common. There's options to make connections with those suffering similar grief, live chat with others, and online grief courses for self-study. Find more information [here](#).



SUPPORT GROUP CENTRAL

You'll find a wide variety of support groups through [Support Groups Central](#). It curates support groups from other organizations, such as the National Alliance On Mental Illness (NAMI) and re:MIND. You can search for specific groups related to caregiving, life skills, anxiety, COVID-19, and much more. Most groups are free or have a small suggested donation, and you can sign up for email alerts about future meetings by topic too.

COVID-19 SUPPORT GROUP

BODY POLITIC Body Politic Covid-19 Support Group

This group consists of people from all over the world who have tested positive, are experiencing symptoms, or are recovering from COVID-19. Some channels include:

- those symptomatic for 30+ days or 90+ days
- caretakers of sick friends or relatives
- those who have recovered from being on ventilators
- those experiencing known and lesser known symptom groups such as respiratory, neurological, GI, and others
- forums to discuss mental health, financial and employment concerns, medical advocacy, and more

Sign up for this support group [here](#).

PERSONAL GROWTH



Dare: Anxiety & Panic Attack Relief

Dare to face your fears, whether you're dealing with anxiety, panic, worry, or insomnia. The Dare app can walk you through audio recordings to help you sit comfortably with your anxiety rather than avoiding it, a tactic that can just make anxiety worse. On-screen guides give you something to focus on while you breathe deeply, and plenty of additional helpful content is available behind the subscription. Download in the App store or on Google Play.



Wisdo: Mentoring & Motivation

Join a community and connect with people instantly. Wisdo helps you find others who have experienced similar hardships and helps you to learn from others who have been there before. You are not alone. Find your community today by downloading Wisdo in your App Store or on Google Play.



Stop, Breathe, & Think

An app that helps you to stop what you are doing. Check in with what you are thinking and how you are feeling. Practice mindful breathing to create space between your thoughts, emotions and reactions. Broaden your perspective, and strengthen your force field of peace with personalized meditations and activities. Download the app or try it here for free:
<https://www.stopbreathethink.com/>

CRISIS RESOURCES



Crisis Text Line

Text HOME to 741741 from anywhere in the United States, anytime, about any type of crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment. Check out their website for articles on how to deal with stress:
<https://www.crisistextline.org/>



NAMI Warmline

The NAMI OC WarmLine is a free and confidential telephone service providing emotional support and resources to Orange County residents. If you, a family member, or a loved one are experiencing mental health concerns, substance abuse, loneliness or are in need of community resources, the WarmLine is for you! Call or text: (714) 991-6412 Toll Free 877-910-9276 | Times: 9 a.m. - 3 a.m. (Mon. - Fri.) & 10 a.m. - 3 a.m. (Sat. - Sun.) or visit the OC Warmline Chat: <https://www.namio.org/oc-warmline>



Family Resource Center

FRCs provide counseling services to individuals, children, families, and groups. This service is offered with the goal of improving family functioning, increasing social support, teaching problem solving, reducing the effects of trauma, and to strengthen coping skills. Priority is given to non-Medi-Cal, under-insured, and clients experiencing barriers to services. Clients may receive up to 20 sessions. Click [here](#) to find a Resource Center near you.