

## Additional National Resources

Active Minds has created a [special online hub](#) for students to support their mental health during COVID-19.

The National Alliance on Mental Illness has developed a page of [guidelines for individuals with mental health concerns](#) as well as a more comprehensive [guide to resources](#) for support.

The Centers for Disease Control and Prevention (CDC) is a primary hub for current information related to the COVID-19. Among their many resources are sections on [managing anxiety and stress](#) related to the outbreak and [taking care of your emotional health](#) in times of stress or loss.

## Meditation & Wellbeing Apps

[Healthy Minds](#) Feedback from Dartmouth community members for this free app was very positive. By translating pioneering neuroscience into tools for everyday life, through a combination of podcast-style lessons and both seated and active meditations, you'll learn what the science says about the brain while developing skills to tap into these learnings for a healthier, happier you.

[Insight Timer](#) A free website and app with a number of free guided meditations varying in lengths, styles, and focuses. It also includes the option to set a custom timer with sounds for your own silent meditation. Developed under the guidance of a Dartmouth alumnus (Jack Kornfield '67) so that's cool!

[Aura](#) A free app with personalized, daily 3-minute meditations and the ability to track your mood.

[Headspace](#) Hundreds of guided meditations & mindfulness exercises on everything from stress to sleep. Offers a free 2-week trial along with subsequent discounted subscriptions for students. Right now, they are also offering a number of modules for free called Weathering the Storm developed specifically for the outbreak.

[Calm](#) A meditation, sleep and relaxation app. The app is free to download and some free content is available, but a paid subscription to Calm Premium unlocks access to Calm's entire content library.

[10% Happier](#) Specifically geared towards newcomers and skeptics, this app includes guided meditations, videos, talks, and sleep content to help build (or boost) a sustainable meditation practice. Free 7-day trial is included before being charged yearly membership dues.