

Non-pharmacologic strategies to help with mood

Free apps



Virtual Hope Box

- Contains simple tools to help patients with coping, relaxation, distraction, and positive thinking
- Content can be personalized with photos, videos, and recorded messages



CBT-i Coach (for insomnia)

- Guides users through the process of learning about sleep, developing positive sleep routines, and improving their sleep environments



Mindfulness Coach

- Learn to notice and pay attention to what is happening in the present, without judgment
- Reduces stress, improves emotional balance, increases self-awareness, helps with anxiety and depression, and improves chronic pain coping



AIMS for Anger Management

- Provides education about anger, opportunities to find support, the ability to create an anger management plan, anger tracking, and tools to help manage angry reactions



Breathe 2 Relax

- Provides education on the response of the body to stress
- Guides users through breathing exercises



Worry Kit

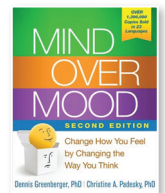
- Provides short (< 2 minute) activities inspired by CBT and ACT (acceptance & commitment therapy)
- Offers breathing exercises, mindful visuals, and calming activities
- Designed to help diffuse and find relief from negative thoughts

Online

- **CBT workbook:**
Read and work through guided material on the steps of CBT. cogbtherapy.com/free-online-cbt-workbook
- **Therapy for you:**
therapyforyou.co.uk/courses/online/cbt-depression
- **Mindful Awareness Resource Center (MARC):** free meditations and links to an app. uclahealth.org/programs/marc

Printed materials

Mind Over Mood: Change How You Feel by Changing the Way You Think, 2nd edition



by Dennis Greenberger and Christine A. Padesky

Find a mental health professional

- Psychologytoday.com
- Findatherapist.com
- Goodtherapy.org
- Mentalhealthmatch.com

If you need immediate support



National Suicide Prevention Lifeline

Call: 988
Online: 988lifeline.org

Service providers listed above are not specifically recommended or endorsed by Alosa Health.



Pharmaceutical Assistance
Contract for the Elderly



Balanced information for better care

These are general recommendations only; specific clinical decisions should be made by the treating clinician based on an individual patient's clinical condition. These materials were made possible by the PACE Program of the Department of Aging of the Commonwealth of Pennsylvania.