Some Online Mental Health Tools

Apps; all free

* Calm Harm: self-harm management
* ClearFear: anxiety management; strategies, activities, etc
* MoodTools: depression tools
* PanicShield: panic coping skills
* #selfcare: various quick self care activities and games
* Recovery Record: eating disorder; meal reminders, scheduling/logging food, positivity

Sensory Tools

* [audiovisual sand art maker](https://thisissand.com)
* [control a rainstorm](http://www.lookingatsomething.com)
* [Procedurally generated music and nature sounds](http://calmyleon.com)
* [custom soundscapes](https://mynoise.net/noiseMachines.php)
* [ten hours of fun soothing undersea video](https://www.youtube.com/watch?v=t_S_cN2re4g)
* [classical music](https://www.youtube.com/watch?v=8pTeuyKhVwI&list=PLKAlBalAPO-00S2cpYYhqFeqAxeXt43PP) edited so the sound moves around and fades in and out but still sounds good; i find it helpful for grounding
* [digital art gallery](https://www.wikiart.org)

“Meditation”

* <https://thezen.zone> - mindless meditation games
* [www.donothingfor2minutes.com](http://www.donothingfor2minutes.com) - fairly self-explanatory

Worksheets/Short Workbooks

* [self-care workbook](https://drive.google.com/open?id=1ta2T25tsQiLU2maKhkEbinaexJbMdGZH)
* [deconstructing panic attacks workbook](https://drive.google.com/file/d/1gI4Z6-dwGee1QcG_jCLkb4GPzzhPp64T/view?usp=sharing)
* [decatastrophizing worksheet](https://drive.google.com/open?id=1AeQ2ryTxuAmJMf8gh1AFIR_JcLdCp9Oh)
* [self care assessment sheet](https://drive.google.com/file/d/1N0yBZUGP423QLarXYoHVHGB6_Y7gNKC_/view?usp=sharing)
* [positive psychology - strengths evaluation](https://drive.google.com/file/d/1HcC4UvgiyGo08veYazKBxC-f5ekVT4da/view?usp=sharing)
* [identifying triggers worksheet](https://drive.google.com/open?id=1eWl60V1grU1BdVVD9CuOVlFCW6pZH_JF)

Distractions + Humor

* <https://weirdorconfusing.com> - takes you to a random weird amazon listing
* <https://theuselessweb.com> - takes you to random weird, lighthearted websites
* <https://alwaysjudgeabookbyitscover.com> - a compilation of peculiar books on amazon
* <https://talktotransformer.com> - neural network that automatically continues input text
* <https://www.mapcrunch.com> - takes you to a random google street view
* [https://en.wikipedia.org/wiki/Wikipedia:Unusual\_articles](https://en.wikipedia.org/wiki/Wikipedia%3AUnusual_articles)
* [https://en.wikipedia.org/wiki/Wikipedia:Deleted\_articles\_with\_freaky\_titles](https://en.wikipedia.org/wiki/Wikipedia%3ADeleted_articles_with_freaky_titles)