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.