


Self Help for Crises (Click the icons to link to resources)

			Virtual Hope Box	Help with emotion regulation & coping	Free
			Panic Attack Aid	Distractions to help with panic	\$5.00
			Breathe to Relax	Diaphragmatic breathing trainer	Free
			Tactical Breather	Train breathing to lower reactivity	Free
			Stop, Breathe & Think	Mindfulness exercises	Free
			Calm	Meditations	Free
			Stop Panic & Anxiety	Education and calming audio for panic	Free

KEY



App available for download from Google Play



App available for download from the Apple Store



YouTube video



Book



Ted Talk video



Website



MP3 file



Article can be downloaded as a PDF



Please note that while every effort has been made by CAPS to provide a list of helpful resources, we do not guarantee the effectiveness of the resources provided. Your discretion is advised.