

## Self Help Resources SCC Webpage



### Helpful Applications

#### (Stress, Depression & Anxiety)

1. **Headspace** is a guided meditation and mindfulness training application. Additionally, the application is free of charge. (ios and Android)
2. **Breathe2Relax** is a stress management tool application that utilizes diaphragmatic breathing exercise. Additionally, the application is free of charge. (ios and Android)
3. **CBT Thought Record Diary** is a digital thought record in the form of cognitive-behavioral therapy that challenges your cognition, to ultimately influence your feelings. Additionally, the application is free of charge. (ios and Android)
4. **Depression CBT Self-Help Guide** is an application that utilizes cognitive-behavioral therapy approach through guided relaxation techniques, and strategies to challenging negative thinking. Additionally, the application is free of charge. (Android)
5. **MindShift** is stress management tool and will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety. Additionally, the application is free of charge. (ios and Android)

#### (Prevention)

6. **My Game Plan** is a safety plan application that helps people identify warning signs and resources to utilize during self-harming thoughts. Additionally, the application is free of charge. (ios)
7. **ReliefLink** was developed by Emory University in Atlanta, Georgia in an effort to connect people with resources and help. Also, the application tracks mood and includes safety planning. Additionally, the application is free of charge. (ios)
8. **Virtual Hope Box** is an application designed by the US National Center for Telehealth & Technology. The digital forum includes an option for personal pictures and inspirational quotes as reminders, as well as coping tools to help instill hope in people. Additionally, the application is free of charge. (ios and Android)

### Helpful Websites

1. More therapeutic applications: <https://greatist.com/grow/resources-when-you-cannot-afford-therapy>

2. More therapeutic applications:

<http://www2.humboldt.edu/counseling/Self%20Help%20Apps.html>

### **Local Hospitals in Doha**

Qatar Emergency: 999

Hamad Psychiatry (public): 4438-4543, 4438-4525, 4438-4518

Primary Healthcare Centers (public): 107

Al Ahil Hospital (private): 4489-8000

Doha Clinic Hospital (private): 4432-7300

Al Safa Polyclinic (private): 4436-0572/4442-8701

### **Resources in Qatar**

**Aman Centre:** Protection and Social Rehabilitation Center

Link: <http://www.aman.org.qa/indexen.html>

**Naufar:** Wellness and Recovery

Link: <http://naufar.com/>

### **Shafallah**

Link: <http://www.shafallah.org.qa/home-page/>

**Weyak:** Mental Health Friends Association

Link: <http://weyak.qa/>