Wofford College Counseling Services
Supporting Mental Health in Every Situation

Please know that there are many ways to take care of your mental health even when you cannot attend a face to face therapy session. Here is a list of apps and resources that may be helpful. This list doesn’t include everything out there, but we hope that it will be a good start.

Crisis Resources & Helplines
All options are 24/7 unless otherwise noted

Wofford Mental Health Assistance Line   (864) 597-4393
This line provides mental health support to all members of the Wofford community. You do not need to be in crisis to access this resource.

Crisis Text Line      Text “HOME” to 741741
Suicide Prevention Lifeline     1-800-273-8255
TREVOR Project                                                                 1-866-488-7386
Text “Start” to 678678;
chat option accessible at www.trevorproject.org/get-help-now/

National Eating Disorders Association offers a helpline that is available Monday – Thursday, 9 AM to 9 PM, and Friday, 9 AM to 5 PM E.T. (800) 931-2237

Wellness Apps

Calm – for meditation and relaxation
Relax Melodies – for meditation and relaxation
Headspace – for meditation and relaxation
Breathe2Relax – for breathing exercises to calm the stress response.
Stop, Breathe, Think – for meditation and relaxation
ReliefLink – for help with coping during crisis. Includes safety plan creation and location of nearby hospitals
Liberate – for mindfulness practice; developed by and for people of color
WellTrack – for mood tracking and management of anxiety and depression

Videos about Therapy

Kati Morton on Youtube This channel has lots of videos about mental health and therapy from a licensed therapist. If you are interested in learning more about therapy or mental health, this is a good place to start.
https://www.youtube.com/channel/UCzBYOhEzlkRdDOSobbpvw

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