



# Digital mental health and well-being resources



## Headspace

Meditation resources specific to COVID-19.



## Calm

Curated meditations specific to COVID-19 via video and audio.



## Shine

Resources for anxiety and overall mental health specific to COVID-19.



## Ginger

Strategies, activities, and articles to help stay grounded during COVID-19.



## Coa

Virtual classes for proactive self-growth, mental health and emotional fitness.



## Insight Timer

Playlists and guided meditations for sleep, stress and anxiety.



## Sanvello

On-demand resources to help with reducing stress and anxiety during COVID-19.



## Nod

Resource for kids to socially connect and reduce loneliness during COVID-19.